Sara Meeks, PT, MS, GCS, KYT

I have a dream that someday every person, regardless of age, gender, ethnicity, lifestyle or any other factor, who has any musculoskeletal condition (including Low Bone Mass) will be able to enter any facility or class where exercise and movement are being taught, and that person will be given a program that is S.A.F.E.™. Hopefully, the program will also be therapeutic, effective and improve a person’s overall well-being and quality of life.

This is NOT the case today.

When you experience my seminar, you will find out why and, as you learn new principles of movement and exercise designed for skeletal health and safety, you can help me fulfill my dream.

As thousands of others have done, you, too, can become a Dreamer!

Sara

- has developed a 12-point, comprehensive, site-specific, S.A.F.E., effective program of exercise and movement based on REVERSAL of the Patterns of Postural Change© (see diagram below) that occur AS, but not necessarily BECAUSE, people age:
- The MEIKS METHOD™ is now a Lifetime member of the APTA
- founded the Special Interest Group on Bone Health, Section on Geriatrics, APTA
- has taught all or part of this seminar at both APTA Annual Conference and CSM, in Canada, Australia, India, Italy, Hungary, Czech Republic, Poland and in the U.S. at Mayo Clinic, Cleveland Clinic, Kaiser Permanente, Johns Hopkins, Ohio Health, City of Hope, several APTA State Chapters, and locations around the U.S.
- and is a pioneer in the field of postural correction and body alignment
- recipient of the Section on Geriatrics Excellence in Clinical Practice Award
- Physical Therapy Consultant for Osteoporosis Canada’s BoneFit program,
- presenter to health professionals and the public on posture, body alignment and bone health internationally.
- A Yoga practitioner since 1977 and a Certified Kripalu Yoga instructor since 1984
- With 55 years of clinical experience, 33 of them focusing on the management of people with low bone mass, and diagnosed with osteoporosis herself, Sara brings passion, wisdom, humor, perspective and a distinct sense of mission to her seminars.

“THIS COURSE WILL CHANGE HOW I TREAT”

A.H. PT, NY

“VERY INFORMATIVE COURSE; SIMPLE, UNDERSTANDABLE, VERY USEFUL”

Participant—City of Hope Duarte CA January 2017

“PRACTICAL APPLICATION I HAVE A NEW VIEWPOINT”

A.H. PT, PA

COME...LEARN HOW TO PREVENT, ARREST and/or REVERSE The PATTERNS OF POSTURAL CHANGE

Experience the “Single Best Exercise For Most Back Pain”
Up-dated Information at Every Course
CEU’s, Chocolate, Marbles, Fig Leaf, Float Your Boats & Much More Fun! NEW—FINGER-LOCK Stretching
The Spinomed Orthosis for Osteoporosis
- Strengthens the back extensors & abdominals
- Promotes better balance
- Increases vital capacity
- Increases compliance

“This is the single most significant advancement in the conservative management of osteoporosis and compression fracture EVER!”

Sara M. Meeks, PT, MS, GCS

THE MEEKS METHOD™
A COMPREHENSIVE EXERCISE & MOVEMENT APPROACH TO BETTER BONE HEALTH LEVEL 1

FUNCTION FOLLOWS FORM
Log onto www.sarameekspt.com for info on Levels 2 & 3

SEMINAR REGISTRATION

Student/Faculty Ratio 16:1

Detach and return this portion with your check or credit card information to:
SARA MEEKS SEMINARS
PO Box 5577—Gainesville, FL 32627-5577
or call 352-262-6484

DATE __________________________

NAME ___________________________________________________________________

PT____ PTA____ OT____ COTA____ OTHER (Specify) ____________________________

License # and State: __________________________

NICKNAME OR PREFERRED FIRST NAME ___________________________________________________________________

ADDRESS _______________________________________________________________

CITY/STATE/ZIP __________________________

PHONE (H) ______ (W) ______ (C) ______

EMAIL __________________________________________

CHECK #_________ VISA____ MC____ DISCOVER____ AMEX____ #________________________________________

EDUCATIONAL CREDIT: Seminars are approved for CEU’s for PT’s and PTA’s

COURSE OBJECTIVES

Upon Completion of this Course, Participants will be able to:

1. Articulate information on the diagnosis, first signs and risk factors, epidemiology and pathology of Low Bone Mass, including evidence that osteoporosis begins before birth and fracture in old age is linked to low birth weight.
2. Take home a Screening Form to identify people who may be at risk for osteoporosis and/or fracture.
3. Articulate a thorough evaluation process with valid, reliable tools to measure progress.
4. Explain why interventions for better bone health would differ according to the clinical condition of the patient.
5. Articulate how principles of The Meeks Method apply to the management of spinal stenosis, scoliosis, other back pathology and also neurological conditions.
6. Apply the concept of the Patterns of Postural Change© and the principle of Isolate-Activate-Integrate to exercise prescription.
7. Instruct Postural Correction, Balance & Gait Training intervention with The Meeks Method
8. Identify specific treatment guidelines and considerations for patients in all settings.
9. Instruct patients in safe body mechanics during ADL’s.
10. Be familiar with use of modalties to augment the exercise program.
11. Know when to make referrals to other health professionals.
12. Apply concepts of safety and therapeutic intent in advanced exercise programs.

POLICIES REGARDING REGISTRATION THROUGH SARA MEEKS SEMINARS

CONFIRMATION letter and information regarding hotel accommodations will be sent upon receipt of registration form and fee.

CANCELATION must be received in writing at least two weeks prior to seminar date for tuition refund less a $50.00 transferrable administrative fee. After that date, credit will be given toward future seminars.

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COURSE CANCELLATION: SARA MEEKS SEMINARS reserves the right to cancel a course up to two weeks prior to the starting date. In the event of cancellation of a course due to unforeseen circumstances, tuition fees only will be refunded. SARA MEEKS SEMINARS is not responsible for reimbursement of non-refundable airline tickets. Courses sponsored by Motivationsceu are subject to the cancellation policies of Motivationsceu.