Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the webinar. After that time, a credit for a future Motivations event may be awarded.

<table>
<thead>
<tr>
<th>Type Registration</th>
<th>Definition</th>
<th>Price</th>
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<tbody>
<tr>
<td>Consortium Member rate</td>
<td>Pre-register your facility today</td>
<td>$60</td>
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<tr>
<td>Association Rate</td>
<td>APTA, AOTA, ASHA members</td>
<td>$60</td>
</tr>
<tr>
<td>Individual Rate</td>
<td>Single Registration</td>
<td>$60</td>
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WEBINAR
#7179 OSTEOPOROSIS: There IS Something You Can Do About It!
Practical Applications for Practice.
The Meeks Method

Instructor:
Sara M. Meeks, PT, MS, GCS

Audience: Physical Therapists, Occupational Therapist, and Assistants, and Athletic Trainers

Time:
2 hours of presentation and 1 hour of preparation and post test
SUMMARY: This highly experiential webinar will focus on the comprehensive physical therapy approach to the epidemic condition of low bone mass (osteoporosis and osteopenia) with practical, safe and therapeutic movement and exercises that the participant will be invited to do right during the webinar. Focusing on better body alignment to improve muscle contraction and weight-bearing forces on bone, this innovative, comprehensive, evidence-based, 12 point approach of The Meeks Method has been shown to be useful and safe for other diagnoses, such as spinal stenosis, as well. Participants will be able to ask questions via email during the presentation and, in addition, will have available to them complimentary handouts of a Pre-Assessment Form, The Re-Alignment Routine and a full-color PDF copy of the PowerPoint presentation.

PRESENTER: Sara Meeks, PT, MS, GCS a physical therapist with nearly 50 years clinical experience has spent the past 28 years specializing in the unique management implications of persons with low bone mass. She is an international presenter and the owner of SARA MEEKS SEMINARS which is dedicated to the education of health professionals on the management of bone health. Sara is the author of two books on bone health management, has presented at many State APTA Conferences, and has been a presenter at both Annual Conference and CSM. She is the founder of the Special Interest Group on Bone Health and the recipient of the APTA Section on Geriatrics Award for Excellence in Clinical Practice (2001). With her stated mission of creating safety in movement for persons with low bone mass and diagnosed with osteoporosis herself, she brings enthusiasm, and humor into her highly interactive seminars.

OBJECTIVES: Upon completion of this course the participant will be able to:
1) Recall the Principles of Movement of The Meeks Method including Movement From & For The Bones, Internal Plumb Line and the basics of body alignment
2) Describe the Patterns of Postural Change©
3) Apply this information in their practice the very next day
4) Recall the definition, pathology and epidemiology of Osteoporosis and apply this information relates to Physical Therapy practice
5) Discuss why the indications and contraindications for management are the same for both osteopenia and osteoporosis
6) Explain the protocol for the management of spinal compression fracture
7) Define the comprehensive Meeks Method Wheel and recognize how to use it in practice
8) Recognize the only ACTIVE spinal orthosis for use with patients with osteoporosis and compression fracture
9) Interpret a Pre-Assessment Form available for them to use for identification of persons at risk for osteoporosis who are coming into their clinics
10) Discuss the beginning exercise program, The Re-Alignment Routine, a Pre Assessment Form and a full-color PDF of the PowerPoint presentation available to them after the webinar.

FORMAT: This is a 3-hour course equivalent to 0.3 CEUs offered as a live webinar. Instructors present this course content via an internet website displaying real time power points. Learners will receive a PDF of the course materials before the event. Instructors lecture through a phone conference call connection or your computer if you have audio capability on your computer. Questions may be asked during the webinar using the chat feature or the “raise hand” feature for live discussion.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification for your state. Physical Therapy Board of California.

OT CEU's: AOTA: Motivations, Inc. is an approved provider of continuing education by the American Occupational Therapy Association #4002, for 3 contact hours - Intermediate Level Occupational Therapy Process: evaluation, intervention. Distance Learning: Interactive. The assignment of AOTA CEU’s does not imply endorsement of specific course content, products or clinical procedures by AOTA.

ATC CEU's: Motivations, Inc. is recognized by the BOC Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. #P2549

AGENDA:
Pre Study: Plan to read the course materials, references and review the post test before the start time. Also please be prepared to share patient case study related question during the discussion time. (Allow 30 minutes for these study tasks)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00 PM</td>
<td>Focus on the Bones – At the Bones, Inside the Bones, Beyond the Bones</td>
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<tr>
<td>8:15 PM</td>
<td>Body Alignment—Patterns of Postural Change, Seated/Standing Alignment</td>
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<tr>
<td>8:30 PM</td>
<td>Osteoporosis – Definition, Pathology, Epidemiology</td>
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<tr>
<td>9:00 PM</td>
<td>Vertebral Fracture Statistics and Protocol for Management</td>
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<tr>
<td>9:30 PM</td>
<td>Meeks’ 12 Point Intervention, Break for Questions, Final on 12-Point Intervention</td>
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<tr>
<td>10:00 PM</td>
<td>Closure</td>
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Post test: Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score (Allow 30 minutes for these completion tasks)

For times and dates, please refer to our website. For course registration, please visit: www.motivationsceu.com