



# Dr. Scott W. Cheatham

Professor  
California State University Dominguez Hills

## CONTACT

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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 is a university educator, researcher, and clinician. He is an international conference presenter and has authored over 120 peer reviewed publications, textbook chapters, and home study courses on the topics of sports medicine, orthopedics, fitness, and myofascial interventions. Dr. Scott a practicing physical therapist with a board specialty in 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)
- ✦ **The Back School**
  - Certified Ergonomic Assessment Specialist I
- ✦ **Graston Technique**
  - Graston Technique Therapy Specialist (GTS)
- ✦ **RockTape**
  - FMT Blades IASTM Level 1 Certified
- ✦ **Técnica Gavilán PTB**
  - IASTM Level I Certified

## 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 Personal Trainer: #1200482498
  - Perform Enhancement Specialist: #1348728
  - Corrective Exercise Specialist: #1385262
  - Certified Nutrition Coach: #1190402826
  - Youth Exercise Specialist: #1515926
  - Group Training Specialist: #1601262398
- ✦ **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

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## FACULTY APPOINTMENTS & SERVICE

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### ACADEMIC APPOINTMENTS

#### ✦ **CSU Dominguez Hills: Department of Kinesiology**

- **Associate Chair**
- **Full Professor (Tenured): (8/2021-present)**
  - Associate Professor (Tenured): (8/2017-6/2021)
  - Assistant Professor: (8/2013-8/2017)

#### **Courses Taught**

- 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 463 Lower Extremity Assessment with lab (3 units) (traditional)
- KIN 464 Upper Extremity Assessment with lab (3 units) (traditional)
- KIN 493 Pre-Allied Health Clinical Internship (3units) (traditional, hybrid)

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

- **Doctor of Athletic Training Program**
- **Assistant Clinical Professor-** (6/2015-present)

#### **Courses Taught**

- AT 699 Dissertation advisor (type: online)
- AT 630 Holistic foundations of pain in patient care (type: online)
- AT 632 Integrative patient care for spine and pelvic girdle (type: online)

- AT 633 Application of advanced practice skills (type: online)
- AT 634 Introduction to quantitative data analysis and interpretation in patient care (type: online)
- AT 635 Intermediate quantitative data analysis and interpretation in patient care (type: online)
- AT 547 Clinical experience III (type: online)
- AT 553 Clinical experience IV (type: online)
- AT 511 Ethics & administration (type: online)

### ✦ **Concordia University Chicago**

- Division of Health Sciences & Human Performance (PhD, MS)

- **Adjunct Faculty-** (2/2021-present)

#### **Courses Taught**

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

## TEACHING CERTIFICATIONS

- ✦ **Graduate Teaching Faculty Certification (online education):** American Public University
- ✦ **Engaging the First-Year Undergraduate/Graduate Student Certification (online education):** American Public University

## CSU DOMINGUEZ HILLS SERVICE

- ✦ **Faculty Tenure and Promotion Committee Chair -** (1/2021-Present)
  - *CSU Dominguez Hills, Department of Kinesiology*
- ✦ **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: Education, Department of Movement Sciences**

- **Title:** Confirmatory Factor Analysis of the Hip Dysfunction and Osteoarthritis Score
  - Student: E. Miley (in process)
  - 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

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## JOURNAL APPOINTMENTS & ORGANIZATION SERVICE

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### JOURNAL EDITORIAL/REVIEWER

- ✦ **Editorial Board Member-** (2019-Present)
  - *Journal of Sport Rehabilitation*
- ✦ **Editorial Board Member** – (2016-Present)
  - *Journal of the Canadian Chiropractic Association*
- ✦ **Editorial Board Member** – (2015-Present)
  - *NSCA-Personal Training Quarterly/Strength and Conditioning*
- ✦ **Manuscript Reviewer** – (2015-Present)
  - *International Journal of Sports Physical Therapy*
- ✦ **Manuscript Reviewer** – (2015-Present)
  - *Journal of Strength and Conditioning Research*
- ✦ **Manuscript Reviewer-** (2018-Present)
  - *Journal of Athletic Training*

### 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*
- ✦ **Annual Awards Committee Member** – (2014-2017)
  - *National Athletic Trainers Association*

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## PROFESSIONAL CLINICAL WORK & CONSULTING

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### CLINICAL PRACTICE

- ✦ **CEO/President-** (8/2008-Present): *Sports Medicine Alliance, Inc., Torrance, Ca*
- ✦ **Physical Therapist III-** (3/2013-1/2016): *Torrance Memorial Medical Center, Torrance, CA*
- ✦ **Rehabilitation Director-** (3/2005-3/2013): *SBO Specialists Med Center PT, Torrance, CA*

### RESEARCH/EDUCATION CONSULTANT

- ✦ **Education Consultant/Scientific Advisory Board Member-** (4/2016-Present)
  - *National Academy of Sports Medicine; Chandler, AZ*
- ✦ **Master Instructor/Curriculum Design-** (9/2006-3/2020)
  - *Equinox Fitness Clubs, New York, NY*

- ✦ **Research Consultant-** (3/2018-1/2020)
  - *Implus, Inc, Durham, NC [Rocktape, TriggerPoint]*
- ✦ **Education Consultant/Author-** (8/2016-12/2017)
  - *American College of Sports Medicine, Indianapolis, IN*
- ✦ **Education Consultant/Author-** (1/2007-9/2015)
  - *American Council on Exercise, San Diego, CA*

## ACADEMIC PUBLICATIONS & CONFERENCES

### PEER REVIEWED PUBLICATIONS

#### CLINICAL STUDIES

- ✦ **Cheatham SW**, Martonick NJP, Krumpl L, Reeves A, Baker R. The effects of a light pressure instrument assisted soft tissue mobilization technique at different rates on grip strength and muscle stiffness in healthy individuals: a pilot study. *J Sport Rehabil*. 2022 (in process)
- ✦ 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*. 2023; 58 (1):000-000
- ✦ 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
- ✦ 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**, Nasypany 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**, Salanh 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**. Reeves A. Does Exercise provide health benefits against COVID-19? a systematic review. *Int J Sport Phys Ther*. 2022 (In process)
- ✦ Reep N, Leverett S, Heywood R, Baker RT, Barnes D, **Cheatham SW**. The Efficacy of the Mulligan Concept to Treat Meniscal Pathology: A Systematic Review. *Int J Sports Phys Ther*; 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

- ✦ 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, Loutsch R, Stanford E, Zeigel A, Baker R, May J, Nasypany 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, Loutsch RA, Stanford EK, Zeigel AK, Bonser RL, Baker R, **Cheatham SW**, May J, Nasypany 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, Nasypany 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**, Nasypany 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

- ✦ 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*. 2019; 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, Nasypany 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

- ✦ 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 (Abstract). *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 (Abstract). *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 (Abstract). *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? (Abstract). *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. (Abstract). *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. (Abstract). *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 (Abstract). *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, Dudzic G, Doherty L, Hanney WJ, Kuntz C, Salamh PA, **Cheatham SW**. Is there an acute loss of shoulder mobility following eccentric resistance training? (Abstract). *J of Strength Cond Res.* 2014; 28(12):S108

## CONFERENCE POSTER PRESENTATIONS

- ✦ **Cheatham SW**, Baker R. Quantification of the Rockfloss® Floss Band Stretch Force at Different Elongation Lengths. *FWATA Annual Meeting, San Diego, CA* (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* (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* (March 2015)
- ✦ **Cheatham SW**, Mokha GM, Lee M. Postoperative rehabilitation after hip resurfacing: a systematic review. *MAATA Annual Meeting, Omaha, NE* (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*, (April 2014)
- ✦ **Cheatham SW**, Ernst MP, Puyot AA, Garcia OA. The Concurrent validity of arterial blood oxygen saturation measurements: a preliminary analysis of the ispo2® pulse oximeter and traditional pulse oximeter using bluetooth®. *FWATA Annual Meeting, Las Vegas, CA* (April 2014)
- ✦ **Cheatham SW**. Case report: rehabilitation of a 23-year-old male after medial patellofemoral ligament repair. *CPTA Annual Conference, Pasadena, CA* (Sept 2013)
- ✦ **Cheatham SW**. Management of hip pain in a 25-year-old female runner using the principles of regional interdependence. *FWATA Annual Meeting, San Diego, CA* (April 2013)

## 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 (Nov 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 (Nov 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 (Nov 2015)
- ✦ **Cheatham SW**. Vestibular Rehabilitation: Management of the Geriatric Patient. In: APTA Orthopedic Section Home Study Monogram Series. Lacrosse, WI. Orthopedic Section, APTA (Jan 2007)

### HEALTH & FITNESS

- ✦ **Cheatham SW**. Athlete Intake, Needs Analysis, and Movement Assessments. In *NASM Essentials of Sports Performance Training 3rd ed.* JB Publishing; 2022
- ✦ **Cheatham SW**. Sports Performance Testing, Evaluation, and Monitoring. In *NASM Essentials of Sports Performance Training 3rd ed.* JB Publishing; 2022

- ✦ **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.* JBP; 2021
- ✦ **Cheatham SW**, Stull K. Flexibility and Range of Motion Assessments. In *NASM Essentials of Corrective Exercise 3<sup>rd</sup> ed.* JBP; 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
- ✦ **Cheatham SW**. Cunningham C. The Prevention and Management of Common Injuries. In *ACE Group Fitness Instructor Manual 3<sup>rd</sup> ed.* San Diego, CA. American Council on Exercise; 2011
- ✦ **Cheatham SW**. Common Musculoskeletal Injuries and Implications for Exercise. In: *ACE Personal Trainer Manual 4<sup>th</sup> ed.* San Diego, CA. American Council on Exercise; 2010
- ✦ **Cheatham SW**. Musculoskeletal Injuries: Lower Extremity. In: *Advanced Fitness Specialist Reference Manual.* San Diego, CA. American Council on Exercise; 2008

## JOURNAL/TRADE PUBLICATIONS

- ✦ **Cheatham SW**, Stull KR, Kolber MJ. A survey reveals SMR use is driven by preference, not proof—for now. *American Fitness Magazine* (Winter 2018).
- ✦ **Cheatham SW**. Informed consent: What do patients and physical therapists need to know? *Published in: Advance Magazine for Physical Therapists* (Aug. 2011)

## POSITION STATEMENTS

- ✦ **Cheatham SW**. **NASM Squat technique.** *Published for: National Academy of Sports Medicines* (2021)
- ✦ **Cheatham SW**. **Disinfectant Guidelines for Fitness Professionals.** *Published for: National Academy of Sports Medicines* (2020)

## CONFERENCE PRESENTATIONS (LAST 5 YEARS)

### PHYSICAL THERAPY/ATHLETIC TRAINING

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

- ✦ **Cheatham SW.** Myofascial Interventions: An Evidence Based Update.  
*Presented at the NATA Annual Meeting, Las Vegas, NV (June 2019)*
- ✦ **Cheatham SW.** Lumbopelvic Pain in the Athlete: A Review of Best Practices for Examination and Treatment.  
*Presented at the FWATA Annual Meeting, Las Vegas, NV (April 2018)*
- ✦ **Cheatham SW.** Lumbopelvic Pain in the Athlete: A Review of Best Practices for Examination and Treatment.  
*Presented at the FWATA Annual Meeting, Las Vegas, NV (April 2018)*
- ✦ **Cheatham SW.** The Efficacy of Self-Myofascial Release with Foam Rolling and Roller Massage: What We Know Now. *Presented at the FWATA Annual Meeting, Las Vegas, NV (April 2017)*

## 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)*
- ✦ **Cheatham SW, Stull K.** Roller Massage 2018: An Update on Research and Clinical Application.  
*Presented at the NASM Optima 2018, Scottsdale, AZ (October 2018)*
- ✦ **Cheatham SW.** Corrective Strategies for Common Hip Joint Conditions.  
*Presented at the NASM Optima 2017, Scottsdale, AZ (October 2017)*
- ✦ **Cheatham SW, Stull K.** Self-Myofascial Release Techniques: Current Research and Theories.  
*Presented at the NASM Optima 2017, Scottsdale, AZ (October 2017)*

## HOME STUDY COURSES

- ✦ **Cheatham SW.** Balance Training: Scientific Principles and Program Design for the Fitness Professional.  
*National Academy of Sports Medicine (In-process)*
- ✦ **Cheatham SW.** Functional Anatomy.  
*National Academy of Sports Medicine (November 2022)*
- ✦ **Cheatham SW.** COVID-19 Management Guidelines for Fitness Professionals.  
*National Academy of Sports Medicine (August 2021)*
- ✦ **Cheatham SW.** Myofascial Interventions Series Parts 1 to 4.  
*National Academy of Sports Medicine (June-August 2020)*

## WEBINAR/VIDEO PRESENTATIONS

- ✦ **Cheatham SW.** Overuse Injuries in Young Athletes: Recognition and Management Strategies.  
*PhysicalTherapy.com (Sept 2022)*
- ✦ **Cheatham SW.** Myofascial Interventions Series Parts 1 to 3.  
*OccupationalTherapy.com (May-July 2022)*

- ✦ **Cheatham SW.** Early Sports Specialization in Young Athletes: Management Strategies. *PhysicalTherapy.com (April 2022)*
- ✦ **Cheatham SW.** Non-Surgical Shoulder Conditions: A Review for the Occupational Therapist. *OccupationalTherapy.com (Nov 2021)*
- ✦ **Cheatham SW.** Post-COVID-19 Patients: Management Strategies for the Physical Therapist. *PhysicalTherapy.com (Nov 2021)*
- ✦ **Cheatham SW.** Post-COVID-19 Patients: Management Strategies for the Occupational Therapist. *OccupationalTherapy.com (Nov 2021)*
- ✦ **Cheatham SW.** Hip Joint Arthroplasty: A Review for the Occupational Therapist. *OccupationalTherapy.com (April 2021)*
- ✦ **Cheatham SW.** Knee Joint Arthroplasty: A Review for the Occupational Therapist. *OccupationalTherapy.com (April 2021)*
- ✦ **Cheatham SW.** Differential Diagnosis of Intra-Articular versus Extra-Articular Hip Impingement. *PhysicalTherapy.com (January 2021)*
- ✦ **Cheatham SW.** Myofascial Interventions Series Parts 1 to 4. *PhysicalTherapy.com (April-September 2020)*
- ✦ **Cheatham SW.** Therapeutic Modalities Series Part 1-3. *OccupationalTherapy.com (September-October 2020)*
- ✦ **Cheatham SW.** Myofascial Interventions 2018: An update. *PhysicalTherapy.com (October 2018)*
- ✦ **Cheatham SW.** Lumbopelvic Pain in the Athlete: A Review of Best Practices for Examination and Treatment. *PhysicalTherapy.com (July 2018)*

## NATIONAL CONFERENCES ATTENDED (LAST 5 YEARS)

- ✦ 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)
- ✦ 2020 National Academy of Sports Medicine Optima Conference (Virtual)
- ✦ 2020 Far West Athletic Trainers Associations Annual Meeting (Virtual)
- ✦ 2019 National Athletic Trainers Association Annual Meeting: Las Vegas, NV
- ✦ 2019 Far West Athletic Trainers Association Annual Meeting: San Diego, CA
- ✦ 2019 National Academy of Sports Medicine Optima: Scottsdale, AZ
- ✦ 2019 Canadian Athletic Therapists Association Annual Meeting: Calgary Alberta Canada
- ✦ 2018 Far West Athletic Trainers Association Annual Meeting: Las Vegas, NV
- ✦ 2018 National Academy of Sports Medicine Optima Conference: Scottsdale, AZ

## CONTINUING EDUCATION (LAST 7 YEARS)

- ✦ Weightlifting Performance Coach: Level 1. *Eleiko Strength (June 2022) (13.0 units)*
- ✦ Blood Flow Restriction Training Certificate. *Northeast Seminars (June 2021) (13.5 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) (8.0 units)*
- ✦ Mulligan Concept: Upper Quarter. *Mulligan Concepts (July 2018) (13.0 units)*
- ✦ Myokineshetic System: Upper Extremity. *Myokineshetic 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)*
- ✦ Técnica Gavilán PTB: Instrument Assisted Soft-Tissue Mobilization: Level I. *Técnica Gavilán, Inc. (February 2016) (0.5 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]