



AcuSport Seminar Series LLC

February 11-12, 2012

14 CEU's CA state & 14 PDAs NCCAOM

Location: Southwest Acupuncture College

6620 Gunpark Dr., Boulder, CO 80301

Tuition: L.Ac \$375.00 on or before Jan 28, 2012 \$400.00 after

Students: \$325.00 on or before Jan 28, 2012, \$350 after

Acupuncture Association of CO. Members: \$337.00 By 1/28 \$360 after

Hours: Saturday 9:00am-5:00pm. Sunday 8:00-4:00pm

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Assessment and Treatment

Upper and Lower Crossed Syndromes

Upper and lower crossed syndromes are common postural distortions that are increasingly evident in today's society and can result in acute and chronic pain syndromes.

Crossed syndromes are comprised of shortened and lengthened opposing muscle groups of the neck, shoulder and pelvic girdles that put excessive tension on the soft tissue and articulating joints. Identifying and treating these postural distortions are important in maintaining long-term successful results when treating organ (*zang fu*) pathology and musculoskeletal injury.

Crossed syndromes will often have *zang fu* related pathologies that is imperative to treat for long lasting results. The speaker will discuss his study on 122 cases of posture and *zang fu* related dysfunction.

The TCM practitioner will learn how to assess crossed syndromes through postural alignment, manual and muscle length testing techniques.

The TCM practitioner will learn and treat particular channel correspondences that contribute to crossed syndrome postures.

In addition to learning how to assess and treat upper and lower crossed syndromes, this course will diagnose and treat some common musculoskeletal injuries that are associated with these postural distortions such as thoracic outlet syndrome and low back pain.

Postural exercises specific for crossed syndrome postures will be discussed and practiced. Intra-dermal needle stimulation applied during the exercises will be utilized to help the patient perform the exercises in a more efficient manner.

To enroll online please visit: <https://www.sportsmedicineacupuncture.com>