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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course # Course Title

Webinar Date

Name Discipline

Facility

Home Mailing Address

City State Zip

Daytime Phone Fax

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

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.

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WEBINAR

#7479 Breathe Your Way to Better Bone (and All) Health The Meeks Method®

Instructor:

Sara M. Meeks, PT, MS, G.C.S, K.Y.T

Audience:

Physical Therapists, Assistants and Athletic
Trainers

Delivery Options:

Live Webinar or Self-Study Options

SUMMARY: With a focus on the Breath in Optimal Body Alignment, this highly experiential webinar will be centered on how we can breathe in many ways for better bone and overall health. This webinar will introduce you to the concepts that your bones also breathe and the importance of breathing during exercise. You will learn and practice safe, therapeutic, and functional breathing movement and exercises that you can use in professional and personal lives the very next day.

To ensure good breathing technique, Sara will demonstrate several breathing exercises via embedded videos. Beginning with Noticing the Breath to Breathing in Athletics and ancient Yogic Breaths, these concepts can take you and your clients further into functional movement than they or you might have thought possible. Focusing on optimal body alignment will provide more room for the internal organs (especially the lungs and heart).

The innovative, comprehensive, evidence-based, 12-point approach of The Meeks Method® has been shown to be safe and effective for many musculoskeletal and spinal conditions. Participants will be able to question Sara Meeks during the presentation and, in addition, will have available complimentary handouts of The Re-Alignment Routine and a full-color PDF copy of the PowerPoint presentation. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: Sara M. Meeks, PT, MS, G.C.S., K.Y.T 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. 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. Financial— Received a teaching honorarium from Motivations Inc. Nonfinancial— No relevant nonfinancial relationship exists.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Identify the Anatomy of the Breath and bring the Principles of Movement of The Meeks Method® into practice.
2. Understand and define the importance of optimal body alignment for the breath.
3. List the importance of The Decompression Exercise and other positions for the breath.
4. Identify the role of the diaphragm and other muscles in breathing and how the positioning of the body matters.
5. Demonstrate both site-specific breathing exercise and breathing exercises from Yoga.

FORMAT: This is a 3-contact hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. Instructors present the live course content via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet 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. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

- 30 min: Intro to The Meeks Method® and Anatomy of the Breath
- 30 min: Experience of the most Functional Movement of Sit-To-Stand-To-Sit that people do every day with Better Body Alignment, Safety for the bones and Coordination with Breath.
- 30 min: Site Specific Exercise for the Breath
- 30 min: Relaxation and More Breath, Taking Action, Question and Answers

Post Test: 30 Minutes 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. Complete the evaluation feedback survey and needs assessment. Obtain and save your auto-emailed certificate for your files.