

# WALK TALL!-The Message

## THE MEEKS INSTITUTE

Presents

### The 3rd SARA MEEKS Conference Putting Principles Into Practice

in

TAMPA FL

March 14-15, 2015

Volume 9 Issue 1  
January-June 2015  
Full-Color Version Online  
www.sarameeksppt.com



Building on the high energy of passionate and committed practitioners of The Meeks Method, we are pleased to announce plans for our

#### 3rd SARA MEEKS Conference on The Meeks Method Putting Principles Into Practice.

Once again, practitioners from all over the country, and maybe some from Canada, will gather together for two days of exciting, cutting-edge presentations by enthusiastic, committed therapists and trainers on the subject of management of the patient/client with compromised skeletal health.

Come and experience for yourself what dedication and passion looks and feels like as you join us for a key-note

presentation by a dynamic thinker and practitioner—[Matthew J. Taylor PT PhD](#)

Experience an in-depth, round-robin lab session on the fitting and use of the Spinomed IV Spinal Orthosis for Osteoporosis.

Stand on the new Marodyne LivMD tablet and feel the gentle vibration of a safe G-Force which has been shown to stimulate the bones. Hear what it can do for you and your practice. Dance to modified Zumba. Wake up to early morning Yoga classes. Socialize and network with your peers whose professional & personal lives have changed since beginning

The Meeks Method.

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#### !!KEYNOTE SPEAKER!!

I am so very excited, proud and honored to announce that the keynote speaker for this 3rd Conference will be:

#### Matthew (Matt) Taylor

(See next column and Page 3 for more details on Matt and his background)



Matthew Taylor  
PT PhD E-RYT 500

### RE-CREATING OUR SKELETAL HEALTH

- ◇ Conference Keynote Speaker
- ◇ Originator of Dynamic Systems Rehabilitation (DSR) Method
- ◇ Private concierge PT practice Scottsdale AZ
- ◇ Editor text book Fostering Creativity in Rehabilitation, Nova Publishing, 2014
- ◇ Enjoys writing, research and clinical practice in integrative settings.
- ◇ Wants to explore how new care programs to keep yours and other's bones healthy can be created now that we know it's **WAY** more complex than we originally thought?

#### DETAILS....DETAILS.... DETAILS

All seminars held at **Doubletree Hotel Tampa FL**

**Hotel Reservations 1-813-888-8800 \$142**

5 minutes from Tampa Airport—Hotel Shuttle Available

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One-Day Seminar

**BEYOND ANKLE PUMPS & QUAD SETS** Thursday March 12

**SARA MEEKS CONFERENCE** Saturday-Sunday March 14-15

MEET & GREET FRIDAY 7:30-9:00 Hotel Lounge

FOR INFORMATION  
AND TO  
REGISTER FOR EVENTS  
CALL  
JOHN HARRISON  
352-262-6484



# THE SPINOMED IV



**Spinal Orthosis  
for Osteoporosis**

**Better Compliance  
=  
Better Outcomes**



“THE SINGLE MOST SIGNIFICANT  
ADVANCEMENT FOR THE  
CONSERVATIVE MANAGEMENT  
OF OSTEOPOROSIS AND  
VERTEBRAL COMPRESSION  
FRACTURES”

**EVER!**

SARA MEEKS, PT, MS, GCS

**The ONLY Spinal Orthosis designed SPECIFICALLY for the management of  
OSTEOPOROSIS & COMPRESSION FRACTURE  
and backed up by a peer-reviewed study showing that it  
STRENGTHENS rather than WEAKENS the back**

\*\*\*\*\*



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- ◇ **Redevelops muscles**
- ◇ **Restores motion to joints**



**Clinton T. Rubin PhD  
Chief Scientific Officer  
Inventor of LivMD**



Developed in conjunction with  
State University of New York at Stony Brook  
Marodyne, NASA and NIH Joint Research



**LivMD**

### KEY NOTE ADDRESS



**MATTHEW J. TAYLOR PT, PHD, E-RYT 500**

- ◇ I met Matt at the Montana State Physical Therapy Convention in 2004 where we were both teaching and he has become a
- ◇ Good friend and colleague who challenges me to think so far out of the box it's amazing....no boundaries with him as he
- ◇ Has the ability to put a perspective on things that I don't always see and
- ◇ Such a magnet is he that when he calls for a project, I say "of course" as if I have nothing else to do and then I get busy and do it.

Definitely one of the bright lights along the path of my life!

Contact Matt at:

[matt@matthewjtaylor.com](mailto:matt@matthewjtaylor.com) [www.creativityinrehab.com](http://www.creativityinrehab.com)

### ONE-DAY SEMINAR

**THURSDAY MARCH 12 8:30 AM-4:30 PM**

This highly experiential, active and participatory one-day seminar will focus on the management of the long-term, chronically-ill, physically-frail, or pre-frail, cognitively intact patient with discussions on the cognitively impaired and their special needs. Included will be;

- ◇ Suggestions for interventions in all patient populations
- ◇ Discussions of medically-complex patients
- ◇ Movement "from & for the bones" in supine, seated, sit-to-stand-to-sit, standing, balancing and weight-bearing exercise
- ◇ Instruction and experience in doing and teaching The Re-Alignment Routine
- ◇ And.....Much More!

### THREE-HOUR SEMINAR

**THURSDAY MARCH 12 6:00-7:30 PM**

This experiential seminar will focus on spinal bracing as part of a 12-point comprehensive, rehabilitative approach to the conditions of osteoporosis, compression fracture, vertebro- and kypho-plasty procedures, postural dysfunction, and back pain so common in many populations today. Included will be:

- ◇ Relevant research and fitting of the Spinomed IV

## REGISTRATION

BY PHONE OR MAIL ONLY

### PHONE

Direct to John Harrison: 352-262-6484  
Toll Free: 888-330-7272

### MAIL

SARA MEEKS SEMINARS  
P.O. BOX 5577  
GAINESVILLE FL 32627-5577

NAME \_\_\_\_\_ PT \_\_\_ PTA \_\_\_ OT \_\_\_ COTA \_\_\_ OTHER (Specify) \_\_\_\_\_

NICKNAME OR PREFERRED FIRST NAME \_\_\_\_\_ LICENSE # AND STATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY/STATE/ZIP \_\_\_\_\_

PH (H) \_\_\_\_\_ (W) \_\_\_\_\_ EMAIL \_\_\_\_\_

## FEES

**CONFERENCE:** \$275.00 by February 13, 2015 \$300.00 after February 13, 2015

**ONE-DAY SEMINAR:** \$175.00 by February 13, 2015 \$200.00 after February 13, 2015

**3-HOUR SEMINAR:** No Charge — Light Dinner Served Preceding Seminar

**COMBO 1-DAY/3 HOUR:Same Price as One-Day Seminar**

**CANCELLATION** must be received in writing (email or letter) at least two (2) weeks prior to the conference date for refund of conference fee minus a \$50.00 administrative fee. The \$50.00 fee can be used as a credit toward a future seminar or conference sponsored by SARA MEEKS SEMINARS.

CHECK # \_\_\_\_\_

VISA \_\_\_ MC \_\_\_ DISCOVER \_\_\_ AMEX \_\_\_ # \_\_\_\_\_ EXP DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

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**ANNOUNCING! The 3rd SARA MEEKS Conference**  
on The Meeks Method—Putting Principles Into Practice  
**Saturday/Sunday March 14-15, 2015 Tampa FL**  
and — **One-Day Seminar Thursday March 12, 2015**

**ATTENTION**

**CERTIFICATION IN  
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Available only to those who  
have completed at least  
Level 1 Seminar.

Beginning in 2015, for you to  
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Details on the web at  
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Click on Certification  
Navigation Button

Take the Next Step &  
Become Certified

**SEMINAR SCHEDULE**

**2015**

**LEVEL 1**

New Port Richey FL	January 10-11
Conway SC	Jan 31-Feb 1
Davenport IA	February 21-22
Deadwood SD	April 24-25
Arlington VA	September 19-20
Scottsdale AZ	October 17-18
Atlanta GA	November 14-15
Columbus OH	Date TBA

**LEVEL 2**

Lenox MA	February 6-8
Orlando FL	May 9-10
Arlington VA	September 26-27

**ONE-DAY SEMINAR**

Tampa FL	March 12
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**S. A. F. E.**

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