Motivations, Inc., 249 Venice Way #3303 Myrtle Beach, SC 29577
Or fax: (815) 371-1499, Questions? (800) 791-0262

How do I register?

By Phone:
Call 800-791-0262 and provide the information requested on the registration form.

By Mail:
Complete the registration form and mail it to Motivations, Inc.

On the Web:
Visit www.motivationsceu.com to register!

Course #  Course Title

Date(s)  Location

Name  Discipline

Facility

Home Mailing Address

City  State  Zip

Daytime Phone  Fax

E-mail Address for Confirmation (will not be shared or sold)

Cancellation Policy: Motivations, Inc. reserves the right to cancel a course up to 14 days prior to the course, if insufficient numbers of participants have registered for the course. Registrants may cancel up to 14 days prior to the course and transfer their tuition to any Motivations, Inc. course, or receive a full refund. Any cancellations within two weeks prior to the course will receive a refund less $100 for administrative costs.

Rate  Description  16 Hrs

Consortium  Group Discount – Register your facility today. 5 or more  $395

Association  Member of APTA, AOTA, NATA, ASHA, SCARF, or ATRI, etc.  $445

Individual  Single Registration  $495

Circle One:  VISA  MASTERCARD  AMEX

Name on Card

Account Number  Exp. Date

Signature  Billing Address Zip Code

The MEEKS METHOD®
Management of Spinal Pathology: Optimal Alignment for Osteoporosis, Spinal Stenosis, Scoliosis, and Back Pain

LEVEL 1 of 3 FUNCTION follows FORM

Sara Meeks, PT, MS, GCS, KYT
Or
Frank J Ciuba DPT, MS
Or
Deb Gulbrandson, PT, DPT

AUDIENCE: A Workshop for Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Occupational Therapy Assistants, and Athletic Trainers

8:00 am – 5:30 pm
SUMMARY: In this two day course, developed by Sara Meeks, our faculty presents her innovative, effective, S.A.F.E., site-specific comprehensive program for management of the patients with osteoporosis, osteopenia, and postural problems which is also useful for spinal stenosis and back pain. The program includes a complete patient assessment, site-specific exercise program, postural correction, balance, gait, body mechanics during activities of daily living, use of foam rollers for balance and core strengthening, scapular stabilization exercises with resistance band, information on use of treatment modalities as they pertain to osteoporosis, and guidelines for advanced exercises (e.g., in the gym, Yoga, Pilates etc.). **Skeletally Appropriate For Everyone

DEVELOPER: Sara Meeks, PT, MS, GCS, KYT is a physical therapist with over 50 years clinical experience who has specialized in the unique management implications of persons with low bone mass since 1984. 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 energy, enthusiasm, and humor into her highly interactive seminars.

Faculty: Dr. Ciuba is the owner of H/S Therapy Associates and graduated from Temple University with a Masters degree in Physical Therapy in 1992. Dr. Ciuba received his Doctorate in Physical Therapy from Temple University in December 2004. Dr. Ciuba has also become a Certified Osteoporosis Exercise Specialist using the Meeks Method which was designed by Sara Meeks, PT to combat the effects of Osteoporosis without taking medication.

Faculty: Faculty: Dr. Deb Gulbrandson is owner of Cary Physical Therapy and co-owner of Gulbrandson Orthotics in Cary, IL. She graduated in 1975 with a BS in Physical Therapy from Indiana University and received her DPT in 2011 from Evidence in Motion. She is a Certified Osteoporosis Exercise Specialist using the Meeks Method and is also certified in Pilates through Polestar Pilates.

OBJECTIVES: Upon completion of this course the participant will be able to:
1. Demonstrate Sit-To-Stand-To-Sit and articulate why independence in this activity is important.
2. Articulate two first signs, two non-modifiable and two modifiable risk factors for Osteoporosis.
3. Give two reasons why the interventions for normal bone, osteopenia and osteoporosis would be essentially the same but how they might differ according to the patient’s clinical condition.
4. List three safe, valid and reliable tests to include in an assessment procedure for persons with known or suspected osteoporosis or low bone mass.
5. List 3 reasons why people may have severe postural change as, but not necessarily because, they age.
6. List 5 site-specific strengthening, flexibility, balance and/or gait training exercises based on preventing, arresting and/or reversing the Patterns of Postural Change in The Meeks Method.
7. Name the first principle of management of osteoporosis and compression fracture used in The Meeks Method.
8. Demonstrate 2 movements which would increase safety in ADL’s for patients with osteoporosis or other back pathology.
9. Name three therapeutic modalities that can be used to augment the exercise program of the patient with osteoporosis.

FORMAT: This is a 16-hour course with lab equivalent to 1.6 CEUs. Motivations Inc is an approved provider by The Texas Chapter of the APTA. We follow the PT licensing Board guidelines in the states in which the course is held. AOTA: Motivations, Inc. is an approved provider of continuing education by the American Occupational Therapy Association #4002, for 16 contact hours - Intermediate Level Occupational Therapy Process: evaluation, intervention. The assignment of AOTA CEU’s does not imply endorsement of specific course content, products or clinical procedures by AOTA. BOC: Motivations, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers

PREPARATION: An exercise mat, 1 bath towel, 2 hand towels and 1 washcloth. Please wear lab clothes.

TIMED AGENDA: (1 hour lunch/ two 15 minute breaks daily)

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REGISTRATION
1: Introduction to The Meeks Method (Lecture-Lab)
2: Laying the Foundation (Lecture-Lab)
Continuation of MODULE 2
Lunch
3: Gait-Posture-Balance (Lab)
4: Mgt Guidelines (Lecture - Lab)
5: Site-Specific Exercise (Lab)

6—Patient Assessment Lecture-Lab)
7—Site-Specific Exercise (Lab)
8-A – Exercise Guidelines Case Studies
9—Wall Exercises (Lab)
8-B—Exercise Guidelines (Lecture)
10—Activities of Daily Living (Lab)
11—Exercise Demos (Demo)
12—Gym and Fitness (Lecture – Lab)
13—Wrap Up (Q&A-Group Discussion)

For information about course locations and dates, visit our website at www.motivationsceu.com