

P.O. BOX 5265
GAINESVILLE, FL 32627-5265
WWW.SARAMEEKSP.T.COM



THE MEEKS METHOD®

Management of Spinal Pathologies: Optimal Alignment
for Osteoporosis-Back Pain-Spinal Stenosis-Scoliosis
FUNCTION FOLLOWS FORM LEVEL 1 of 3

Interested in Hosting a Sara Meeks Seminar?

Call 352-262-6484

Address Service Requested

LEVEL 1
ALBANY NY KNOXVILLE TN
GREEN BAY WI CHICAGO IL
FREEHOLD NJ PORTLAND OR

NEW!

THE MEEKS METHOD®
Management of Spinal Pathologies with Optimal Alignment



Chocolate Lovers Level 1 GAINESVILLE FL Dec 2018

COURSE SCHEDULE

INSTRUCTORS

Frank Ciuba PT DPT Deb Gulbrandson PT DPT CEEAA
Sara Meeks PT MS GCS KYT

LEVEL 1 — 2019

ALBANY NY (SMS)	Sara Meeks	March 23-24
KNOXVILLE TN**	Frank Ciuba	April 6-7
GREEN BAY WI**	Deb Gulbrandson	April 13-14
CHICAGO IL***	Deb Gulbrandson	April 27-28
FREEHOLD NJ***	Frank Ciuba	June 8-9
PORTLAND OR (SMS)	Sara Meeks	Sept 7-8
AKRON OH***	Frank Ciuba	Nov 9-10

LEVEL 2 — 2019

ORLANDO FL (SMS)	Sara Meeks	March 16-17 2019
BEND OR (SMS)	Sara Meeks	Sept 14-15 2019

**Registration at
www.motivationsceu.com

***Registration at
www.hermanwallace.com

(SMS) registration at
www.sarameekspt.com
Log on to
www.sarameekspt.com/schedule.asp
for seminar listings and links

**NEXT YOGA PROGRAM IN
LENOX MA**

S.A.F.E. Yoga

March 31-April 5

DIPA SARA MEEKS PT

**For The Public
Professionals Welcome
No Yoga Experience Necessary**

www.kripalu.org

352-262-6484 **NEW SEMINAR 2019** 352-378-6484

CRITICAL AND CREATIVE THINKING & REASONING

IN THERAPEUTIC EXERCISE AND MOVEMENT FOR BETTER BONE HEALTH

For Therapists who have completed Level 1 and Certification MM1 *only*.
Come, Experience and Learn why and how Sara Meeks has been said to perform "magic" as she convinces people who don't like to exercise to do so 3-5X daily and thank her for the opportunity!
Contact Sara for more information on this ground-breaking seminar sara@sarameekspt.com.

SARA MEEKS PT MS GCS KYT

MY DREAM



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 **S.A.F.E.*** Hopefully, the program will be therapeutic, effective and improve a person's over-all well-being and quality of life.

This is **NOT** the case today

When you experience my seminar and/or a 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 Dreamer!
*S.A.F.E.—Skeletally Appropriate For Everyone

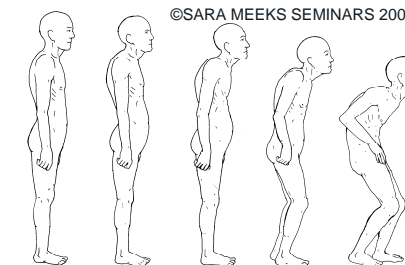
Sara

- ◇ has developed a 12-point, comprehensive, site-specific, S.A.F.E., effective program of exercise and movement based on PREVENTING, ARRESTING and/or REVERSING The Patterns of Postural Change© (see diagram below) that occur AS, but not necessarily BECAUSE, people age:
This program, both as seminars and practice has been trademarked by the U.S. Patent Office as **The MEEKS METHOD®**
- ◇ is a Lifetime member of the APTA
- ◇ founded the Special Interest Group on Bone Health, Geriatric Academy, APTA
- ◇ has taught all or part of this seminar at both APTA Annual Conference and CSM, in 8 countries and 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 for Better Bone Health
- ◇ recipient of the Section on Geriatrics Excellence in Clinical Practice Award
- ◇ Physical Therapy Consultant for Osteoporosis Canada's BoneFit program,
- ◇ Yoga practitioner since 1977 and a Certified Kripalu Yoga instructor since 1984. With 57 years of clinical experience, 35 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 and webinars.

"YOUR SEMINARS HAVE BEEN AMONG THE TOP OF THOSE I HAVE ATTENDED OVER THE PAST 40 YEARS. YOU HAVE TOUCHED AND IMPROVED SO MANY LIVES THROUGH YOUR DEDICATION, KNOWLEDGE AND HARD WORK, AND I AM PROUD TO BE ONE OF YOUR "DISCIPLES". MAY YOUR "JEWEL" CONTINUE TO SHINE!"
J.F. PT MI (LEVEL 2)

"AMAZED TO FEEL THE LENGTH OF THE FRONT OF MY BODY FEELING MORE SYMMETRICAL AND MORE SPACIOUS MY BODY, MIND AND BEING THANK YOU SO MUCH I HAVE SO MUCH GRATITUDE FOR ALL YOU HAVE GIVEN ME OVER THE YEARS"
A.S., P.T. NY

MEEKS METHOD LEVEL 3 TRAINED—CERTIFIED MM1 (AFTER FINISHING THE BONE CAMP YOGA FLOW 2018)



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, Marble Roll, Figging, Float Your Boats, Eyeballs of the Sits Bones Chinese Finger Lock & Much More Fun!



FIFTEEN YEARS OF SUCCESS



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

medi. I feel better.

THE MEEKS METHOD® THE MANAGEMENT OF SPINAL PATHOLOGIES LEVEL 1 FUNCTION FOLLOWS FORM LOG ONTO WWW.SARAMEEKSP.T.COM FOR INFO ON LEVELS 2 & 3 ISOLATE – ACTIVATE – INTEGRATE FOR BETTER FUNCTION

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, scoliosis, 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.
7. Instruct in Postural Correction, Balance & Gait Training with The Meeks Method.
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 Demos
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, Umbrellas and More—using Visual Imagery to enhance the learning process

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 5265—Gainesville, FL 32627-5265
Register by phone 352-262-6484 or
online www.sarameekspt.com/schedule.asp

NAME _____ DATE _____

PT _____ PTA _____ OT _____ COTA _____ OTHER (Specify) _____

License # and State: _____

NICKNAME OR PREFERRED FIRST NAME _____ (For Name Tag)

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____ (H) _____ (W) _____ (C) _____

EMAIL _____

CHECK # _____ VISA _____ MC _____ DISCOVER _____ AMEX _____

_____ EXP _____

LEVEL 1 SEMINAR	LOCATION	DATE
LEVEL 2 SEMINAR		
Level 3 SEMINAR		
SEMINAR FEE	Postmarked 4 weeks in advance.....\$450.00
TOTAL ENCLOSED OR CREDIT CARD CHARGE.....	\$495.00

(Fee includes all course sessions, course manual, continental breakfasts, snacks, foam roller, CEU'S and More!)

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.