

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.

!!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

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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- ◇ **Improves local circulation during use**
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- ◇ **Relieves minor aches and pains**
- ◇ **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 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 _____

PO BOX 5577
Gainesville, Florida 32627-5577

Sara Meeks



SEMINARS

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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
MEEKS METHOD 1

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

Beginning in 2015, for you to
advertise that you do
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In your practice, you must be
certified in

Meeks Method 1

Details on the web at
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Take the Next Step &
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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.

Yoga For
Skeletal Health



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