



IAN I. T. ARMSTRONG, M.D.

Diplomat, American Board of Neurological Surgery

Curriculum Vitae

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I. Executive Summary

A diplomat of the American Board of Neurological Surgery with fellowship training in spinal surgery, Dr. Ian Armstrong has been in practice in the Los Angeles, California area for over twenty years.

Dr. Armstrong is a second-generation physician and graduate of Baylor College of Medicine in Houston, Texas. He completed his General Surgery Internship and his Neurological Surgery Residency at Baylor College of Medicine and Affiliated Hospitals at the Texas Medical Center where he was involved with teaching and research. During his ten years at the Texas Medical Center, he had the opportunity to train under Dr. Michael DeBakey.

Dr. Armstrong completed two Spinal Surgical Fellowships: Rene Louis, M.D., Hospital De La Concepcion, Marseille, France and David Cahill, M.D. at the University of South Florida.

He has twenty-three years of leadership, teaching, research, community service, patient care, trauma and surgical experience. His career has been varied, spanning from the operating room to the board room. Dr. Armstrong has served as Chief of Neurosurgery, held positions on hospital and corporate leadership boards, and has been significantly involved in teaching, research and development. He has also had the opportunity to be a consultant to the movie industry, professional sports teams, professional athletes, and spinal surgery companies.

As a recognized leader in his field, Dr. Ian Armstrong has been called upon to be a resource for news and media, including television, radio and print – both nationally and regionally.

II. Neurosurgical Career Summary & Highlights

Texas Medical Center

Trained at Baylor College of Medicine and the Texas Medical Center (TMC) spending ten years at TMC working with Dr. Michael DeBakey in various capacities. The Texas Medical Center is one of the largest medical centers in the world, containing 54 medicine related institutions, 21 hospital and eight specialty institutions, four medical schools, and seven nursing schools. It has a population of over 120,000. It is a regional trauma center, one of the busiest in the country with over 750,000 ER visits per year. TMC includes such institutions as M.D. Anderson Cancer Center, The Methodist Hospital, Texas Heart Institute, Texas Children's Hospital, Houston VA, Ben Taub County Hospital, Herman Hospital, and TIRR. Dr. Armstrong spent 10 years at the Texas Medical Center.

Fellowship Specialty Training

Two Fellowships in spinal surgery. Rene Louis, M.D.; Hospital De La Concepcion, Marseille, France and David Cahill, M.D.; University of South Florida.

Joined a multispecialty spine practice in West Los Angeles - West Coast Spine Institute, a multi-physician practice that straddled UCLA with Rick Delamater and Ed Dawson, Cedars Sinai Hospital, and Century City Hospital. He had the opportunity to work with the UCLA Orthopedic Spine Fellows during this time under program directors Dawson and Delemater.

Brief Highlight Overview

- Chief of Spinal Surgery California Institute Neuroscience, CIN, Thousand Oaks, CA - 2017 to Present.
- Assistant Clinical Professor of Neurosurgery, UCLA School of Medicine; Voluntary - 2017 to Present.
- Stroke Committee Member, Los Robles Hospital - 2017 to Present.
- Faculty, National Skull Base Institute, NSBI - 2017 to Present.
- Member, Congress Scientific Program (SPC); Walter E. Dandy Neurosurgical Society - 2017 to Present.
- Chief of Neurosurgery Century City Hospital - 10 years.
- Governing Board of Century City Hospital - 10 years.
- Director of Spinal Surgery Program Century City Hospital - 10 years.
- Director of Neurosurgical Trauma Century City Hospital - 10 years.

- Director of Neurosurgical Trauma, Midway Hospital, Los Angeles - 5 years.
- Cedars Sinai Hospital, Staff Attending, involved with teaching residents, fellows and trauma call - 18 years.
- Medical Director of Neurosurgery/Spinal Surgery- Southern California Hospital at Culver City - 10 years.
- Governing Board of Southern California Hospital at Culver City - 10 years.
- Vice Chair Governing Board of Southern California Hospital at Culver City - 3 years
- Co-Chair of Bankruptcy Committee, Brotman Hospital - 2 years
- Surgical Committee, Southern California Hospital at Culver City - 3 years.
- Ortho Task Force, Southern California Hospital at Culver City - 1 year.
- Beverly Hills Medical Concierge – International Concierge Medical Practice, serving patients from China, Russia, Middle East, Mexico; Advisor and Neurosurgical Consultant - 1 year (Present).
- Medical Director – CEO/Founding Partner, Southern California Spine Institute (Est 1996), a multi-office, hub and spoke model, private practice spine surgical practice with offices in Beverly Hills, Los Angeles, Thousand Oaks, and Bakersfield - 20 years (Present).
- Medical Advisory Board, Aurora Spine Inc., Carlsbad - Product development and evaluation, teaching - 3 years (Present).
- Nuvasive, Inc., Innovative Spinal Technology, San Diego - Consultant, instructor, peer education, cadaver labs, visiting surgeons program - Instructing peers - 6 years.
- Founding Partner/Owner, CAST Surgical Center, Ambulatory Surgical Center, Westwood - Involved with developing, patient care protocols - Sale to publicly traded national company - 5 years.
- Developing Partner, Owner Medical Office Complex, Bakersfield - 11 years.
- Conejo Concussion Institute - Medical Advisory Board - 2 years (Present).
- Nexus Consultant involved with peer review regarding medical compliance with practice guidelines - 1 year (Present).
- QME – Qualified Medical Examiner for State of California - 1 year (Present).

III. Community & Media Highlights

Television

- The Doctors Show, National Program, appeared on four separate segments regarding neurosurgery.
- Rescue 911, CBS, National Program, pediatric spinal trauma.
- Numerous TV, radio and print.

Movie Industry

- Matrix, consultant on location – received screen credits as medical advisor.
- Matrix Reloaded.
- Matrix Revolution.
- The Replacements – medical consultant.
- Spiderman Two, consultant on location, medical advisor.
- Charlies Angeles II, medical consultant, medical advisor.
- The Queen, off site medical consultant.
- Sky Fall/007, consultant, medical advisor, cast member, offsite.

Sports

- Onsite medical consultant for head injuries, concussion and TBI evaluation, spinal injuries.
- Pro Surfing Tour, ASP, Association of Surfing Professionals, World Tour Medical Support Team – traveled with the team.
- Long Beach Ice Dogs, IHL, Professional Hockey Team, onsite neuro trauma consultant - 3 years.
- Fightology, MMA, Martial Arts, onsite consultant - 10 years.
- Conejo Concussion Institute - Medical Advisory Board.
- Active consultant for contact sports, head and neck injury: NCAA, high school, middle school, sport leagues - TBI evaluation, return-to-play criteria - 20 years (Present).

IV. Current Positions

- Chief of Spinal Surgery California Institute Neuroscience, CIN, Thousand Oaks, CA.
- Assistant Clinical Professor of Neurosurgery, UCLA School of Medicine; Voluntary.
- Stroke Committee Member, Los Robles Hospital.
- Faculty, National Skull Base Institute, NSBI.
- Member, Congress Scientific Program (SPC); Walter E. Dandy Neurosurgical Society.
- Medical Director, Southern California Spine Institute - Los Angeles, Beverly Hills, Thousand Oaks, Bakersfield, CA.
- Consultant/Advisor, Beverly Hills Medical Concierge, Beverly Hills, CA. International Medical Practice emphasizing medical tourism treating patients from: China, Russia, Middle East, Canada and Mexico.
- Staff Attending, Southern California Hospital at Culver City, CA.
- Staff Attending, St. John's Hospital, Santa Monica, CA.
- Staff Attending, Los Robles Hospital, HCA, Thousand Oaks, CA.
- Staff Attending, Thousand Oaks Surgical Hospital, HCA, Thousand Oaks, CA.
- Staff Attending, Linden Surgical Center, Beverly Hills, CA.
- Staff Attending, Specialty Surgical Center, Westlake Village, CA.
- Scientific and Medical Advisory Board, Aurora Spine Inc., Carlsbad, CA.
- Consultant, Aurora Spine Inc., Carlsbad, CA.
- Consultant, Nuvasive Inc., San Diego, CA. R&D.
- QME State of California.
- Nexus Medical Inc., Consultant, Medical Review, Peer Review, Guidelines, Quality and Outcome Reporting.

V. Education

M.D. - Baylor College of Medicine, Houston, TX, 1985

Texas Medical Center, Houston, TX

VI. Internships

- General Surgery Internship, Baylor College of Medicine Affiliated Hospitals, Department of Surgery, 1986
- Ben Taub County Hospital
- The Methodist Hospital
- Houston, Veterans Administration Hospital
- Texas Children's Hospital
- St. Luke's Hospital
- Chairman: Michael E. Debakey, M.D.

VII. Residency

Neurological Surgery Residency, 1986 to 1991

Neurological Residency Program, Baylor College of Medicine Affiliated Hospitals, Department of Neurosurgery - Chairman: Robert Grossman M.D.

Primary Teaching Hospitals

Ben Taub General Hospital and Trauma Center
M.D. Anderson Cancer Center
Houston Veterans Administration Hospital
The Methodist Hospital
Texas Children's Hospital

VIII. Fellowships

Spinal Surgical Fellowship

-David Cahill, M.D.; University of South Florida, 1992
Neurosurgical and Orthopedic Spinal Surgical Fellowship

Primary Teaching Hospitals:

Tampa General Hospital
Tampa Veterans Administration Hospital

-Rene Louis, M. D.; Marseilles, France, 1992
Orthopedic Spinal Surgical Fellowship

Primary Teaching Hospital:

Hospital De La Concepcion, Marseille, France

IX. Awards & Honors

- XLIF Pioneer, 2008 - Trophy awarded by Nuvasive for participation in XLIF evaluation, peer education, visiting surgeons program instructor.
- Halo Development Award, 2007 - Trophy presented by Nuvasive for being instrumental on team for evaluation and implementation of new cervical spine fusion system – Halo.
- Envoy Development Award, 2007 - Trophy presented by Nuvasive for helping design and develop the Envoy, lumbar spine fusion delivery system.
- Spherex II Team Member - Trophy and Award for recognition of involvement with evaluation of a new lumbar pedicle screw fusion system - Nuvasive, 2008.
- Brotman Hospital Governing Board, Service Award and Plaque, recognition for five years of service, 2006 to 2011.
- Century City Hospital Governing Board Service Award, 2000 in recognition for service.
- Training to Win, Board of Directors Service Award, 1999, recognition on Board of Directors for a foundation providing medical care and insurance for inner city school athletes and uninsured student athletes.
- Excellence in Clinical Neurology, Baylor College of Medicine, 1985.
- National Institutes of Health Fellowship, Baylor College of Medicine, Spinal Cord Trauma, 1983.
- Phi Beta Kappa
- Phi Kappa Phi
- Alpha Chi Sigma

X. Board Status & Licensure

California Medical License - 1992 to Present

Board Certification – American board of Neurological Surgeons – 1998

QME, Qualified Medical Examiner, State of California - 2015 to Present

XI. Appointments: Hospitals/Affiliated Institutions

Chief of Spinal Surgery - California Institute Neuroscience, CIN, Thousand Oaks, CA. 2017 to Present.

Stroke Committee Member, Los Robles Hospital. 2017 to Present.

Faculty, National Skull Base Institute, NSBI. 2017 to Present.

Director Neurosurgery/Spinal Surgery - Southern California Hospital Culver City, a 420-bed hospital in West Los Angeles. Involved with overseeing Neurosurgery and Spinal Surgery, program development, peer review, working with administration, nursing staff, quality control, patient outcomes, patient satisfaction, joint commission survey. 2006 to 2016.

Governing Board Member - Southern California Hospital Culver City. Governing Board duties oversight, review of hospital policies and procedures, administrative and directional decisions for the hospital. 2006 to 2016.

Vice Chair, Governing Board - Southern California Hospital Culver City. 2009 to 2013.

Medical Director/CEO - Southern California Spine Institute. Founded, developed and led private practice institution, a multi-office spinal surgical practice in Los Angeles, Thousand Oaks, Bakersfield and Beverly Hills, CA. 1996 to Present.

Surgical Committee - Southern California Hospital. Involved in peer review, surgical program review, surgical initiatives, quality control, credentialing. 2013 to 2016.

Chief of Neurosurgery - Century City Hospital, Los Angeles, CA. Oversaw all aspects of the neurosurgery program responsible for program development, quality control, peer review, administrative duties, interacting with administration, committees, and staff. Development of policies and procedures. Identifying equipment needs and cost analysis. Marketing and public relations. 1994 to 2004.

Medical Director Spine Program - Century City Hospital, Los Angeles, CA. Part of team developing and growing a spinal surgery program at Century City Hospital. Worked with administration, OR staff, marketing and public relations to maintain one of the busiest product lines at CCH in the shadow of Cedars, UCLA and St. John's spine programs. 1995 to 2004.

Director of Neurosurgical Trauma - Century City Hospital. Responsible for developing trauma protocols, patient care models, call schedule, quality control, peer review, contracts and trauma coverage. 1994 to 2004.

Director of Neurosurgical Trauma - Midway Hospital, Los Angeles, CA. Responsible for patient care trauma protocols, call schedule, contracts, coverage problems, hospital transfers evaluations, peer review, ER staff relations. 2008 to 2004.

Staff Attending Neurosurgeon - Cedars Sinai Hospital, Los Angeles, CA. involved with teaching residents, trauma and emergency coverage, volunteer coverage of uninsured patient/indigent clinic. 1992 to 2009.

Staff Attending Neurosurgeon - St. John's Hospital, Santa Monica, CA. Involved with teaching spine fellows in association with the Spine Institute and Dr. Rick Delematter, M.D. 1998 to Present.

Founding Partner/Owner/Development Team - Center for Ambulatory Surgery and Treatment. A multi-specialty, private, state-of-the-art outpatient surgical center specializing in spine, orthopedics, pain management. Staff attending as well as involved with development of the spine program. Strategic hands-on partner assessing equipment needs, quality patient care, expenses and ROI. Involved in sale to publicly traded company. 2000 to 2006.

Staff Neurosurgeon - Linden Surgical Center, Beverly Hills, CA. 2013 to Present.

Staff Attending Neurosurgeon - Los Robles Hospital, an HCA Hospital, Thousand Oaks, CA. 2002 to Present.

Staff Neurosurgeon - Thousand Oaks Surgical Hospital, an HCA Hospital, Thousand Oaks, CA. 2005 to Present.

Staff Attending Neurosurgeon - Daniel Freeman Hospital, Inglewood, CA. Involved with Neurosurgery Trauma Call and coverage for Emergency Room. 1992 to 2002.

Staff Attending Neurosurgeon - Daniel Freeman, Marina Hospital, Marina Del Rey, CA. Involved with Emergency Room Call Schedule. 1993 to 2006.

Staff Neurosurgeon - Specialty Surgical Center, Westlake Village, CA. 2005 to Present.

XII. Faculty / Teaching / Peer Education

- Involved with teaching UCLA Orthopedic Spine Fellows while a partner at West Coast Spine Institute, Los Angeles, CA. Under directors Ed Dawson MD and Rick Delematter, M.D. 1992 to 1996.
- Teaching Orthopedic Spine Fellows through The Spine Institute at St John's Hospital, Santa Monica, CA. Under Director Rick Delematter, M.D. 2000 to 2008.
- Teaching SICU resident neurosurgical trauma patient care and protocols. Neurosurgery Attending Staff, Cedars Sinai Hospital, Los Angeles, CA. 1993 to 1999.
- Faculty Instructor - Nuvasive, San Diego, CA. Minimally Invasive Spinal Surgery – A New Technique, XLIF training course for peers. April 2008.
- Faculty Instructor - Nuvasive, San Diego, CA. Hands-on course, cadaver lab, peer education in new surgical technique. April 2008.
- XLIF Training Course - Nuvasive, Surgical Peer Education, National Program. Lecture/Cadaver Lab; La Jolla, CA. Spinal Surgeons flew in from around the United States for this course in a new minimally invasive surgical technique. June 2007.
- Visiting Surgeons Program Faculty - Nuvasive. Onsite peer education with travel to regional hospitals for peer education and facility education. Intra-operative instruction.
 - Los Robles Hospital, Thousand Oaks, CA. September 2007
 - Northridge Hospital, Northridge, CA. November 2007
 - Northridge Hospital, Northridge, CA. December 2007
 - Cedars Sinai Hospital, Los Angeles, CA. March 2008
- Faculty/Instructor, Society for Lateral Access Surgery-SOLAS. 2007 to 2009.
- Cervical Fusion Techniques, Teaching Faculty, Intraoperative teaching and cadaver course, The Spine Center, St John's Hospital, Santa Monica, CA. Neurosurgeon and orthopedic surgeon peer education. October 2004.
- Surgical SICU Teaching Program, Cedars Sinai Hospital, Los Angeles, CA. Surgical Residents/ICU Fellows: Neurosurgery Trauma. 1993 to 1998.
- Surgical Dynamic Stabilization of the Spine: A Technical Advancement in Spine Care, Peer Education Seminar, Westwood, CA. November 2008.
- Minimally Invasive Spine Surgery – Surgical Peer Education Seminar, Keynote Speaker, Santa Ana, CA. 2008.

- Medical Legal Consumer Conference, Marina Del Rey, CA. Faculty, CMU Credit, Medical Legal Conference directed towards, doctors, lawyers, judges. “Minimally Invasive Spinal Surgery.” June 2008.
- “Bone Morphogenic Protein, BMP and Its Role in Spinal Fusion.” A new fusion technique using a biologic product that engages pluri-potential mesenchymal cells. M.D. Educational Conference, Keynote Speaker, Beverly Hills, CA. April 2002.
- “Spine Care for Internists” M.D. peer education, Century City, CA. May 2002.
- “Spine Care: Physician Education Seminar, Midway Hospital. January 2001.
- “Multidisciplinary Spine Conference,” Keynote Speaker, Peer Education. May 2002.
- “Spine Care Update for Internists,” M.D. Lecture, Beverly Hills, CA. April 2002.
- “Cervical Spine - Evaluation, Diagnosis, and Treatment,” Peer Education. May 2011.
- “Cervical Spine - Evaluation, Diagnosis and Treatment,” Peer Education. August 2001.
- “Osteoporosis - Vertebral Compression Fractures,” Peer Education, directed to Internists, Midway Hospital. January 2000.
- “Symposium - Orthopedics for the Primary Care Physician, Adult Spine Problems: Cervical and Lumbar,” Daniel Freeman Memorial Hospital, Inglewood, CA. CEU Credit. March 1998.
- “Minimally Invasive Spinal Surgery Techniques,” USC Sponsored CME Seminar for peers, Los Angeles, CA. 1993.
- “Surgical Alternative in Refractory, Cervical Spine Disorder,” Spine Care Practitioner Seminar, CME, Los Angeles, CA. 1993.
- “A Retrospective Evaluation of Spinal Cord Stimulators and their Role in the Management of Intractable Pain,” Southern Neurosurgical Society, National Meeting, Washington DC. 1992.

XIII. Research & Development

- “A New Mechanical Spinal Cord Injury Model: A Biochemical and Histological Study,” Armstrong, Lanman, Subin, Grode. Presented at the American Association of Neurological Surgeons, 14TH Annual Joint Section, Rancho Mirage, CA. 1998.
- “Stereotactic Brain Biopsy of Primary Lymphomas in Seventy-Four Patients with AIDS,” Lanman, Armstrong, Subin. Presented at the Congress of Neurological Surgeons, New Orleans, LA. 1998.
- “Stereotactic Brain Biopsy of Primary Lymphomas in Seventy-Four Patients with AIDS,” Lanman, Armstrong, Subin. Presented at AANS 66th Annual Meeting, Philadelphia, PA. 1998.
- “Retrospective Evaluation of Spinal Cord Stimulators and their Role in Management of Intractable Pain,” Armstrong. Presented at the Southern Neurosurgical Society Annual Meeting, Washington, DC. 1992.
- “Dynamic Stabilization of the Lumbar Spine, A Technological Advance Outcome with 10 Consecutive Patients.” Evaluation of a new FDA approved dynamic stabilization technique for the lumbar spine, White Paper, presented to industry, Nuvasive. 2009.
- “Protective Mechanisms in Spinal Cord Ischemia. An Animal Model,” Department of Neurosurgery, Baylor College of Medicine, Dr. Claudia Robertson. 1985.
- Inter Spinous Process Fusion Implant, Minimally Invasive Fusion Product, Aurora Spine Inc., Carlsbad, CA. Assisted with product design, cadaver testing, FDA approval process. Worked with design team, engineers, IP specialist, and patient evaluation. 2013 to Present.
- Medical and Scientific Advisory Board, Aurora Spine Inc., Carlsbad, CA. Evaluate product concepts, feasibility, industry trends, medical evaluation, peer education, medical and scientific contributions to new publicly traded spinal implant company. 2013 to Present
- “Minimally Invasive Lumbar Spine Fusion Technique, Interspinous Process Fusion Implant, ISP, Zip Technology.” Industry talk and presentation, peer education, NASS, San Francisco, CA. 2014.
- Sci-Fi Annual Conference, Science and Finance Conference held in conjunction with the NASS, North American Spine Society meeting, San Francisco, CA. Invited speaker on the topic “Future of Spinal Implants in Spinal Fusion Surgery.” 2014.

- Nuvasive, Product Development, Evaluation and Trials:
 - Osteocel Plus - Participated in product and patient evaluation with x-ray evaluation of fusion outcome of the allograft cellular bone matrix containing stem cells with a biologic profile that mimics autograft in biological components. 2006.
 - XLIF - Involved with patient outcome evaluations, teaching and regional education and use. Patient evaluation, lectures, peer and public education. Awarded trophy for “XLIF Pioneer.” 2007.
 - Halo-Anterior cervical plate system for fusion. Product evaluation, patient evaluation and outcome. Awarded design team award from Nuvasive. 2007.
 - Envoy - ALIF graft delivery system. Helped design, worked with engineers, cadaver testing and intraoperative testing. Design award. Nuvasive. 2007.
 - Dynamic Lumbar Stabilization System. Part of the design team, worked with engineers and IP attorneys to help develop a dynamic stabilization product for lumbar spine from the ground-up. Patient evaluation and outcome. Nuvasive. 2009.
 - Spherex II - Lumbar fusion pedicle screw system. Product evaluation and patient evaluation. Award given for recognition. 2007.
- Patient Evaluation Study, Osiris, Baltimore, Maryland/Blackstone. Adult Stem Cell Product for Use in Lumbar Spinal Fusion, Biologic Product, Trinity. Developed by Osiris Therapeutics, Baltimore, MD. Involved in early humane testing, 2005 in lumbar spine fusion. First surgeon to use such a product on the west coast. Now a standard biologic product used in fusion. Radiographic follow-up and presentation, Chicago, IL. 2005.
- Investigators Meeting: Neodisk Artificial Cervical Disk, Nuvasive, Seattle, WA. 2006.
- Consultant, Spinal Concepts Inc., Austin, TX. Product evaluation. 2004 to 2006.
- Consultant, Compass Spine, San Diego, CA. Product evaluation, education, lecturer. 2006 to 2009.
- Intra Operative Spinal Cord Monitoring, SSEP, Motor, EMG. Neurovision. Worked on evaluation and development of a surgeon base platform for intraoperative spinal cord monitoring. Worked at corporate headquarters with engineers and development team as well as intra operatively evaluating and testing equipment. Helped implement onsite intra operative monitoring as well as remote monitoring model. Nuvasive. 2006 to 2012.
- Formagraft Study, Biologic Fusion Product Implant, patient evaluation, outcome with radiographic studies. 2009.

- Medtronic, Infuse, BMP, Bone Morphogenic Protein, a new spinal fusion product. Involved in peer lecture education. M.D. Education Conference, 2002.
- Think Tank, Osteotech Inc., “Current Concepts in Bone Grafting,” New York, NY. 2005.
- “Cervical Spine Instability; Anatomy, Biomechanics, Treatment,” Chief Resident Seminar, Department of Neurosurgery, Baylor College of Medicine, Houston, TX. 1990.
- “Vestibular Dysfunction,” Department of Otorhinolaryngology, six-month research project under direction of Dr. Herman Jenkins, Baylor College of Medicine, Houston, TX. 1982.
- “Rate of Uptake of Serotonin in Synaptosomes,” Department of Medicinal Chemistry, Dr. Grunswald. Honors Award and Funding Grant. 1980.
- “Spatial Frequency and its Relationship to Orthogonal Inhibition,” Independent Research Project, Department of Biology; Dr. Jander. Honors Award and Funding. 1979.

XIV. Medical Consultant & Advisor

Neurosurgical Consultant and Advisor for pro sports teams, professional athletes, movie industry, and television.

- ▶ Sports Head Injury Symposium
Sponsors: Senator Barbara Boxer, Leigh Steingberg and West Coast Sports Medicine Foundation, Los Angeles, CA.
Key Note Speaker “Concussions in Professional Athletes, Prevention and Identification”. Ian Armstrong M.D. 1999.
- ▶ Long Beach Ice Dogs, IHL, International Hockey League, Head and neck trauma consultant, onsite expert and emergency medical response team. 1996 to 1999.
- ▶ Association of Surfing Professionals, International Pro - World Tour. Head and spine trauma consultant, onsite medical response team. Traveled with the pro surf tour, ASP. Helped develop first medical care protocols for the ASP surf tour which later became standard of care. 1996 to 1999.
- ▶ ASP, Association of Surfing Professionals, Hosseger Rip Curl Pro Tour, Onsite emergency medical consultant, head and spine trauma. Hosseger, Biarritz, Event Physician. August 24-30, 1999.
- ▶ ASP, Association of Surfing Professionals, Rio Surf Tour at Barra Beach, Rio de Janeiro, Brazil, Event Physician, Head and neck trauma specialist. October 15-19, 1997.

- ▶ AVP, Association of Volleyball Professional, neurosurgical medical consultant. 1996 to 1998.
- ▶ United States Tae Kwon Do Association, Junior Olympics, Onsite medical consultant for head and spine trauma, Los Angeles Convention Center, Los Angeles, CA. 1995.
- ▶ Fightology Inc., Mixed Martial Arts Academy, head trauma consultant, concussion evaluation, onsite. 2001 to 2011.
- ▶ Green Bay Packers, medical consultant part of multispecialty medical team, orthopedics, chiropractic, nutritional, neurosurgical, concussion, that traveled to Wisconsin for consultation with team. 1999.
- ▶ Leigh Steinberg Agent, Professional Football Player, athlete consultation, concussions, evaluation and return to play criteria, career choices. 1999.
- ▶ Medical Advisory Board, Conejo Concussion Institute, Thousand Oaks, CA. A foundation that works with coaches, trainers, student athlete education regarding concussions, medical evaluations, research and teaching. 2014 to Present.
- ▶ Concussion and head injury consultant for regional high schools and colleges. Athlete evaluation, treatment and return to play criteria. Example: Westlake High School, Oaks Christian High School, Agoura High School, Thousand Oaks High School, Westmont College, Santa Barbara, CA; Pepperdine University, Malibu, CA. 1993 to Present.
- ▶ Training to Win Foundation, Medical Executive Board. A nonprofit foundation structured to provide medical care for inner city Los Angeles athletes without health insurance or under insured athletes. Providing the same to quality medical as the regional professional and college athletes. Consultant, onsite event doctor and advisor. 1998 to 2000.
- ▶ Regional Expert on Head Injury and Concussions. Frequent consultant and resource for head injury, concussion to the press, newspapers, and national television:
 - The Doctors Show, Brain Injury, CBS.
 - Rescue 911 – Pediatric Spinal Cord Trauma s/p MVA.
 - LA Times, gunshot to the brain.
 - New York Times – trauma in Haiti Post Earthquake, 2010.
 - KBAK TV, Concussions, the New Law and Guidelines, 2014.
 - World Journal of Neurosurgery, Neurosurgical Trauma in Haiti Post Earthquake, 2010.

XV. Movies / Films / Entertainment

Medical Advisor and Onsite Consultant to Hollywood Film Industry, working with actors, directors, stuntmen, executive and insurance companies to insure medical safety.

Matrix 1999 - Received on-screen credits as medical advisor. Worked with story boards, stunts and cast regarding medical concerns.

Matrix Reloaded - medical consultant on set, 2003.

Matrix Revolution - medical consultant on set, 2003.

Spiderman 2 - medical consultant. Reviewed story board, action scenes, stunts. Worked with executives and actors. Onsite consultations. 2004.

Charlies Angels: Full Throttle, medical consultant onsite. Harness work, stunts, injury prevention. Worked with studios, executives, insurance companies and actor. 2003.

The Replacements, medical consultant. Evaluation and recommendations for injury prevention. 2000.

Skyfall, off-site consulted for injury prevention and limitations. 2012.

The Queen, off-site consultant for injury prevention and avoidance, actors. 2006.

ER, Television Show, neurosurgical advisor, scene advisor for neurosurgery via one of the principal writers, L. Gentile, M.D. 1995.

XVI. Business & Development

Center for Ambulatory Surgery Treatment, CAST Surgical Center, Westwood, CA. Founding Partner, Investor/Developer and Neurosurgical Advisor and Consultant. Part of a small team that designed and developed a four operating room independent outpatient surgical center from the ground up. Emphasizing spinal surgery, orthopedics and pain management. Expanded the center to twenty physicians and sold it to a national publicly traded company. 2001 to 2006.

Brotman Hospital, Culver City. Part of a team of administrators and owners that successfully brought the 420-bed hospital out of chapter 11 as Medical Director of neurosurgery/spinal surgery, Governing Board Member, Co-Chair of Bankruptcy Committee and the "Kitchen Cabinet." Intimately involved with planning, strategies, medical, business and institutional directional decisions. 2009 to 2011.

Chief of Neurosurgery and Medical Director of the Spinal Surgery Program, Century City Hospital. Worked with administrators, marketing, public relations, physicians and staff to develop and grow a regionally successful spinal surgery program at CCH in the shadow of competing spinal surgery programs at UCLA, Cedars, and St John's Hospitals. 1993 to 2003.

Southern California Spine Institute (Est. 1996). Developed a multi-office, hub and spoke, private practice spine group. Put together physicians and allied health personnel to create vertically integrated multispecialty spine care. Evaluate patients locally and refer them into center of excellence for surgical intervention. 1996 to Present.

- Los Angeles 3831 Hughes Ave #105, Los Angeles, CA
- Beverly Hills 8501 Wilshire Blvd, # 316, Beverly Hills, CA
- Thousand Oaks 315 E. Rolling Oaks Dr. # 210, Thousand Oaks, CA
- Bakersfield 8701 Camino Media, # C, Bakersfield, CA

Medical Office Building/Real Estate - Partner and developer of approximately twenty thousand square foot multispecialty medical complex, Bakersfield, CA. 2001 to 2013.

Medical Advisory Board, Relax the Back, Inc., Austin, TX. Medical advisor/consultant for a national consumer-based spine product company. Assisted with feasibility studies, product design, marketing assessment, and client/employee education. 1996 to 1998.

Sci-Fi Annual Meeting, science and business meeting. "Where Science, Finance and Business Meet," Invited speaker and panel discussant. San Francisco, CA. NASS. 2104.

Medical Advisory Board, Aurora Spine Inc., Carlsbad, CA. Worked with startup spinal surgical implant and research and development company in collaboration with CEO, COO, engineers, and PhDs in product evaluation, development and design – from beginning to publicly traded, international company. 2012 to Present.

Westlake Malibu Magazine, Board of Director, Medical Editor. Assisted with development and directional decisions, public education concerns. 2009 to 2015.

XVII. Presentations & Lectures

TEDx Talk - Advances in Neurosurgery. Westlake Village, CA. February 2107.

International Brain Mapping Society Meeting, Virtual Reality in Neurosurgery – Current and Future Applications, Los Angeles, CA. April 2017.

The Neurological Effects of Social Media, Smart Phones and Screen Time on the Brain. CamFam Studios, Consultant, Westlake Village, CA. April 2017.

“Spine Care Update,” A multidisciplinary symposium, orthopedics, pain management, physical medicine and rehabilitation, neurosurgery. CEU Credited, Culver City Hotel, Culver City, CA. 2014.

“Spine Care Update,” Workers Compensation/Case Managers, Ontario, CA. 2007.

“Current Concepts in Spinal Surgery,” Allied Health Care/Physical Therapist/Chiropractor Educational Seminar, Keynote Speaker, Westwood, CA. 2007.

“Spine Care Update for Chiropractors,” Educational Seminar, Bakersfield, CA. 2002.

Visionquest Orthocare Lecture, Lecture Series for Workers Compensation, 2001.

“Chiropractic Spine Care Update,” Educational Seminar. Westlake Village, CA. 2000.

Multidisciplinary Spine Care Conference, A Symposium for Chiropractors and Physical Therapists. 2000.

“Everything Workers Compensation Adjusters Should Know About Back Injuries,” Century City Hospital, 2000.

“Multidisciplinary Spine Care Symposium Update for the Millennium,” CEU Credited, Century Plaza Hotel, Century City, CA. 1999.

“Everything Workers Compensation Adjustors Should Know about Back Injuries,” Century City Hospital. 1999.

“Back and Neck Pain,” Employer Group Lecture, Los Angeles, CA. 1995.

“Spine Care for Chiropractors,” Bakersfield, CA. 1994.

“Evaluation and Management of Concussions,” Chiropractic Sports Sciences Symposium, CEU Credited, Los Angeles, CA. 1997.

“Cervical Instability and Spinal Cord Compression,” Chiropractic Sports Sciences Symposium, Biltmore Hotel, Los Angeles, CA. April 9-11, 1999.

“Sports Head Injury Symposium,” Leigh Steinberg, Senator Barbra Boxer, Centinela Hospital, West Coast Sports Medicine Foundation, Los Angeles, CA. 1999.

“Head and Spine Trauma in Collision Sports,” Advanced Sports Injuries Program. Los Angeles, College of Chiropractic, Whittier, CA. 1993.

“Coaches and Trainers Seminar,” Century City Hospital, Century Plaza Hotel, Los Angeles, CA. 1995.

“Spinal Trauma,” Chiropractic College, Los Angeles, CA. 1993.

“Spine and Sports,” Sports Club L.A., Los Angeles, CA. 2006.

XVIII. Trauma Experience & Training

Trained at Baylor College of Medicine in Texas Medical Center, involved with training, teaching and participation in trauma and research there for ten years at one of the largest medical centers in the world with 21 hospitals and eight specialty institutions, 54 medicine related institutions, four medical schools and seven nursing schools. It has a population of over 120,000, is a regional trauma center and one of the busiest trauma centers in the country having over 750,000 ER visits per year.

- Chief Neurosurgical Resident at Ben Taub Hospital, The Methodist Hospital and Texas Children’s Hospital, treating hundreds of patients suffering grave trauma such as gunshot wounds, vehicle accidents, general trauma, and urban violence. Also involved with trauma research and teaching medical students, interns and residents. 1991.
- Staff Attending, Cedars Sinai Hospital, Los Angeles, CA. One of the lead trauma surgeons taking trauma calls, teaching residents and students neurosurgical trauma protocols. 1993 to 1999.
- Director of Neurosurgical Trauma, Century City Hospital, Los Angeles, CA. Involved with establishing neurosurgical trauma protocols, treatment plans, call schedules, contracts, and transfer protocols. 1993 to 2003.
- Director of Neurosurgical Trauma, Midway Hospital, Los Angeles, CA. Establishing neurosurgical trauma treatment and response protocols, covering trauma and neurosurgical emergencies, establishing call schedules, contracts. 1995 to 2003.
- Trauma Surgeon, Daniel Freeman Memorial Hospital, Inglewood, CA. Inner City Hospital, Los Angeles. Neurosurgical emergency coverage at busy trauma center. 1993 to hospital closures in 2002.
- Trauma Neurosurgeon, Daniel Freeman Marina Hospital, Marina Del Rey, CA. Neurosurgical emergency room coverage. 1995 to 2002.
- Fightology - Mixed Martial Arts, training and completion, neurosurgical trauma consultant. 2002 to 2012.

- Worked onsite with pro athletic teams specializing in head and spine trauma, onsite emergency response and treatment for: Long Beach Ice Dogs, Professional Hockey Team, IHL; ASP, Association of Surfing Professionals World Tour, traveled with the team as part of the emergency medical response team. 1998 to 1999.
- Association of Volleyball Professionals, AVP onsite. 1996 to 1998.
- Concussion evaluation and treatment of high school, college and professional athletes as an area of practice emphasis. Evaluation, treatment, and return to play criteria for these athletes. Working with schools, coaches and trainers regarding safety and return to play criteria. 1993 to Present.
- Authored numerous articles as well as a book chapter on head injury and concussion treatment and evaluation.
- Presented numerous public educational seminars to coaches, trainers, athletes and parents on concussion recognition, prevention and treatment. Treating traumatic brain injury patients routinely in private practice. 1993 to Present.
- Called upon by media as a recognized regional expert in neurosurgical trauma, concussions and head injury, including: The Doctors Show, Head Trauma; NBC's Rescue 911 - Pediatric Spinal Cord Injury, Motor Vehicle Accident, Local News Affiliates on concussions and TBI, Los Angeles Times – gunshots to the brain and consequences. As well as being called on for radio interviews. 1993 to Present.
- Traveled to Haiti immediately after the earthquake and assisted with neurosurgical trauma. Recognized by World Neurosurgery Journal as one of four neurosurgeons responding to the crisis and helping establish a Neuro ICU in Port au Prince. 2010.
- “Sports Head Injury Symposium, Sponsors/Presenters: Senator Barbara Boxer, Sports Agent Leigh Steinberg and West Coast Sports Medicine Foundation. Dr. Armstrong was key note speaker on concussions. Los Angeles, CA. 1999.
- “Evaluation and Management of Concussions,” Chiropractic Sports Sciences Symposium. CEU Credited, Los Angeles, CA. 1997.
- “Cervical Instability and Spinal Cord Compression,” Chiropractic Sports Sciences Symposium, CEU Credited, Biltmore Hotel, Los Angeles, CA. April 9-11, 1999.
- “Head and Spinal Injuries in High School Athletes: Side Line Evaluation,” Manhattan Beach, CA. 2002.
- “Head and Spine Trauma in Collision Sports: Evaluation and Treatment,” Advanced Sports Injuries Program, Los Angeles College of Chiropractic, Whittier, CA. 1993
- “Coaches and Trainers Seminar,” Century City Hospital, Century Plaza Hotel, Los Angeles, CA. 1995.
- “Spinal Trauma,” Chiropractic College, Los Angeles, CA, 1993.

XIX. Media / Publications / Articles

Cover Story/Hollywood Weekly Magazine, April 2017.

“Subarachnoid Trabeculae: A Comprehensive Review,” Martin Mortazavi MD et al, I. Armstrong MD, World Neurosurgery Journal, Accepted for publication December 2017.

“Rare Concurrent Retroclival and Panspinal Subdural Empyema: Review of the Literature,” Martin Mortazavi MD et al, I. Armstrong MD, World Neurosurgery Journal, Accepted for publication December 2017.

“Eight Points for the Spine Surgeon Treating Professional Athletes,” Laura Dyrda, Becker’s Spine Review, April 29, 2012. In this article, Dr. Armstrong is interviewed and recognized as a leader in treating professional athletes and he gives eight recommendations for treating spine care problems in the pro-athlete.

“Spine Surgery’s Next Frontier: Biologics & Regenerative Medicine,” Laura Dyrda, Becker’s Spine Review; February 25, 2014. Dr. Armstrong is interviewed as a leader in this field on the use of stem cells and regenerative medicine in spinal surgery. He discusses latest advancements in this medical field.

“Aurora Spine, Zip Device, A New Spinal Fixation Device,” Dawn Powel, Editor, Spinal News International, September 2014. Dr. Armstrong is interviewed about a new minimally invasive spinal fusion technique and device. He was the first in the U.S. to use this device.

“Spine Surgeon Leader to Know, Dr. Armstrong of Southern California Spine Institute,” Anuja Vaidya, Becker’s Spine Review, Becker’s Healthcare, August 26, 2014.

“Beyond the Bullet,” Health Section, Los Angeles Times, January 24, 2011. Dr. Armstrong is interviewed as a neurosurgery trauma expert regarding the gunshot to the head of Rep. Gabrielle Gifford. Its consequences and long term effects.

“Fifty Spine Surgeons and Specialist Researching Biologics for Spine Treatments,” Heather Liner, March 19, 2013; Becker’s Spine Review, September 4, 2012. Dr. Armstrong is highlighted as one of the leaders in researching biologics for spine treatments. His views and opinions are reviewed.

“Aurora spine Announces First U.S. Implant of the Zip Ultra System,” A. Vaidya, Becker’s Spine Review, December 12, 2013. Dr. Armstrong is outlined as a pioneer with this technology.

“Devastation after the Haiti Earthquake,” Michael Wang; World Neurosurgery, 2010. Dr. Armstrong is highlighted as one of four neurosurgeons who responded to this international disaster. Dr. Armstrong worked on “triage and began treating the numerous spinal cord and head injured patients in an area of the hospital which is to become a new specialized unit.”

“First U.S. Surgery Utilizing New Spinal Surgical Implant Being Performed at Southern California Hospital at Culver City; *Giacobbe*, January 7, 2014. Dr. Armstrong is the first surgeon in the United States to use this minimally invasive, FDA approved, spinal fusion technique.

“Spinal Neurosurgeon Inspires Kids to Take Up Medicine,” *Sylvia Belmond, Health Section, Acorn*, September 11, 2011. Dr. Armstrong’s Medical Mentors Program is outlined and students are interviewed.

“Medical Mentors Program,” *D. Lyle, WML*, October 2011. Three-page article describing Dr. Armstrong’s Medical Mentors Program and the students that have benefited from the program.

“What is the Most Important Issue Facing Spine Surgeons in 2015?” *L. Dyrda, Becker’s Spine Review*; November 2014, 18:02. Dr. Armstrong, a national leader in spinal neurosurgery is interviewed about the challenges that lie ahead for this field of medicine.

“Texting Can Cause Neck Problems,” *Culver City News*, November 28, 2014. Cervical pain can result from over texting. Dr. Armstrong explains the how and why.

“New Spinal Fixation Technique,” *Cashin-Garbot, BA Hons; News – Medical.Net*. An interview with Dr. Armstrong, Medical director of southern California spine Institute, discussing a new spinal fusion technique and implant. <http://goo.gl/Ajsja8>.

“Medical Mission to Uganda,” *Your Health, WML Magazine*, September 2015. An article outlining a medical mission to Uganda that Dr. Armstrong helped lead. Treating orphans and villagers in the remote jungles of Uganda as well as inner city Kampala.

“Doctor Prepares Youth for Medical Careers,” *Culver City News*, June 2, 2011. The article discusses Dr. Armstrong’s work to inspire the next generation of healers.

“Head Trauma is Not a Death Sentence,” *Los Angeles Times*, January 8, 2011. Dr. Armstrong discusses the consequences of head trauma.

“How to Prevent Head Injuries,” *Armstrong, Your Health, WLM*, September 2015. Review of Head Injury Prevention and recognition.

“Thirty Spine Surgeon Leaders with Medical Device Companies,” *L. Miller and A. Vaidya, Becker’s Spine Review*, February 21, 2014. Dr. Armstrong is listed as a leader and innovator working as an advisor and consultant to spinal technology industry.

“Dr. Armstrong, Medical Director, CEO of the Southern California Spine Institute and a Bakersfield Native. *Bakersfield Magazine*, June 2014. A four-page article on neurosurgeon Dr. Ian Armstrong, his back ground, training, career and Bakersfield roots.

“Insuring the Health of Movie Stars,” *D. Lyle, Your Health, WLM*, 2013. Dr. Armstrong’s career working with the movie industry of Hollywood is highlighted.

“Spine Surgeon Leader to Know: Dr. Armstrong of the Southern California Spine Institute, H. Linder, Becker’s Spine Review, September 4, 2012. Highlighted as one of the leaders in the field of spinal surgery.

“Bakersfield Doctor Return’s to Haiti,” Bakersfield Californian, February 6, 2010. Front page story with pictorial. The article outlines Dr. Armstrong’s missionary work in Haiti after the earthquake.

“Spinal Neurosurgeon Committed to Helping Haitian Orphans Recover,” The Acorn, July 29,2010. Missionary work in Haiti is reviewed.

“Learning From Natasha Richardson’s Skiing Tragedy: The Brain Injury Facts,” Armstrong, Your Health, WML, July 2009.

“Head Injuries in Sports, New Legislation on the Way,” Armstrong, Your Health, WML, November 2010.

“Aurora Spine Appoints Dr. Armstrong to Scientific Advisory Board,” C. Pallardy, Becker’s Spine Review, April 9, 2013.

“Nine Recent Spine Surgery Honors,” C. Pallardy, Becker’s Spine Review, May 6, 2013.

“Spinal Neurosurgeon Has His Hometown’s Back,” Herb Benham, The Bakersfield Californian, May 18, 2009. Highlights of Dr. Armstrong’s Career as a neurosurgeon.

“Back Health this Summer,” Armstrong, Your Health, WML August 2012. Dr. Armstrong outlines a back Healthy lifestyle for the activities of summer.

“Wellness Walking,” Armstrong, Your Health, WML, January 2011. Dr. Armstrong outlines the health benefits of a daily walking program for spine health.

“A Back Healthy Lifestyle,” Armstrong, Your Health, WML, January 2012. Outlines a back healthy lifestyle which involves exercise, posture training and a balanced spine.

Book Chapters:

Armstrong, I.I.T., M.D., Head Trauma: Strength, Conditioning and Injury Prevention for Hockey. Edited by Horrigan, J.M. and Kreis, E.J., Taylor Sports Publishing, Nashville, TN, In Press.

XX. Television / Radio / Podcast

“Preventing Gridiron Head Injuries,” Armstrong, KGET News, NBC; August 1, 2014. T.V. Interview, in studio. Dr. Armstrong is interviewed as an expert in TBI and concussions. The new state law AB 2127 which limit full contact practice to two ninety minute practices per week, prohibits full contact practice in the off season and mandates medical evaluation by a trained concussion medical expert prior to return to play – effective January 1, 2015.

The Doctors Show, Fox, National. “Head Injuries,” Episode on the consequences of head injury and brain damage. 2009.

The Doctors Show, National, Fox. “Neck Pain,”. Oct 2009, Dr. Armstrong demonstrates surgical solutions to neck pain.

The Doctors Show, Fox, National, “Minimally Invasive Spine Surgery,” Dr. Armstrong explains a new surgical technique with live intra operative video, XLIF. 2008.

The Doctors Show, Fox, National, “Stem Cell Use in Spinal Surgery,” 2011. Live surgery using stem cells for cervical fusion, and minimally invasive implant.

Rescue 911, CBS. Nationally syndicated real trauma stories with William Shatner. Live footage of ER with Dr. Armstrong and pediatric spinal cord injury post MVA. Episode 211, April 1989, Houston, TX.

BTV, Canadian National Business News Network. “Aurora Spine a New Solution for Spinal Implant Technologies,” December 1, 2015. Dr. Armstrong interviewed by Canadian National Business network as a pioneer and innovator in spinal surgery. Views on Aurora Spine Inc. from a medical and business stand point.

“Latest Update on Concussions, Q&A with Dr. Armstrong,” KNX 1070 Radio, September 2015. Recognition, prevention and treatment of concussions.

“Back and Neck Pain,” KBAK/KBFC, T.V.; Eye Witness News, Lisa Kirsch, April 15, 2011, Live in studio interview. Back and neck pain while driving and sitting at a desk – causation, anatomy and simple solutions.

“Myths of Back Pain with Dr. Armstrong,” eHealth Radio, 4/25/2011; Pod cast via <http://viamedicpodhealth.com>.

“Spinal Neurosurgeon Shares Tips on Keeping Kids Safe While Playing Sports, T.V. interview, Fox News Bakersfield. In studio interview with Dr. Armstrong regarding safety tips for avoiding head and neck injury while playing sports.

“Addiction to Pain Medications,” Clear Channel Radio, Interview, June 3, 2014.

“Back Packs and Back Pain in Kids,” KGET Morning News Show, T.V. interview, in studio. Regarding school back packs and back pain in kids.

“How the Use of Smart Phones or Tablets Can Cause Neck or Back Pain, Text – Neck,” KBFX/KBAK T.V. Morning Show, in studio interview regarding over texting. November 21, 2014.

“How to Keep Your Children Safe from Concussions on the Football Field,” KBFX Morning Show, T.V. interview, in studio, concussion precautions and education. 2014.

“Rebuilding an Orphanage in Haiti,” KBFX-TV, Morning Show, Bakersfield, CA. April 2010.

“Rebuilding and Orphanage in Haiti,” KGET- TV, Morning Show, Bakersfield, CA, February 2010.

“Cervical Neck Pain,” Fox Affiliate, Twenty-Nine TV, Bakersfield, CA, May 2009.

“XLIF Back Surgery,” KBFX-TV Morning Show, Bakersfield, CA, April 2009.

“XLIF Back Surgery,” KBAK – TV Morning Show, April 2009.

“Head Injuries,” KGET- TV Morning Show Bakersfield, CA, March 2009.

“The Future of Stem Cell Research and How It Helps Re- Grow Bone and the Possibilities for the Technology,” KNX- AM, Los Angeles, CA, February 2009.

“Minimally Invasive Spine Surgery,” KABC- TV Los Angeles, CA, March 2007.

“Back Treatment and Spine Care,” KABC-TV, Los Angeles, CA, February 2007.

“Back Pain,” KABC-TV, Los Angeles, CA, November 1995.

“Back Problems in the Older Patient,” KCAL-TV, November 1994.

“Holiday Travel and Back Pain,” KNX-AM, Los Angeles, CA, November 2010.

“Children and Back Pain from Heavy Back Packs,” KFI-AM, Los Angeles, CA, August 2010.

“Rebuilding and Orphanage in Haiti / Solar Panels,” KNX-AM, Los Angeles, CA, July 2010.

“Children and Back Pain from Heavy Back Packs,” KNX-AM Los Angeles, CA, September 2008.

“Back Packs and Students,” KFWB 980 News Radio, Los Angeles, CA, November 2008.

“Preventing Spinal Cord Injuries,” Interview for Cable Television, BHS, April 3, 2000.

“Preventing Spinal Cord Injuries,” Interview for Cable Television, BHS, May 8, 2000.

XXI. Community Presentations / Public Education Seminars

- “Spine Care Update, Current Trends in Spinal Care,” Seminar, Hyatt Westlake Village, Westlake Village, CA 2014.
- “Spine Care Chiropractic Seminar,” CEU Credits, Culver City Hotel, Culver City, CA, 2013. Multidisciplinary Educational Seminar: Orthopedics, PM&R, Radiology, Pain Management, Neurosurgery.
- “Spine and Sports,” Sports Club L.A., Los Angeles, CA, March 2006.
- Spine Care Symposium
 - Redondo Beach, CA, January 2007
 - Culver City, CA, March 2007
 - Westlake Village, CA, April 2007
- “Avoiding Back Surgery,” Public Educational Seminar on current evaluation, diagnosis and treatment of back and spine problems emphasizing conservative management.
 - Bakersfield, CA, April 12, 2001
 - Westlake Village, March 15, 2001
 - Torrance, CA, February 8, 2001
 - Westlake Village, CA, November 16, 2000
 - Torrance, CA, May 10, 2000
 - Century City Hospital, Los Angeles, March 23, 2000
 - Westlake Village, November 18, 1999
 - Torrance, CA, September 23, 1999
 - Bakersfield, CA, May 20, 1999
 - Century City Hospital, Los Angeles, March 25, 1999
 - Century City Hospital, Los Angeles, June 23, 1998
 - Los Angeles, CA, March 27 1996
 - Bakersfield, CA, December 12, 1995
 - Woodland Hills, CA, November 14, 1995
 - Century City Hospital, Los Angeles, CA, February 22, 1995
 - Century City Hospital, Los Angeles, CA, October 26, 1994
 - Torrance, CA, Torrance Marriot Hotel, August 23, 1994
 - Ontario, CA, Century City Hospital, 1993
- “Failed Back Syndrome,” Woodland Hills, CA, December 8, 1994.
- “Back Problems,” Century City Hospital, Century Plaza Hotel, Los Angeles, CA, 1993.

XXII. Community Leadership & Involvement

- Director and Founder of Medical Mentors, a program that introduces young people to the field of medicine. Working with inner city kids, high school students and college students inspiring the next generation of healers, accomplished through one-on-one mentoring in surgery and clinic. 2009 to Present.
- Living Oaks Middle School Academic Alliance-LOMSAA. Part of a small team that started an independent, private Christian Middle School. Formed a foundation, established curriculum, hired teachers, acquired space. Newbury Park, CA. 2009 to Present.
- Living Oaks Middle School Academic Alliance – LOMSAA, School Board. 2009 to 2012.
- Oaks Christian High School, Westlake Village, CA. School Board, Associate, Academic Committee. 2016 to Present.
- Baccalaureate Speaker, Oaks Christian High School, Farewell Sermon to Senior Class, Graduation 2014.
- Conejo Concussion Institute – Medical Advisory Board. A foundation intended to raise awareness of Traumatic Brain Injury and Concussions: concussion safety, educating coaches, trainers, student athletes and parents about concussions, concussion prevention and treatment. 2014 to Present.
- Speaker, Conejo Concussion Institute, “Concussion Awareness and Prevention.” October 2015 and October 2016.
- Training to Win, Board of Directors, a nonprofit organization assisting high school athletes in inner city without medical insurance, meeting insurance and medical needs. 1998 to 2000.
- Science Teacher, fifth grade, Bethany Christian School. part time, 2003 to 2008.
- Men’s Leadership Class, LOMSAA, seventh and eighth grades, based on John MacArthur’s book Twelve Ordinary Men. 2009.
- Men’s Bible Study, Proverbs, LOMSAA, seventh, eighth grade, one-year program. 2010.
- Sheriffs STAR Program – Panel Member and Discussant- Middle School parents and student awareness of dangers of drugs, alcohol and internet safety. Program Director: Deputy D. Bates, 1995 and 1996.
- Member: Mercy Chapel, Agoura, CA. Present.
- Westlake Malibu Magazine, Medical Editor and Medical writer, general medical public education articles, bimonthly magazine. 2009 to 2015.

XXIII. Community Support

New Life Children's Home, Port au Prince, Haiti. 2010 to Present.

Compassion International, Supporting/ Adopted three children through this nonprofit organization. Two in the Dominican Republic, one child in Africa. 2010 to Present.

Pastors Network, Kampala, Uganda. 2015 to Present.

Wounded Warriors Foundation. Dr. Armstrong believes that if you have not served, you should support the Veterans organization of your choice monthly. 2012 to Present.

XXIV. International / Humanitarian

Haiti, 2010, First Responders. Helped lead a team of medical personnel immediately after the earthquake, providing medical relief, developing hospital and hospital post care units for trauma patients.

Haiti, continued support post-earthquake, arranging for shipments of food and medical supplies, and evacuation of patients. Continued patient care via Skype, iPhone and medical personnel in Port au Prince, New Life Children's Home.

Haiti, return trip, follow up medical, assisting with rebuild of orphanage, New Life Children's Home. June 2010.

Uganda, 2014. Helped lead medical mission trip to Uganda, setting up free standing clinics in the remote jungle villages of Uganda, as well as medical care and support of orphans in Kampala, Uganda.

XXV. Professional Societies

- Diplomate American Board of Neurological Surgery
- American Association of Neurological Surgeons – AANS
- Congress of Neurological Surgeons – CNS
- Walter Dandy Neurological Society
- North American Spine Society – NASS
- American Medical Society – AMA
- Los Angeles County Medical Association – LACMA
- California Association of Neurological Surgeons – CANS