



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



By Mail:
Mail form: **Motivations, Inc.**
see website for address



On the Web:
Visit www.motivationsceu.com

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.

Circle One: **VISA MASTERCARD AMEX DISCOVER**

Name on Card _____

Account Number _____ Exp. Date _____

Signature _____

Billing Address Zip Code _____ Security Code: _____



Motivations, Inc.
Accredited Continuing Education Courses

P: (800) 791-0262
F: (815) 371-1499
admin@motivationsceu.com
www.motivationsceu.com



WEBINAR

#7178 BEYOND ANKLE PUMPS AND QUAD SETS

"Stepping Down" Exercise & Movement
Prescription for Improved Functional Outcomes
The Meeks Method®

Instructor:

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

Audience:

Physical Therapists and Athletic Trainers

Delivery Options:

Live Webinar or Self-Study Options

SUMMARY: This evidence-based, experiential, active and participatory 2-hour webinar will focus on the management of the long-term, chronically-ill, physically-frail, or pre-frail, cognitively-intact patient. The presentation will include adapted exercise and movement suggestions for people who are being seen in ICU, Acute Care, Home Care, Nursing Home, Skilled Nursing and Long-Term Care Facilities such as burn and organ transplant units as well as Out-Patient and Fitness Facilities where physical frailty in the general population can also be encountered. These people will likely exhibit several co-morbidities (e.g., COPD, osteoporosis, burns, organ transplants, cardio-pulmonary and neurological conditions, joint replacements, back surgeries, and other back pathology) that may influence movement prescription. Some of these conditions may have conflicting treatment options (e.g., spinal stenosis vs osteoporosis) and some diagnoses may take precedence over others (e.g., COPD [emphysema] and other breathing difficulties vs functional exercise).

Emphasis is placed on innovative techniques for strengthening of the core muscles: Diaphragm and other Breathing Muscles including the Transverse Thoracis, Abdominals, Pelvic Floor and Back Extensors and other “Fountain-of-Youth Muscles” such as Gluteus Maximus and Medius for hip and pelvic stability. Products to augment an exercise program will be introduced. Included are: Spinomed IV Spinal Orthosis, Low Intensity Vibration, and Exerstriders.

Updated research evidence on physical frailty and osteoporosis and a successfully implemented protocol for the management of the patient with an acute spinal compression fracture will be presented. With an emphasis on alignment and safety, participants will learn to move from and for the bones in perch posture, sit-to-stand-to-sit and other movements.

In addition, participants will be introduced to:

- The Re-Alignment Routine™--a set of five (5) exercises that can be adapted for all populations and which gives a safe, stable and functional foundation in preparation for a more advanced exercise program, and
- Exercise prescription in positions from least to most spinal compression.
- An initial approach to a patient with multiple co-morbidities and poly-pharmacy which will be unique to that patient and get him started on a program that will lead to freedom from falls and fractures and more functional movement.

Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: Sara M. Meeks, PT, MS, GCS, KYT a physical therapist with 58 years clinical experience and a certified Kripalu Yoga Teacher since 1984, has spent the last 36 years specializing in the management of people with low bone mass, scoliosis, spinal stenosis, chronic back pain and postural problems. Sara is an international presenter and the owner of SARA MEEKS SEMINARS which is dedicated to the education of health and exercise professionals on the management of bone health with a focus on the spine and hip, author of two books, and 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 of the Academy of Geriatric Physical Therapy and a recipient of the Section Award for Excellence in Clinical Practice and is a co-developer of Osteoporosis Canada's BoneFit program for Osteoporosis. Moving over into more mentoring, writing, Sara will now be focusing on teaching more advanced and online seminars and webinars. With her stated mission of creating safety and therapeutic intent in movement for people with low bone mass and other spinal pathology and diagnosed with osteoporosis herself, she brings energy, enthusiasm, and humor into her stated purpose of creating environments in which participants can learn. *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 conditions of physical frailty and osteoporosis as they pertain to patient populations who are being seen by all movement personnel.
2. Understand how to instruct patients in isolated, segmental breathing exercises.
3. Recognize the guidelines for management of the person with acute spinal compression fracture.
4. Name the principles of modification of an exercise program and specific exercises for better body alignment to meet the needs of the individual including patients with conflicting diagnoses.
5. Understand the importance of optimal body alignment as it pertains to the effect of muscle contraction and weight-bearing forces in therapeutic exercise.
6. Recognize movement from and for the bones which is designed to increase safety and strengthening of the bony structure of the body.
7. Understand how to instruct Perch Posture, Safe Sit-To-Stand-To-Sit, 2 Visual Images for Postural Correction, Beginning Weight-Shifting Exercises for Balance, and 2 Different Visual Images for Improvement in Gait.
8. With a presentation of a patient with multiple co-morbidities and poly-pharmacy, plan a beginning therapeutic exercise program for the physically frail or pre-frail patient and revise it as necessary using the principles of The Meeks' Method®.
9. List elements of improved body mechanics during ADL's.
10. List reasons for bracing with the Spinomed IV Spinal Orthosis, use of Low Intensity Vibration and Exerstriders.
11. List the principles of movement and discuss progression of the program to next levels of care.

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.

LIVE Webinar Timed Agenda – 120 Minutes

Introduction/Information on Frailty/Information on The Meeks Method®
Experience Sit-To-Stand-To-Sit
Exercise
 Breath
 Re-Alignment Routine
 Variations and Modifications of Initial Exercises to Meet Patient's Needs
Alignment
Principles of The Meeks Method
Muscular Considerations/Core Strengthening
Bringing the Bones into the Equation
Beginning Program for Physically-Frail Patient with
Multiple Co-Morbidities and Poly-Pharmacy
Out of Bed/Recliner Chair and Into Life
 Postural Correction
 Balance
 Weight-Bearing Exercise
 ADL's
 Bracing
 Spinomed Orthosis
 Low Intensity Vibration
Wind Up and Questions

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, review and save your auto-emailed certificate for your files.