

**TOPIC:**  
**Upper Cross and Lower Cross [Pain] Syndromes**

This Course will dive into analyzing both upper and lower Cross Syndromes, and how these two postural deviations not only are so common in today's society, but how they play such a central part in causing chronic neck, shoulder, and low back pain syndromes. We will explore how to assess for these postures, and then discuss how we may proceed to treat the acupuncture muscle and sinew channels in order to correct them.

**SCHEDULE**

- 10:00 - 10:30 Introduction: Presenter's background; introduce S.N.A. ('Sports Need Acupuncture')
- 10:30 - 1:00 Lecture on lower Cross Syndrome, and its contribution to low back pain
- 1:00 - 1:30 Lunch break
- 1:00 - 4:30 Lecture on upper Cross Syndrome, and its contribution to neck and shoulder pain

**CEU Credits can only be awarded for full attendance.**

**Ian Armstrong**  
**L.Ac., CSMA**

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**Date/Time:** *Sunday, September 15th*  
**10:00 a.m. to 4:30 p.m.**

**Location:** *R.B. Swim and Tennis Club,*  
*@ 16955 Bernardo Oaks Drive,*  
*SD, CA 92128-2166*

**Directions:** *From Freeway 15, exit onto Rancho Bernardo Road, going East. The Club is on the left hand side at the (North-East) corner of Rancho Bernardo Road and Bernardo Oaks Drive.*

**ABOUT THE SPEAKER**

Focusing on orthopedics and Sports Medicine Acupuncture, Ian has been licensed since 2011, acquiring his Master's at Pacific College in S.D.. His private practice is currently set amongst highly skilled therapists where they triage their expertise to treat the greater active San Diego community and elite athletes, rehabbing injuries and improving performance.

Throughout his time as an acupuncture student, Ian interned with Matt Callison and has been assisting or teaching with Acu-sport Seminar series since 2011, getting certified in Sports Medicine Acupuncture in that same year. He is currently part of the faculty of the Sports Medicine Acupuncture Certification program,, where he teaches the Postural Assessment and Corrective Exercise (PACE) portion of the program.

At Pacific College, he is the instructor for the Treatment of Orthopedic Disorders (TOD) and Advanced TOD, and Supervises interns at the RIMAC Center at UCSD, where they work along side the Athletic Trainers to treat their intercollegiate athletes. *Please join us for this important and useful seminar!!!*

**SEMINAR SCHEDULE**  
**For 2019**

- FIVE SEMINARS •
- 6 CEU'S PER SEMINAR •

**#4: September 15**

**(#5: November 17)**

**PLEASE NOTE**  
**THE SEMINAR TIME:**  
**10 AM - 4:30 PM**  
**FREE LUNCH IS PROVIDED!!!**

**SEMINAR FEES:**

- **One-Year Membership Fee: \$150..00**  
Our Membership Fee is \$300.for the year (5, 6-hour Seminars). It is pro-rated by \$50. per each Seminar that has already taken place this year. **[Note: The Annual Membership Fee always includes a \$50. political action donation to CAOMA.]**
- **Single Seminar Fee: \$85.00**
- **Single Student Seminar Fee: \$50.00**
- **Student Membership Fee: \$150.00**

**S.D. {Local Chapter}CAAM Board Members and Contact Information:**

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***www.caam-sd.org***