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 #1.

Hopefully, the program will 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 and/or webinar, 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 S.A.F.E.—Skeletally Appropriate For Everyone.
The Spinomed® Orthosis for Osteoporosis

- Strengthens the back extensors & abdominals
- Increases vital capacity and compliance
- Promotes better balance

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

Sara M. Meeks, PT, MS, GCS. KYT

THE MEEKS METHOD®

The Management Of Spinal Pathologies LEVEL 1

FUNCTION follows FORM

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

Sara M. Meeks, PT, MS, GCS. KYT

THE MEEKS METHOD®

The Management Of Spinal Pathologies LEVEL 1

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 two (2) Screening Forms to help you 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 and not according to the T-score.
5. Articulate how principles of The Meeks Method apply to the management of spinal stenosis, spondylolisthesis, other back pathology and co-morbidities.
6. Apply the concept of the Patterns of Postural Change® and the principle of Isolate-Activate-Integrate to exercise prescription.
8. Articulate the concept of the “Peeling The Onion” and how it affects practice.
9. Articulate how therapy in the Geriatric population differs from Out-Patient Orthopedics and in younger patients.
10. Instruct patients in safe body mechanics during ADL’s.
11. Be familiar with use of modalities to augment the exercise program.
12. Know when to make referrals to other health professionals.

OUTLINE

DAY 1
7:30—8:30 AM Registration/Continental Breakfast
8:30 AM — 5:30 PM
Introductory Information—Laying the Foundation
Bone Basics
Gait/Posture-Balance
Site-Specific Exercise

DAY 2
8:30 am—5:30 pm
Patient Screening and Evaluation
Site-Specific Exercise (Includes Resistance Band and Foam Rollers)
General Exercise Guidelines

ADL’s
Standing Wall Exercises & Exercise Damos
Modalities-Gym & Fitness Guidelines—Wrap-Up

To Participants
1. Wear casual clothing—this is an experiential seminar.
2. Dress in layers to accommodate for changes in room temperature
3. Bring exercise mat or towel, 1 large bath towel, 1 washcloth, 2 hand towels
4. Register early—class sizes can be limited
5. Come for Fun—Marbles, Chinese Finger Lock, Chocolate, Fig Leaf, Bumstring,

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

CANCELLATION必须 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.

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

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 and Herman & Wallace are subject to the cancellation policies of those companies.

SEMINAR REGISTRATION

Student/Faculty Ratio 16:1

Date and return this portion with your check or credit card

SARA MEEKS SEMINARS
PO Box 5265—Gainesville, FL 32607-5265
Register by phone 352-262-6484 or
online www.sarameekspt.com/schedule.asp

NAME__________________________________________________________________
PT_____ PTA_____ OT_____ COTA______ OTHER (Specify)_____________________
License # and State:_______________________________
NICKNAME OR PREFERRED FIRST NAME______________ (For Name Tag)
ADDRESS_______________________________________________________________
_______________________________________________________________________
PHONE_____________________________ (H)________  (W)_________  (C)________
EMAIL__________________________________________
CHECK #_________ VISA____ MC____  DISCOVER____ AMEX____
#_________________________________________________  EXP ________

LOCATION         DATE
LEVEL 1 SEMINAR ______________________________        _________________
LEVEL 2 SEMINAR ______________________________        _________________
LEVEL 3 SEMINAR ______________________________        _________________
SEMINAR FEE Postmarked 4 weeks in advance .....  $495.00
LATE REGISTRATION ..........$549.00
TOTAL ENCLOSED OR CREDIT CARD CHARGE $...............................

POLICIES REGARDING REGISTRATION

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

CANCELLATION 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.

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

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 and Herman & Wallace are subject to the cancellation policies of those companies.

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