



# Dr. Scott W. Cheatham

Professor ♦ Researcher ♦ Consultant  
Sports & Orthopedic Physical Therapist

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## LICENSURE/SPECIALTY

NPI: #1780689653

PT Board of California: #29911

PT Board of Idaho: #4786

ABPTS: Orthopedic Specialist: #10753

NATABOC: ATC: #089702394

NSCA: CSCS: #976782

## BIOGRAPHY

Dr. Scott Cheatham Ph.D., DPT, ATC, CSCS is a university professor, researcher, and expert consultant. He is an international speaker and has authored over 200 peer reviewed publications, textbook chapters, conference/seminar presentations, and home study courses on the topics of sports medicine, orthopedics, health and fitness, and myofascial interventions. Dr. Scott is a practicing physical therapist with specialties in sports medicine and orthopedics. His current clinical practice includes sports medicine, orthopedics, and sports performance training.

## EDUCATION

- ♦ **Doctor of Philosophy in Physical Therapy: Ph.D.**
  - Nova Southeastern University, Fort Lauderdale, FL
- ♦ **Doctor of Physical Therapy: DPT**
  - Chapman University, Orange, CA
- ♦ **Bachelor of Arts in Physical Education (Athletic Training): BA**
  - CSU Dominguez Hills, Carson, CA

## SPECIALITY CERTIFICATIONS

- ♦ **American Board of Physical Therapy Specialists**
  - Board Certified Orthopedic Physical Therapist (OCS)
- ♦ **Board of Certification for Athletic Training**
  - Certified Athletic Trainer (ATC)
- ♦ **National Academy of Sports Medicine**
  - Certified Wellness Coach (CWC)
- ♦ **The Back School**
  - Certified Ergonomic Assessment Specialist I
- ♦ **Hawk Grips**
  - Level I & II IASTM Certified Instructor
- ♦ **Graston Technique**
  - Graston Technique Therapy Specialist (GTS)
- ♦ **B Strong: Blood Flow Restriction Training**
  - Certified BFRT Level 1
- ♦ **Smart Cuffs: Blood Flow Restriction Training**
  - Certified BFRT Level 1

## HEALTH AND FITNESS CERTIFICATIONS

- ✦ **National Strength and Conditioning Association**
  - Certified Strength and Conditioning Specialist: 976782
  - Certified Personal Trainer: 53340201
- ✦ **National Academy of Sports Medicine**
  - Certified Wellness Coach: 1251492574
  - Certified Personal Trainer: 1200482498
  - Perform Enhancement Specialist: 1348728
  - Corrective Exercise Specialist: 1385262
  - Certified Nutrition Coach: 1190402826
- ✦ **Precision Nutrition**
  - PN Level 1 Certified
- ✦ **Functional Movement Systems**
  - FMS: Level I, SFMA: Level 1
- ✦ **American Council on Exercise**
  - Certified Personal Trainer: N276770
- ✦ **USA Weightlifting**
  - USAW: Level I Coach
- ✦ **Eleiko Weightlifting**
  - Level I Performance Coach

## ACADEMIC APPOINTMENTS

- ✦ **CSU Dominguez Hills: Department of Kinesiology**
  - Associate Chair | Full Professor (Tenured): (8/2021-present)

### Courses Taught

- KIN 290: Anatomy and Physiology I (4 units) (traditional, hybrid, online)
- KIN 291: Anatomy and Physiology II (4 units) (traditional, hybrid, online)
- KIN 301: Kinesiology with lab (3 units) (traditional, hybrid, online)
- KIN 302: Exercise Physiology with lab (4 units) (traditional, hybrid, online)
- KIN 360: Prevention and Treatment of Athletic Injuries (3 units) (traditional)
- KIN 362: Principles of Athletic Training with lab (4 units) (traditional, hybrid)
- KIN 462: Therapeutic Exercise with lab (3 units) (traditional, hybrid, online)
- KIN 475: Complimentary and Integrated Healthcare (3 units) (online)
- KIN 493: Pre-Allied Health Clinical Internship (3units) (traditional, hybrid)
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- ✦ **Concordia University Chicago: Division of Health Science & HP**
  - Adjunct Faculty- (2/2021-present)

### Courses Taught

- AES 6600: Principles of Sports Performance Training (type: online)
- AES 6620: Program Design in Sports Performance Training (type: online)

## TEACHING CERTIFICATIONS

- ◆ **Graduate Teaching Faculty Certification (online education):** American Public University
- ◆ **The First-Year Student Faculty Certification (online education):** American Public University
  - **Online education platform experience:**
    - Canvas, Blackboard, Moodle, Microsoft Teams, Zoom, etc.

## CSU DOMINGUEZ HILLS SERVICE

- ◆ **Associate Department Chair:** (8/21-Present)
  - *CSU Dominguez Hills, Department of Kinesiology*
- ◆ **Faculty Tenure and Promotion Committee Chair/Member:** (1/2021-Present)
  - *CSU Dominguez Hills, Department of Kinesiology*
  - *CSU Dominguez Hills, College Health Human Services and Nursing*
- ◆ **Curriculum Chair-** (8/2018-Present)
  - *CSU Dominguez Hills, Department of Kinesiology*
- ◆ **Pre-Physical Therapy Option Advisor:** (8/2013-Present)
  - *CSU Dominguez Hills, Department of Kinesiology*
- ◆ **New Faculty Search Chair-** (1/2020-6/2020)
  - *CSU Dominguez Hills, Department of Kinesiology*
- ◆ **University General Education Committee Member:** (8/2017-8/2020)
  - *CSU Dominguez Hills Faculty Affairs*
- ◆ **Title IX Officer Search Committee:** (10/2014-10/2017)
  - *CSU Dominguez Hills, Faculty Affairs*
- ◆ **Facilities and Space Committee:** (8/2015-8/2016)
  - *CSU Dominguez Hills, Faculty Affairs*
- ◆ **Nominations and Elections Committee:** (8/2014-8/2016)
  - *CSU Dominguez Hills, CHHSN*

## CSU DOMINGUEZ HILLS RESEARCH GRANTS

- ◆ **Title:** *A Pilot Study on the Effectiveness of the Community-Based Health Enhancement Lifestyle Program*
  - **Funding Date:** April 2015
  - **Funding Agency:** California State University Dominguez Hills
  - **Grant Number:** RSCA Grant Fund
  - **Role:** Principal Investigator
  - **Funding Amount:** \$15,581
  - **Status:** Completed
- ◆ **Title:** *Validation of a Pressure-Pain Threshold Scale in Patients Diagnosed with Myofascial Pain Syndrome and Fibromyalgia.*
  - **Funding Date:** April 2015
  - **Funding Agency:** California State University Dominguez Hills
  - **Grant Number:** RSCA Grant Fund
  - **Role:** Principal Investigator
  - **Funding Amount:** \$4,000
  - **Status:** Completed

- ◆ **Title:** *Hip Range of Motion Normative Data in Division II Collegiate Sports*
  - **Funding Date:** October 2014
  - **Funding Agency:** California State University Dominguez Hills
  - **Grant Number:** CHHSN Intramural Grant Fund
  - **Role:** Principal Investigator
  - **Funding Amount:** \$2,000
  - **Status:** Completed

## DISSERTATION COMMITTEE SERVICE

### ◆ **University of Idaho: Department of Movement Sciences**

- **Title:** Confirmatory Factor Analysis of the Hip Dysfunction and Osteoarthritis Score
  - Student: E. Miley (completed October 2023)
  - Role: Dissertation Committee Member
- **Title:** An Examination of the Effectiveness of Novel Manual Therapies to Improve Patient Care
  - Student: A. Ziegler (completed March 2017)
  - Role: Dissertation Committee Member
- **Title:** Reactive Neuromuscular Stabilization in the treatment of spine dysfunction
  - Student: M. Walters (completed June 2017)
  - Role: Dissertation Committee Member
- **Title:** Evaluating A Regional Interdependence Approach for Treating Apparent Hamstring Tightness in Collegiate Athletes
  - Student: R. Loutschs (completed July 2016)
  - Role: Dissertation Committee Member
- **Title:** Evaluation and Treatment of Chronic Lower Extremity Musculoskeletal Conditions from a Regional Interdependence Perspective
  - Student: B. Bosner (completed July 2016)
  - Role: Dissertation Committee Member
- **Title:** Examining a Regional Interdependence Approach for the Treatment of Acute and Chronic Musculoskeletal Dysfunction
  - Student: C. Hancock (completed July 2016)
  - Role: Dissertation Committee Member
- **Title:** Evaluating Novel Manual Therapies for the Treatment of Lower Extremity Dysfunction and Pathology
  - Student: B. Hansberger (completed July 2016)
  - Role: Dissertation Committee Member

## JOURNAL EDITORIAL/REVIEWER

- ◆ **Co-Editor and Chief:** (2024- Present)
  - *Journal of Fitness, Wellness, and Human Performance*
- ◆ **Editorial Board Member:** (2019-Present)
  - *Journal of Sport Rehabilitation*
- ◆ **Editorial Board Member:** (2016-Present)
  - *Journal of the Canadian Chiropractic Association*
- ◆ **Editorial Board Member:** (2015-2025)
  - *NSCA-Personal Training Quarterly*

## PROFESSIONAL ORGANIZATION SERVICE

- ✦ **Research and Grants Committee Member:** (2016-2021)
  - *Far West Athletic Trainers Association*
- ✦ **Sports Medicine/Rehabilitation SIG Member at Large:** (2016-2018)
  - *National Strength and Conditioning Association*
- ✦ **Annual Conference Planning Committee Member:** (2015-2017)
  - *California Athletic Trainer Association*

## CLINICAL PRACTICE APPOINTMENTS

- ✦ **CEO/President:** (2008-Present): *SportsPhysioRX, Torrance, Ca*
- ✦ **Physical Therapist III:** (2013-2016): *Torrance Memorial Medical Center, Torrance, CA*
- ✦ **Rehabilitation Director:** (2005-2013): *SBO Specialists Med Center PT, Torrance, CA*

## RESEARCH/EDUCATION CONSULTANT

- ✦ **Educational Consultant/Managing Scientific Advisory Board Member:** (2016-Present)
  - *National Academy of Sports Medicine*
- ✦ **Education Consultant/Master Instructor:** (2023-Present)
  - *HawkGrips*
- ✦ **Master Instructor/Curriculum Design:** (2006-2020)
  - *Equinox Fitness Clubs*
- ✦ **Research Consultant:** (2018-2020)
  - *Implus, Inc [Rocktape, TriggerPoint]*
- ✦ **Education Consultant/Author:** (2016-2017)
  - *American College of Sports Medicine*
- ✦ **Education Consultant/Author:** (2007-2015)
  - *American Council on Exercise*

## PEER REVIEWED PUBLICATIONS

### ORIGINAL STUDIES

- ✦ **Cheatham SW**. Sutton B, McLester, G Escalante. Expert Consensus on Resistance Training Precautions and Contraindications: A Modified Delphi Study. *J Fit Wellness Human Perform.* 2025 [In-Process]
- ✦ **Cheatham SW**. Baker RT. Do Healthcare Professional Agree with Expert Recommendations for Instrument Assisted Soft-Tissue Mobilization Precautions and Contraindications: A Descriptive Survey. *MDPI Healthcare.* 2025 Oct 29;13(21):2745.
- ✦ **Cheatham SW**, Baker RT, Loghmani MT, Schleip R. International Expert Consensus on Instrument Assisted Soft-Tissue Mobilization Precautions and Contraindications: A Modified Delphi Study. *MDPI Healthcare.* 2025;13:642
- ✦ **Cheatham SW**, Sutton B, Ambler-Wright T, Cheatham C, Ludwig C. How Do Physical Therapists & Athletic Trainers Maintain Their Physical Fitness? A Descriptive Survey. *Int J Sports Phys Ther.* 2025; 20(4)
- ✦ **Cheatham SW**, Baker RT, Batts W, Ambler-Wright T, Sutton B. Exercise With Unstable Objects: A Descriptive Survey Among Health Care and Fitness Professionals. *Int J Athl Ther Train.* 2024;29 (5): 261-272.
- ✦ Patterson RD, Zettlemoyer A, Plackowski M, Baker R, **Cheatham SW**, Nasypyany A. The Effects of TMR® Fab 6 on Hamstring Flexibility in Healthy Subjects; An Exploratory Observational Investigation. *Int J Sports Phys Ther.* 2024;19(7):877-887.

- Miley EN, Pickering MA, **Cheatham SW**, Larkins L, Cady AC, Baker RT. Psychometric analysis of the Hip Disability and Osteoarthritis Outcome Score Joint Replacement (HOOS-JR). *Osteoarthr Cartil Open*. 2024;6(1):100435.
- **Cheatham SW**, Martonick N, Krumpl L, Baker RT. The Effects of Light Pressure Instrument-Assisted Soft Tissue Mobilization at Different Rates on Grip Strength and Muscle Stiffness in Healthy Individuals. *J Sport Rehabil*. 2023 May 4:1-6.
- Miley EN, Casanova MP, **Cheatham SW**, Larkins L, Pickering MA, Baker RT. Confirmatory Factor Analysis of the Hip Disability and Osteoarthritis Outcome Score (HOOS) and Associated Sub-scales. *Int J Sports Phys Ther*. 2023;18(1):145-159.
- Martonick NJP, Reeves AJ, Whitlock JA, Stevenson TC, **Cheatham SW**, McGowan CP, Baker RT. Instrument-Assisted Soft Tissue Mobilization Forces Applied by Trained Clinicians During a Simulated Treatment. *J Sport Rehabil*. 2022 Jan 1;31(1):120-124
- Syeda M, Bartholomew J, Santiago S, Reeves AJ, Martonick N, **Cheatham SW**, Baker RT. Exploring force production reliability across different levels of clinical experience during a simulated one-handed instrument assisted soft-tissue mobilization treatment: a pilot study. *Int J Sports Phys Ther*. 2022;17(6):1136-1143
- Duffy S, Martonick N, Reeves A, **Cheatham SW**, McGowan C, Baker RT. Clinician reliability of one-handed instrument-assisted soft tissue mobilization forces during a simulated treatment. *J Athl Training*. 2022; 31(4):505-510
- Stevenson TC, Whitlock JA, **Cheatham SW**, Reeves A, McGowan C, Baker RT. Descriptive analysis of forces applied by trained clinicians during two-handed instrument-assisted soft tissue mobilization. *J Athl Training*. 2021 Nov 18;58(1):60-64.
- Reeves AJ, Whitlock JA, Stevenson TC, **Cheatham SW**, McGowan CP, Baker RT. Instrument-assisted soft tissue mobilization forces applied by trained clinicians during a simulated treatment. *J Sport Rehabil*. 2021; 25:1-5
- **Cheatham SW**, Baker RT, Larkin L, Baker J, Casanova M. Clinical practice patterns among health care professionals for instrument-assisted soft tissue mobilization. *J Athl Train*. 2021; 56(10):1100-1111
- **Cheatham SW**, Baker RT, Behm DG, Stull K, Kolber MJ. Mechanical percussion devices: a survey of practice patterns among healthcare professionals. *Int J Sports Phys Ther*. 2021; 16 (3):766-777
- **Cheatham SW**, Baker RT, Abdenour T. Kinesiology tape: a descriptive survey of healthcare professionals in the United States. *Int J Sports Phys Ther*. 2021;16(3):778-796
- **Cheatham SW**, Martinez RE, Montalvo A, Odai M, Echeverry S, Robinson B, Bailum E, Viecco K, Keller K, Nunez-Riveria S, Pena, A. Myofascial compression interventions: comparison of roller massage, instrument assisted soft-tissue mobilization, and floss band on passive knee range of motion among non-experienced individuals. *Clin Pract Athl Train*. 2020;3(3):24-36.
- **Cheatham SW**. A clinically relevant method of quantifying the mechanical properties of RockTape® kinesiology tape at different elongation lengths, *J Sport Rehab*. 2020 22:1-4
- **Cheatham SW**, Chaparro G, Kolber MJ. Balance training: does anticipated balance confidence correlate with actual balance confidence for different unstable objects? *Int J Sports Phy Ther*. 2020 Dec; 15(6): 977-984.
- Reeves AJ, Baker RT, **Cheatham SW**, Nasypyany A. Point-of-care research: retrospective analysis of cases of tendon pathology in athletic training clinics. *Clin Pract Athl Train*. 2020;3(2):33-44
- **Cheatham SW**, Stull K. Roller massage: difference in knee joint range of motion and pain perception among experienced and non-experienced individuals after following a prescribed program. *J Sports Rehab*. 2020; 29:148-155
- Reeves AJ, Baker RT, Casanova MP, **Cheatham SW**, Pickering MA. Examining the factorial validity of the quality-of-life scale. *Health Qual Life Outcomes*. 2020; 18(1):32-40
- **Cheatham SW**, Stull K, Batts WN, Ambler-Wright T. Roller massage: comparing the immediate post-treatment effects between an instructional video and a self-preferred program using two different density-type roller balls. *J Human Kin*. 2020 Jan 71:119-128
- **Cheatham SW**, Baker R. Quantification of Rockfloss® floss band stretch force at different elongation lengths. *J Sport Rehabil*. 2020; 29(3):377-380
- **Cheatham SW**, Stull K. Roller Massage: Comparison of three different surface pattern foam rollers on passive knee range of motion and pain perception. *J Bodywork Mov Ther*. 2019 Jul;23(3):555-560

- **Cheatham SW**, Kreiswirth E. Does a light pressure instrument assisted soft tissue mobilization technique modulate tactile discrimination and perceived pain in healthy individuals after strenuous exercise? *J Can Chiropr Assoc.* 2019 Apr;63(1):18-25.
- **Cheatham SW**, Stull K, Kolber M. Comparison of a vibrating foam roller and non-vibrating foam roller intervention on knee range of motion and pressure pain threshold: A randomized controlled trial. *J Sport Rehabil.* 2019; 28(1):39-45
- **Cheatham SW**, Stull K, Kolber M. Roller Massage: Is the numeric pain rating scale a reliable measurement and can it direct individuals with no experience to a specific roller density? *J Can Chiropr Assoc.* 2018; 62(3):161-169.
- **Cheatham SW**, **Stull K**. Roller massage: a commentary on clinical standards and survey of physical therapy professionals- Part 1. *Int J Sports Phys Ther.* 2018 Aug;13(4):763-772
- **Cheatham SW**, Stull K, Ambler-Wright T. Roller massage: a commentary on clinical standards and survey of physical therapy professionals- Part 11. *Int J Sports Phys Ther* 2018;13(5):920-930
- **Cheatham SW**. Roller massage: a descriptive study of allied health professionals. *J Sports Rehab.* 2018 Apr 13:1-26
- **Cheatham SW**, Stull K. Comparison of a foam rolling session with active joint motion and without joint motion: A randomized controlled trial. *J Bodywork Mov Ther.* 2018 Jul;22(3):707-712
- **Cheatham SW**, Stull K. Knowledge of self-myofascial release among allied health students: a descriptive survey. *J Bodywork Mov Ther.* 2018 Jul;22(3):713-717
- **Cheatham SW**, Stull K. Comparison of three different density type foam rollers on knee range of motion and pressure pain threshold: A randomized controlled trial. *Int J Sports Phys Ther.* 2018; 13 (3):474-485
- **Cheatham SW**, Kolber MJ, Mokha GM, Hanney WJ. Concurrent validity of pain scales in individuals with myofascial pain and fibromyalgia. *J Bodywork Mov Ther.* 2018 Apr;22(2):355-360
- **Cheatham SW**, Kolber MJ, Hanney WH, Mokha GM. Concurrent validation of a pressure pain threshold scale for individuals with myofascial pain syndrome and fibromyalgia. *J Man Manip Ther.* 2018;26(1):25-35
- **Cheatham SW**, Kolber MJ. Does roller massage with a foam roll change pressure pain threshold of the ipsilateral lower extremity antagonist and contralateral muscle groups? an exploratory study. *J Sports Rehab.* 2018 ;27(2):165- 169
- **Cheatham SW**, Baker R. Differences in pressure pain threshold among men and women after foam rolling. *J Bodywork Mov Ther.* 2017; 21(4):978-982
- Hanney WJ, Puentedura L, Liu X, Pabian PS, **Cheatham SW**. The immediate effects of manual stretching and cervicothoracic junction manipulation on cervical range of motion and upper trapezius pressure pain thresholds. *J Back Musculoskel Rehab.* 2017; 30(5):1005-1013
- **Cheatham SW**, Hanney WJ, Kolber MJ. Hip range of motion in recreational weight training participants: a descriptive report. *Int J Sports Phys Ther.* 2017;12(5):764-774
- **Cheatham SW**, Kolber MJ, Cain M. Comparison of a video-guided, live-instructed, and self-guided foam roll intervention on knee joint range of motion and pressure pain threshold: A randomized controlled trial. *Int J Sports Phys Ther.* 2017;12(2):1-8
- Kolber MJ, Hanney WH, **Cheatham SW**, et al. Shoulder joint and muscle characteristics in the weight training population with and without impingement syndrome, *J Strength and Cond Res.* 2017 Apr;31(4):1024-1032
- MacDonald N, Baker RT, **Cheatham SW**. The effects of instrument assisted soft tissue mobilization on lower extremity muscle performance: a randomized controlled trial. *Int J Sports Phys Ther.* 2016;11(7):1-8
- Hanney WJ, Kolber MJ, Pabian PP, **Cheatham SW**, Shoenfeld BJ, Salamh PA. Endurance times of the thoracolumbar musculature: reference values for female recreational resistance training participants. *J Strength Cond Res.* 2016; 30(2):588-594
- **Cheatham SW**, Shimamura KK, Kolber MJ. Differences in hip range of motion among collegiate pitchers when compared to youth and professional baseball pitcher data. *J of Can Chiropr Assoc.*2016; 60(3):233-240
- Shimamura KK, **Cheatham SW**, Chung W, et al. Regional interdependence of the hip and lumbo-pelvic region in division ii collegiate level baseball pitchers: a preliminary study. *Int J Sports Phys Ther.* 2015; 10(1):1-12
- **Cheatham SW**, Kolber MJ, Ernst MP. The concurrent validity of resting pulse rate measurements: a comparison of two smartphone applications, polar h7™ belt monitor, and pulse oximeter with Bluetooth®. *J Sports Rehab.* 2015; 24(2):171-178

- **Cheatham SW**, Kolber MJ, Ernst MP. The concurrent validity of arterial blood oxygen saturation measurements: an analysis of an ipad® pulse oximeter and traditional pulse oximeter using Bluetooth®. *Int J Athl Ther Train*. 2014; 19(3):37- 42
- Kolber MJ, **Cheatham SW**, Salamh PA, Hanney WJ. Characteristics of shoulder impingement in the recreational weight- training population. *J Strength Cond Res*. 2014; 28(4):1081-9

## SYSTEMATIC REVIEWS

- **Cheatham SW**, Nadeau J, Jackson J, Baker R. Effects of Tissue Flossing on Athletic Performance Measures: A Systematic Review. *Sports*. 2024; 12(11):312
- Reep NC, Leverett SN, Heywood RM, Baker RT, Barnes DL, **Cheatham SW**. The Efficacy of the Mulligan Concept to Treat Meniscal Pathology: A Systematic Review. *Int J Sports Phys Ther*. 2022;17(7):1219-1235
- **Cheatham SW**, Stull K, Fantigrassi M, Montel I. The efficacy of wearable activity tracking technology as part of a weight loss program: a systematic review. *J Sports Med Phys Fit*. 2018; 58(4):534-548
- **Cheatham SW**, Stull K, Fantigrassi M, Montel I. Hip musculoskeletal conditions and associated factors that influence squat performance: a systematic review. *J Sport Rehabil*. 2017 Mar 14:1-22
- **Cheatham SW**, Lee MD, Cain M, Baker RT. The effects of instrument assisted soft tissue mobilization: a systematic review. *J of Can Chiropr Assoc*. 2016; 60(3):200-211
- **Cheatham SW**, Mokha GM, Lee M. Postoperative rehabilitation after hip resurfacing: a systematic review. *J Sports Rehab*.2015; 2016; 25:181-189
- **Cheatham SW**, Enseki KR, Kolber MJ. Post-operative rehabilitation after hip arthroscopy: a search for the evidence. *J Sports Rehab*. 2015; 24(4):413-418
- **Cheatham SW**, Enseki KR, Kolber MJ. Response to dwyer's commentary on "postoperative rehabilitation after hip arthroscopy" *J Sports Rehab*. Nov 2015; 24(4):421-422
- **Cheatham SW**, Kolber MJ, Cain M, Lee MD. The effects of self-myofascial release on joint range of motion, muscle recovery, and performance: a systematic review. *Int J Sports Phys Ther*. 2015, 1(6):827-838

## CRITICALLY APPRAISED TOPICS

- **Cheatham SW**, Ernst MP. Percussive Massage Device Consumer Safety Risks: A Critically Appraised Topic. *J Fit Wellness Human Perform*.2025. [ahead of print]
- Syeda M, Bartholomew J, Santiago S, Peterson J, Baker RT, **Cheatham SW**. The immediate effects of instrumented-assisted soft tissue mobilization of range of motion, strength, and power in the lower extremity: a critically appraised topic. *J of Sport Rehab*. 2020:1-4
- Bosner R, Hancock C, Hansberger B, Stanford E, Zeigel A, Baker R, May J, Nasypyany A, **Cheatham SW**. Changes in hamstring range of motion following neurodynamic sliders: a critically appraised topic. *J of Sport Rehab*. 2017 Jul;26(4):311-315
- **Cheatham SW**, Kolber MJ, Shimamura KK. The effectiveness of non-operative rehabilitation programs for athletes diagnosed with osteitis pubis. *J Sports Rehab*; 2016 Dec;25(4):399-403
- Hancock C, Hansberger BL, Stanford EK, Zeigel AK, Bonser RL, Baker R, **Cheatham SW**, May J, Nasypyany A. Changes in hamstring range of motion following proprioceptive neuromuscular facilitation stretching compared with static stretching: a critically appraised topic. *Int J Athl Ther Train*. 2016; 21(5):1-7

## CASE REPORTS

- Hendley C, May J, Wallace J, **Cheatham SW**. The use of the mulligan concept for the treatment of a first-degree sprain of the first metatarsophalangeal joint. *Athl Train Sports Healthcare*. 2021;13(6): e460-e463
- Albertin ES, Walters M, May J, Baker RT, Nasypyany A, **Cheatham SW**. An exploratory case series analysis of the use of primal reflex release technique to improve signs and symptoms of hamstring strain. *Int J Sports Phys Ther*. 2020; 15(2):263-273
- La Beau N, Baker R, May JM, MacDonald N, **Cheatham SW**. Neurodynamic treatment for medial elbow pain in a collegiate pitcher. *Athl Train Sports Health Care*. 2020;12 (2):90-93

- Bianco L, Fermin S, Oates R, May J, **Cheatham SW**, Nasypyany A. Use of the Mulligan concept in the treatment of lateral ankle sprains in the active population: an exploratory prospective case series. *J Can Chiropr Assoc.* 2019; 63(3):154-161.
- Bianco LC, May JM, Fermin SL, Oates R, **Cheatham SW**. The effects of positional release therapy on intercollegiate male basketball athletes classified as patella tendinopathy. *Int J Athl Ther Train.* 2019; 24(3):1-24
- **Cheatham SW**, Kolber MJ. Rehabilitation after hip arthroscopy and labral repair in a high school football athlete: a 3.6 year follow-up with insight into potential risk factors. *Int J Sports Phys Ther.* 2015; 10(4):530-539
- Hanney WJ, Negrete RJ, **Cheatham SW**, Salamh PA, Kolber MJ. Use of a novel lumbopelvic stabilization program in a female runner with low back pain that satisfies a clinical prediction rule: a case study. *Orthop Phys Ther Pract.* 2014; 4(26):254-262
- **Cheatham SW**, Kolber MJ, Hanney WJ. Rehabilitation of a 23-year-old male after right knee arthroscopy and open reconstruction of the medial patellofemoral ligament with a tibialis anterior allograft. *Int J Sports Phys Ther.* 2013; 9(2):208-221
- **Cheatham SW**. Kolber MJ, Salamh PA, Hanney WJ. Rehabilitation of a partially torn distal triceps tendon after platelet rich plasma injection: a case report. *Int J Sports Phys Ther.* 2013; 8(3):290-299
- **Cheatham SW**. Case Report: Management of chronic hip pain in a 25-year-old female novice runner using the principles of regional interdependence. *Int J Athl Ther Train.* 2013; 18(1):15-20
- **Cheatham SW**, Kolber MJ. Rehabilitation after Hip Arthroscopy and Labral Repair in a High School Football Athlete. *Int J Sports Phys Ther.* 2012; 7(2):173-184

## COMMENTARIES/LITERATURE REVIEWS

- **Cheatham SW**, Baker R. Tissue Flossing: A Commentary of Clinical Practice Recommendations. *Int J Sports Phys Ther.* 2024:1-13
- Rodriguez J, Hanney WJ, Kolber MJ, **Cheatham SW**. Utility of back-off sets: an overview. *Strength Cond J.* 2021; 43 (5): 65-76.
- **Cheatham SW**. Muscle extensibility testing for the lower extremity- a review for the personal trainer. *Personal Train Quarterly.* 2020; 7(1):8-16
- **Cheatham SW**, Baker RT, Kreiswirth E. Instrument assisted soft-tissue mobilization: a commentary on clinical practice guidelines for rehabilitation professionals. *Int J Sports Phys Ther.* 2019; 14(4):1-13
- Livermore-Brasher SJ, Baker R, Nasypyany A, **Cheatham SW**. Guidelines for useful integration of patient-rated outcome measures into clinical practice. *Clin Pract Athl Train.* 2018; 1(2):14-31
- Kaplan K, Hanney WJ, **Cheatham SW**, Masaracchio M, Liu X, Kolber MJ. Rotator cuff tendinopathy: an evidence-based overview for the sports medicine professional. *Strength Cond.* 2018; 40 (4): 61-71
- Kolber MJ, Stull KR, **Cheatham SW**, Hanney WJ. The influence of hip muscle impairments on squat performance. *Strength and Cond J.* 2017; 39(3):66-73
- **Cheatham SW**, Hanney WH, Kolber MJ. Osteoporosis: exercise programming insight for the sports medicine professional. *Strength and Cond J.* 2017; 39(3):2-13
- Kolber MJ, Hanney WH, **Cheatham SW**. Risk factors for hip osteoarthritis: insight for the strength and conditioning professional. *Strength and Cond J.* 2017; 39(3):35-41
- **Cheatham SW**, Enseki KR, Kolber MJ. The clinical presentation of individuals diagnosed with femoral acetabular impingement and labral tears. a narrative review of the current literature. *J Bodywork and Mov Ther.* April 2016; 20(2):346- 355
- **Cheatham SW**. Management of musculoskeletal injuries: a review for fitness professionals. *NSCA PTQ.* 2016; 3(1):10-13
- **Cheatham SW**. Extra-articular hip impingement: a review of the literature. *J of Can Chiropr Assoc.* 2016; 60(1):47-56
- **Cheatham SW**, Cain M, Ernst M. Snapping Hip Syndrome: A review for the strength and conditioning professional. *Strength and Cond J.* 2015, 37(5):97-104
- Kolber MJ, **Cheatham SW**, Hanney WJ, Otero E, Kreymer B, Salamh PA. Training considerations for individuals with femoral acetabular impingement. *Strength and Cond J.* 2015; 37(3):35-47

- **Cheatham SW**, Cain M. Rheumatoid Arthritis: Exercise Programming for the Strength and Conditioning Professional. *Strength and Cond J*. 2015; 37(1):30-39
- **Cheatham SW**, Hanney WJ, Kolber MJ, Salamh PA. Adductor Related Groin Pain in the Athlete: A Review of the Literature. *Phys Ther Reviews*. 2014; 19(5):328-337
- Salamh PA, Kolber MJ, **Cheatham SW**, Hanney WJ. Post-rehabilitation Exercise Considerations after Reverse Total Shoulder Arthroplasty. *Strength and Cond J*. 2014; 36(4):23-33
- **Cheatham SW**, Kreiswirth E. The regional interdependence model: a clinical examination concept. *Int J Athl Ther Train*. 2014; 19(3):8-14
- **Cheatham SW**, Kolber MJ, Salamh PA. Meralgia paresthetica: a review of the literature. *Int J Sports Phys Ther*. 2013; 8(6):883-893
- **Cheatham SW**. Hip resurfacing: current concepts and clinical considerations. *Top in Ger Rehab*. 2013; 29(4):246-252
- **Cheatham SW**. Fibromyalgia: current concepts for the strength and conditioning professional. *Strength & Cond J*. 2013; 35(4):11-18
- **Cheatham SW**. Do patient factors and prehabilitation improve outcomes after total knee arthroplasty? *Top in Ger Rehab*. 2013; 29(1):1-8

## Published Conference Abstracts

### PHYSICAL THERAPY/ATHLETIC TRAINING

- **Cheatham SW** Baker R, Batts W, Ambler-Wright T, Sutton B. Balance Exercise on Unstable Objects: A Descriptive Survey of Practice Patterns Among Healthcare Professionals. *J Athl Train*. 2023; 58(6): S-68
- Baker RT, **Cheatham SW**, Abdenour T, Batts W, Ambler-Wright T. Kinesiology Tape: A Descriptive Survey of Health Care Professionals in the U.S. *J Athl Train*. 2021; 56(6): S-293
- **Cheatham SW**, Chaparro G, Kolber MJ, Batts W, Ambler-Wright T. Balance Training: Does Anticipated Balance Confidence Correlate with Actual Balance Confidence for Different Unstable Objects? *J Athl Train*. 2021; 56(6):S-263
- **Cheatham SW**, Kreiswirth E. Does a light pressure instrument assisted soft tissue mobilization technique modulate tactile discrimination and perceived pain in healthy individuals after strenuous exercise? *J Athl Train*. 2019; 54(6):S-58.
- Hanney WJ, Kolber MJ, Ramirez M, Negrete R, Palmer K, **Cheatham SW**, Pabian P, Liu X. The reliability of measurements used to quantify frontal plane kinematics during single leg hop test: a video analysis. *J Orthop Sports Phys Ther*. 2017; 47(1):A98
- **Cheatham SW**, Kolber MJ, Hanney WJ, Salamh P. The Efficacy of instrument assisted soft tissue mobilization: a systematic review. *J Orthop Sports Phys Ther*. 2017; 47(1):A73
- **Cheatham SW**, Mokha GM, Hanney WJ, Kolber MJ. Reliability of a pressure pain threshold scale: a preliminary investigation. *J Orthop Sports Phys Ther*. 2017; 47(1):A73-74
- Kolber MJ, **Cheatham SW**, Hanney WJ, Liu X, Salamh P. Direct-access management of a 42-year-old weight-training participant with severe shoulder osteoarthritis. *J Orthop Sports Phys Ther*. 2016; 46(1):A104
- Hanney WJ, Kolber MJ, Pabian PS, **Cheatham SW**, Salamh P, Williams R, Ishmael, A. Hip range of motion in those with and without a history of low back pain (Abstract). *J Orthop Sports Phys Ther*. 2015; 45(1):A82
- Hanney WJ, Kolber MJ, Pabian PS, **Cheatham SW**, Salamh P, Wycoff B, Hair N. The immediate effects of a manual upper trapezius stretch on upper trapezius pressure pain thresholds. *J Orthop Sports Phys Ther*. 2015; 45(1):A120-121
- Doherty-Restrepo JL, Hughes BJ, Pitney WA, **Cheatham, SW**. The acquisition, retention, and application of knowledge following a conference workshop attended by athletic trainers. *J of Athl Train*. 2012; 47(3):S-171
- Brechter JH, **Cheatham SW**, Alvarez J, Phelps N, Klick P, Madden A, Garber M, Assessment of anterior to posterior accessory mobility in the glenohumeral joint. *J Orthop Sports Phys Ther*. 2005; 35(1):A31

## HEALTH & FITNESS

- **Cheatham SW**, Kolber MJ, Hanney W. Does foam rolling increase pressure pain thresholds of the ipsilateral lower extremity antagonist and contralateral muscles? *Med Sci Sport Exer.* 2017; 49(5S): 1066
- Hanney WJ, Kolber MJ, Liu X, Salamh P, **Cheatham SW**. Muscle length restrictions among recreational weight training participants" a comparison of those with and without a recent history of low back pain. *J of Strength Cond Res.* 2016; A44
- Hanney WJ, Kolber MJ, Liu X, Salamh P, **Cheatham SW**. Muscle length restrictions among recreational weight training participants" a comparison of those with and without a recent history of low back pain. *J of Strength Cond Res.* 2016; A44
- Kolber MJ, **Cheatham SW**, Salamh P, Hanney WJ, Cain M. The efficacy of instrument assisted soft tissue mobilization: a systematic review. *J of Strength Cond Res.* 2016; A46
- Kolber MJ, Hanney WJ, **Cheatham SW**, Schoenfeld B, Salamh P. Shoulder mobility characteristics among recreational weight-training participants with and without impingement syndrome: a preliminary analysis. *J of Strength Cond Res.* 2016; 30(2):S53
- Kolber MJ, Dudziec G, Doherty L, Hanney WJ, Kuntz C, Salamh PA, **Cheatham SW**. Is there an acute loss of shoulder mobility following eccentric resistance training? *J of Strength Cond Res.* 2014; 28(12):S108

## CONFERENCE POSTER/RESEARCH PRESENTATIONS

- **Cheatham SW**. Baker R, Loghmani MT, Schleip R. International Expert Consensus on Instrument-Assisted Soft-Tissue Mobilization Precautions and Contraindications: A Modified Delphi Study. *APTA CSM, Anaheim, CA* (Poster) (February 2026).
- **Cheatham SW**. Sutton B, Ambler-Wright T, Cheatham CJ, Ludwig C. How Do Physical Therapists and Athletic Trainers Maintain Their Physical Fitness? A Descriptive Survey Study. *APTA CSM, Anaheim, CA* (Poster) (February 2026).
- **Cheatham SW**, Baker R, Batts W, Ambler-Wright T, Sutton B. Balance Exercise on Unstable Objects: A Descriptive Survey of Practice Patterns Among Healthcare Professionals. *NATA Annual Meeting, Indianapolis, IA* (Podium Presentation) (June 2023)
- **Cheatham SW**. Martonick N, Krumpl L, Baker R. Does an Instrument Assisted Soft Tissue Mobilization Technique to the Forearm affect Grip Strength and Muscle Stiffness in the Treatment Upper Extremity and Non-Treatment Extremity? A Pilot Study. *ACSM Annual Meeting and World Congresses, Denver, CO* (Poster) (May 2023)
- **Cheatham SW**. Martonick N, Krumpl L, Baker R. Does an Instrument Assisted Soft Tissue Mobilization Technique to the Forearm affect Grip Strength and Muscle Stiffness in the Treatment Upper Extremity and Non-Treatment Extremity? A Pilot Study. *RMATA Annual Meeting, Denver, CO* (Podium Presentation) (March 2023)
- **Cheatham SW**, Baker R, Batts W, Ambler-Wright T, Sutton B. Balance Exercise on Unstable Objects: A Descriptive Survey of Practice Patterns among Healthcare Professionals. *RMATA Annual Meeting, Denver, CO*. (Poster) (March 2023)
- **Cheatham SW**, Baker R. Quantification of the Rockfloss® Floss Band Stretch Force at Different Elongation Lengths. *FWATA Annual Meeting, San Diego, CA* (Poster) (April 2019)
- **Cheatham SW**, Enseki KR, Kumagai-Shimamura K, Kolber MJ. Post-operative rehabilitation after hip arthroscopy: a search for the evidence. *FWATA Annual Meeting, San Diego, CA* (Poster) (April 2015)
- **Cheatham SW**, Enseki KR, Kumagai-Shimamura K, Kolber MJ. Post-operative rehabilitation after hip arthroscopy: a search for the evidence. *MAATA Annual Meeting, Omaha, NE* (Poster) (March 2015)
- **Cheatham SW**, Mokha GM, Lee M. Postoperative rehabilitation after hip resurfacing: a systematic review. *MAATA Annual Meeting, Omaha, NE* (Poster) (March 2015)
- **Cheatham SW**, Ernst MP, Garcia OA, Puyot AA. The concurrent validity of resting pulse rate measurements: a comparison of two smartphone applications, polar h7™ belt monitor, and pulse oximeter. *FWATA Annual Meeting, Las Vegas, CA* (Poster) (April 2014)

## TEXTBOOK PUBLICATIONS

♦ **Cheatham SW.** Kolber MJ eds. *Orthopedic Management of the Hip and Pelvis*. 1st ed. New York, NY: Elsevier. December 2015 ISBN# 9780323294386



## TEXTBOOK CHAPTERS

### PHYSICAL THERAPY/ATHLETIC TRAINING

- ♦ **Cheatham SW.** Examination of the Hip and Pelvis. In: Cheatham SW, Kolber MJ eds. *Orthopedic Management of the Hip and pelvis*. 1st ed. St Louis, MO. Elsevier; 2015
- ♦ **Cheatham SW**, Enseki K. Hip Pathologies: Extra-Articular. In: Cheatham SW, Kolber MJ eds. *Orthopedic Management of the Hip and Pelvis*. 1st ed. St Louis, MO. Elsevier; 2015
- ♦ **Cheatham SW**, Hanney WJ. Anatomy of the Lumbopelvic Hip Complex. In: Cheatham SW, Kolber MJ eds. *Orthopedic Management of the Hip and Pelvis*. 1st ed. St Louis, MO. Elsevier; 2015
- ♦ **Cheatham SW**. Vestibular Rehabilitation: Management of the Geriatric Patient. In: APTA Orthopedic Section Home Study Monogram Series. Lacrosse, WI. Orthopedic Section, APTA; 2007

### HEALTH & FITNESS

- ♦ **Cheatham SW.** Nervous, Skeletal, and Muscular System. In *NASM Essentials of Personal Fitness Training* 8<sup>th</sup> ed. JB Publishing; 2026
- ♦ **Cheatham SW.** Flexibility Training Concepts. In *NASM Essentials of Personal Fitness Training* 8<sup>th</sup> ed. JB Publishing; 2026
- ♦ **Cheatham SW.** Athlete Intake, Needs Analysis, and Movement Assessments. In *NASM Essentials of Sports Performance Training* 3<sup>rd</sup> ed. JB Publishing; 2024
- ♦ **Cheatham SW.** Athlete Intake, Needs Analysis, and Movement Assessments. In *NASM Essentials of Sports Performance Training* 3<sup>rd</sup> ed. JB Publishing; 2024
- ♦ **Cheatham SW.** Sports Performance Testing, Evaluation, and Monitoring. In *NASM Essentials of Sports Performance Training* 3<sup>rd</sup> ed. JB Publishing; 2024
- ♦ **Cheatham SW**, Stull K. Inhibitory Techniques. In *NASM Essentials of Corrective Exercise* 3<sup>rd</sup> ed. JB Publishing; 2021
- ♦ **Cheatham SW.** Nervous, Skeletal, and Muscular System. In *NASM Essentials of Personal Fitness Training* 7<sup>th</sup> ed. JB Publishing; 2021
- ♦ **Cheatham SW.** Flexibility Training Concepts. In *NASM Essentials of Personal Fitness Training* 7<sup>th</sup> ed. JB Publishing; 2021
- ♦ **Cheatham SW.** Static Assessment. In *NASM Essentials of Corrective Exercise* 3<sup>rd</sup> ed. JB Publishing; 2021
- ♦ **Cheatham SW**, Stull K. Flexibility and Range of Motion Assessments. In *NASM Essentials of Corrective Exercise* 3<sup>rd</sup> ed. JB Publishing; 2021
- ♦ Ronai P, **Cheatham SW**, Kolber MJ. Special Considerations for Chronic Pain. In: Swank A, Paternostro-BaBayles M eds. *ACSM's Exercise Testing and Prescription*. 1<sup>st</sup> ed. LWW; 2017
- ♦ **Cheatham SW.** Musculoskeletal Injuries of the Lower Extremity. In *ACE Medical Exercise Specialist* 1<sup>st</sup> ed. San Diego, CA. American Council on Exercise; 2015
- ♦ **Cheatham SW.** Common Musculoskeletal Injuries. In *Exercise Physiology* 1<sup>st</sup> ed. Philadelphia, PA. FA Davis; 2015
- ♦ **Cheatham SW.** Common Musculoskeletal Injuries and Implications for Exercise. In: *ACE Personal Trainer Manual* 5<sup>th</sup> ed. San Diego, CA. American Council on Exercise; 2014
- ♦ **Cheatham SW.** Fire Fighter Injury Prevention Guidelines. In: *IAFF/IAFC/ACE Peer Fitness Trainer Reference Manual* 3<sup>rd</sup> ed. San Diego, CA. American Council on Exercise; 2013

## EVIDENCE-BASED LITERATURE REVIEWS

- ✦ **Cheatham SW.** High Intensity Interval Training: An Evidence-Based Review. *National Academy of Sports Medicine* (2025)
- ✦ **Cheatham SW.** Post-activation Potentiation and Post-Activation Performance Enhancement: An Evidence-Based Review. *National Academy of Sports Medicine* (2025)
- ✦ **Cheatham SW**, Sutton B, Baker RT, Kolber MJ. Corrective Exercise: An Evidence-Based Review. *National Academy of Sports Medicine* (2025)
- ✦ **Cheatham SW**, Sutton B, Baker RT, Kolber MJ, et al. Integrated Training: An Evidence-Based Review. *National Academy of Sports Medicine* (2025)
- ✦ **Cheatham SW**, Dieter B, Davilla E, Mauricio M, Fantagrossi M, Sutton B. Weight Loss Medication: An Evidence-Based Review of the GLP-1/GIP Receptor Agonists. *National Academy of Sports Medicine* (2025)
- ✦ **Cheatham SW**, Huxel Bliven K, Annaccone A, Elliott M, Sutton B. Youth Resistance Training for Long-Term Health: An Evidence-Based Review. *National Academy of Sports Medicine* (2024)
- ✦ **Cheatham SW**, Dieter B, Davilla E, Eric Bustillo, Fantagrossi M, Sutton B. GLP-1 Medications: An Evidence-Based Review. *National Academy of Sports Medicine* (2023)
- ✦ **Cheatham SW**, Dieter B, Davilla E, Eric Bustillo, Fantagrossi M, Sutton B. Sarcopenia: An Evidence-Based Review for the Fitness Professional and Wellness Coach. *National Academy of Sports Medicine* (2023)
- ✦ **Cheatham SW.** NASM Squat technique. *National Academy of Sports Medicines* (2021)
- ✦ **Cheatham SW.** Disinfectant Guidelines for Fitness Professionals. *National Academy of Sports Medicines* (2020)

## CONFERENCE PRESENTATIONS (PAST 6 YEARS)

### PHYSICAL THERAPY & ATHLETIC TRAINING

- ✦ **Cheatham SW.** Exertional Rhabdomyolysis: An Evidence-Based Review  
Presented at the *CATA Annual Meeting, Anaheim, CA* (Feb 2026)
- ✦ **Cheatham SW.** Myofascial Interventions: Advances in Integrative Treatment Strategies  
Presented at the *CATA Annual Meeting, Anaheim, CA* (Feb 2026)
- ✦ **Cheatham SW.** Exertional Rhabdomyolysis: An Evidence-Based Update  
Presented at the *NATA Annual Meeting, Philadelphia, PA* (July 2026)
- ✦ **Cheatham SW.** Integrated Myofascial Interventions: An Evidence-Based Update.  
Presented at the *FWATA Annual Meeting, Las Vegas, NV* (April 2025)
- ✦ **Cheatham SW.** Sarcopenia and Long-Term Health.  
Presented at the *FWATA Annual Meeting, Las Vegas, NV* (April 2025)
- ✦ **Cheatham SW.** Integrated Myofascial Interventions: An Evidence-Based Update.  
Presented at the *NWATA Annual Meeting, Bellevue, WA* (March 2025)
- ✦ **Cheatham SW.** Sarcopenia and Long-Term Health.  
Presented at the *NWATA Annual Meeting, Bellevue, WA* (March 2025)
- ✦ **Cheatham SW.** Postural Orthostatic Tachycardia Syndrome: What Athletic Trainers need to Know.  
Presented at the *CATA Annual Meeting, Anaheim, CA* (Feb 2025)
- ✦ **Cheatham SW.** Postural Orthostatic Tachycardia Syndrome: What Athletic Trainers need to Know.  
Presented at the *NATA Annual Meeting, New Orleans, LA* (June 2024)
- ✦ **Cheatham SW.** Ehlers-Danlos Syndromes and Hypermobility Spectrum Disorders in Athletes.  
Presented at the *FWATA Annual Meeting, Las Vegas NV* (April 2024)
- ✦ **Cheatham SW.** COVID-19: Understanding and Management of Long COVID Syndrome.  
Presented at the *NATA Annual Meeting, Indianapolis, IA* (June 2023)

- **Cheatham SW.** Instrument Assisted Soft-Tissue Mobilization: An Evidence-Based Update.  
Presented at the *RMATA Annual Meeting, Denver, CO* (March 2023)
- **Cheatham SW.** Instrument-Assisted Soft-Tissue Mobilization: New Research and Updated Clinical Standards. *Presented at the NATA Annual Meeting, Virtual* (June 2021)
- **Cheatham SW.** Balance Training on Unstable Objects: A Review of Scientific Principles and Program Design.  
Presented at the *FWATA Annual Meeting, Virtual* (April 2021)
- **Cheatham SW.** Myofascial Interventions: An Evidence Based Update.  
Presented at the *FWATA Annual Meeting, Virtual* (July 2020)

## HEALTH & FITNESS

- **Cheatham SW.** Early Sports Specialization: Should Kids Really Do a Single Sport?  
Presented at the *NASM Optima Conference* (October 2022)
- **Cheatham SW.** Exercise Considerations for the Post-COVID-19 Survivor: Update 2022.  
Presented at the *NASM Optima Conference* (October 2022)
- **Cheatham SW** et al. NASM's Research Roundup: Wearable Technology in Fitness and Wellness.  
Presented at the *NASM Optima Conference* (October 2022)
- **Cheatham SW.** Exercise Considerations for the Post-COVID-19 Survivor.  
Presented at the *NASM Optima 2021, Virtual Conference* (October 2021)
- **Cheatham SW.** Myofascial Interventions: A Review for The Fitness Professional.  
Presented at the *NASM Optima 2020, Virtual Conference* (October 2020)
- **Cheatham SW.** Balance Training: Scientific Principles and Program Design for the Fitness Professional.  
Presented at the *NASM Optima 2020, Virtual* (October 2020)
- **Cheatham SW.** Postural Syndromes: Advancing Our Classification System and Corrective Interventions.  
Presented at the *NASM Optima 2019, Scottsdale, AZ* (September 2019)
- **Cheatham SW.** Prehab to Post-Rehab: Everything You Need to Know About Joint Replacement.  
Presented at the *NASM Optima 2019, Scottsdale, AZ* (September 2019)

## HOME STUDY COURSES/CHAPTERS

### COURSE CHAPTERS

- **Cheatham SW.** Chapter 5. Flexibility Training for Golf Performance.  
*In: NASM Golf Fitness Specialist Course. NASM* (March 2024)
- **Cheatham SW.** Chapter 8. Program Design Principles, Periodization, and Application.  
*In: NASM Golf Fitness Specialist Course. NASM* (February 2024)
- **Cheatham SW.** Chapter 6: Flexibility Guidelines for the Active Older Adult.  
*In: NASM Senior Fitness Specialist Course. National Academy of Sports Medicine* (July 2021)
- **Cheatham SW.** Chapter 8. Program Design Principles, Periodization, and Application.  
*In: NASM Senior Fitness Specialist Course. National Academy of Sports Medicine* (July 2021)

### COMPLETE COURSES

- **Cheatham SW.** Functional Anatomy.  
NASM (November 2022)
- **Cheatham SW.** COVID-19 Management Guidelines for Fitness Professionals.  
NASM (August 2021)
- **Cheatham SW.** Myofascial Interventions Series Parts 1 to 4.  
NASM (August 2020)

## SELECTED WEBINAR/VIDEO PRESENTATIONS (PAST 3 YEARS)

### PHYSICAL THERAPY/OCCUPATIONAL THERAPY

*Allied Health Education* (January 2024-Present)

- ◆ **Cheatham SW.** Current Concepts in Rehab: Resistance Training and Cardiorespiratory Exercise
- ◆ **Cheatham SW.** Current Concepts in Rehab: Injury Prevention and Sports Performance Training
- ◆ **Cheatham SW.** Current Concepts in Rehab: HIIT and Circuit Training
- ◆ **Cheatham SW.** Current Concepts in Rehab: Overuse Injuries in Young Athletes
- ◆ **Cheatham SW.** Current Concepts in Rehab: Sarcopenia
- ◆ **Cheatham SW.** Long-Covid: Management Strategies for the Rehabilitation Professional
- ◆ **Cheatham SW.** Myofascial Interventions for the Rehabilitation Professional Parts 1-3

*PT.COM/OT.COM Education* (November 2021-Present)

- ◆ **Cheatham SW.** New Insights in Flexibility Training: What Healthcare Professionals Should Know!
- ◆ Cheatham SW. Postural Orthostatic Tachcardia Syndrome: What Physical Therapists Should Know!
- ◆ **Cheatham SW.** Exertional Rhabdomyolysis: Management Strategies for the Physical Therapist
- ◆ **Cheatham SW.** GLP-1 Weight Loss Medications: What Healthcare Providers Should Know!
- ◆ **Cheatham SW.** Strategies for Correcting Postural Dysfunction: Tech Neck
- ◆ **Cheatham SW.** Sarcopenia and Longevity: Evidence-Based Update
- ◆ **Cheatham SW.** Resistance Training and HIIT: Implications for Sarcopenia and Longevity
- ◆ **Cheatham SW.** Myofascial Interventions Update 2024 Series: Parts I-III
- ◆ **Cheatham SW.** Management of EDS & HSD: Part I & II

*HawkGrips* (2023-Present)

- ◆ **Cheatham SW.** HG Clinical Corner: IASTM Integrated Treatment Strategies
- ◆ **Cheatham SW.** Interchangeability of Myofascial Interventions with IASTM
- ◆ **Cheatham SW.** HG Clinical Corner: IASTM Evidence-Based Update.

*National Academy of Sports Medicine* (2023-Present)

- ◆ **Cheatham SW.** Blood Flow Restriction Training: A Review for the Fitness and Wellness Professional.
- ◆ **Cheatham SW.** Aging and Muscle Mass: The Key to Longevity
- ◆ **Cheatham SW.** Exercise and the Immune System: Latest Evidence
- ◆ **Cheatham SW.** Exercise Induced Rhabdomyolysis: What Fitness Professionals Should Know.
- ◆ **Cheatham SW.** Overuse Injuries in Young Athletes

### NATIONAL CONFERENCES ATTENDED (LAST 5 YEARS)

- ◆ 2026 California Athletic Trainers Associations Annual Meeting: Anaheim, CA
- ◆ 2026 National Athletic Trainers Association Annual Meeting: Philadelphia, PA
- ◆ 2025 Northwest Athletic Trainers Association Annual Meeting: Bellevue, WA
- ◆ 2025 Far West Athletic Trainers Associations Annual Meeting: Las Vegas, NV
- ◆ 2025 California Athletic Trainers Associations Annual Meeting: Anaheim, CA
- ◆ 2024 National Athletic Trainers Association Annual Meeting: New Orleans, LA
- ◆ 2024 Far West Athletic Trainers Associations Annual Meeting: Las Vegas, NV
- ◆ 2023 National Athletic Trainers Association Annual Meeting: Indianapolis, IA
- ◆ 2023 American Physical Therapy Association Combined Sections Meeting: San Diego, CA
- ◆ 2023 American College of Sports Medicine Annual Meeting: Denver, CO
- ◆ 2023 Rocky Mountain Athletic Trainers Association Annual Meeting: Denver, CO
- ◆ 2022 National Academy of Sports Medicine Optima Conference (Virtual)
- ◆ 2021 National Academy of Sports Medicine Optima Conference (Virtual)

- ◆ 2021 Far West Athletic Trainers Associations Annual Meeting (Virtual)
- ◆ 2021 National Athletic Trainers Associations Annual Meeting (Virtual)

## CONTINUING EDUCATION (LAST 7 YEARS)

- ◆ TPI Level 1 Certified: *Titleist Performance Institute* (January 2026) (10.0 units)
- ◆ PN Level 1 Certified: *Precision Nutrition* (May 2025) (6.0 units)
- ◆ Certified Wellness Coach. *National Academy of Sports Medicine* (May 2025) (13.0 units)
- ◆ Vibration-Based Therapy Pain, Mobility, and Movement Dynamics. *PESI Education* (Feb 2025) (2.0 units)
- ◆ KT Taping Practitioner: Certification. *Rocktape* (Dec 2024) (0.8 units)
- ◆ Stick Mobility Level 1: Certification. *Stick Mobility* (Dec 2024) (1.3 units)
- ◆ Blood Flow Restriction Training Level 1: Certification. *Smart Cuffs* (March 2024) (.07 units)
- ◆ Blood Flow Restriction Training Level 1: Certification. *B Strong* (January 2024) (0.8 units)
- ◆ Intro to Dry Needling for Clinical Practice. *NATA Pre-Conference Course* (June 2023) (0.7 units)
- ◆ Weightlifting Performance Coach: Level 1. *Eleiko Strength* (June 2022) (13.0 units)
- ◆ Blood Flow Restriction Training. *Northeast Seminars/Univ Tennessee* (June 2021) (13.5 units)
- ◆ TRX Suspension Training. Level 1 Certified. *Fitness Anywhere* (June 2020) (0.7 units)
- ◆ Certified Personal Trainer. *National Academy of Sports Medicine* (July 2020) (2.0 units)
- ◆ Certified Nutrition Coach. *National Academy of Sports Medicine* (Dec 2019) (1.9 units)
- ◆ Graston Technique Therapy Specialist (GTS). *Graston Technique* (June 2019) (1.0 units)
- ◆ Graston IASTM Technique. M-2 Course. *Graston Technique* (June 2019) (14.0 units)
- ◆ Fitness Nutrition Specialist. *National Academy of Sports Medicine* (Dec 2018) (2.5 units)
- ◆ FMT Blades Certification. *RockTape*. (August 2018) (0.8 units)
- ◆ Mulligan Concept: Upper Quarter. *Mulligan Concepts* (July 2018) (13.0 units)
- ◆ Myokinesthetic System: Upper Extremity. *Myokinesthetic Systems*. (July 2017) (18.5 units)
- ◆ Primal Reflex Release Technique. Level 1 Course (July 2017) (14.0 units)
- ◆ Graston IASTM Technique. M-1 Course. *Graston Technique* (December 2016) (12.0 units)

## SCHOLARSHIP & AWARDS

- ◆ 2013: NSCA Strength & Conditioning Journal Editorial in Excellence Award
- ◆ 2011: Alumnus of the Year: Chapman University Department of Physical Therapy
- ◆ 2003: Recipient: Torrance Memorial Medical Center Allied Health Scholarship

## MEMBERSHIP IN SCIENTIFIC/HONORARY SOCIETIES

- ◆ American Physical Therapy Association [2001-Present]
- ◆ APTA Orthopedic Section/Sports Section member [2001-Present]
- ◆ National Athletic Trainers Association [1995-Present]
- ◆ National Strength & Conditioning Association [1994-Present]