



Dr. Scott W. Cheatham

Sports & Orthopedic Physical Therapist
Professor | Administrator | Researcher | Consultant

Executive Summary

Dr. Scott W. Cheatham Ph.D., DPT, ATC, CSCS is a tenured Full Professor and Associate Chair in the Department of Kinesiology at CSU Dominguez Hills. He is also an active researcher and expert consultant. Dr. Cheatham has authored more than 200 peer-reviewed publications, textbook chapters, conference presentations, and continuing education courses in sports medicine, orthopedics, rehabilitation, and performance training. He serves as Co-Editor-in-Chief of the Journal of Fitness, Wellness, and Human Performance and consults for leading organizations including the National Academy of Sports Medicine. Dr. Scott is a practicing physical therapist with specialties in sports and orthopedics.

Administrative & Academic Appointments

Administrative

California State University, Dominguez Hills

Associate Chair, Dept. of Kinesiology | August 2021–Present

Academic

California State University, Dominguez Hills

Department of Kinesiology

Full Professor (Tenured) | August 2011–Present

Concordia University Chicago

Division of Health Sciences and Human Performance

Adjunct Faculty | February 2021–Present

American Public University System

School of Health Sciences

Adjunct Faculty | May 2026–Present

Contact Information

 310-892-4376

 drscottwcheatham.com

 scheatham@csudh.edu

Clinical & Executive Appointments

Years	Organization	Role
2008-Present	SportsPhysioRX Physical Therapy	CEO & President
2013-2016	Torrance Memorial Medical Center	Physical Therapist III
2005-2013	SBO Medical Center Physical Therapy	Director of Rehabilitation

Education

Year	Degree	Institution
2016	Doctor of Philosophy (Ph.D.), Physical Therapy	Nova Southeastern University
2004	Doctor of Physical Therapy (DPT)	Chapman University
1997	Bachelor of Arts, Phys Ed (Athletic Training)	CSU Dominguez Hills

Licensure & Professional Certifications

Physical Therapy

- Licensed Physical Therapist, California
- Orthopedic Clinical Specialist (Emeritus), ABPTS

Athletic Training & Strength and Conditioning

- Certified Athletic Trainer (ATC)
- Certified Strength and Conditioning Specialist (CSCS)

Specialized Certifications

- Graston Technique Therapy Specialist
- HawkGrips Certified Instructor
- Blood Flow Restriction Training Specialist
- Certified Wellness Coach
- TPI Level 1
- Precision Nutrition Level 1

Health and Fitness Certifications

Organization	Certification
National Academy of Sports Medicine	CWC, CPT, PES, CES, GFS
National Strength & Conditioning Association	CSCS, NSCA-CPT
TPI Performance Coaching	Level 1 Certified Professional
Functional Movement Systems	FMS Level 1, SFMA Level 1
Precision Nutrition	PN Level 1
USAW Weightlifting	Level 1 Coach
American Council on Exercise	Certified Personal Trainer

Teaching & Education Technology

Category	Details
Teaching Certifications	Online Graduate Teaching Faculty Certification Online First-Year Student Success Faculty Certification (American Public University)
Instructional Expertise	Online, hybrid, and face-to-face teaching; curriculum development; assessment of learning outcomes
Educational Technology	Advanced proficiency with Canvas, Blackboard, Brightspace, and related LMS platforms

Academic Leadership & Governance

Role	Institution/Unit	Years
Associate Chair	Dept. of Kinesiology, CSU Dominguez Hills	2021–Present
Faculty Tenure & Promotion Committee Chair/Member	Dept. of Kinesiology; CHSSN	2021–Present
Curriculum Chair	Dept. of Kinesiology, CSU Dominguez Hills	2018–Present
Pre-Physical Therapy Advisor	Dept. of Kinesiology, CSU Dominguez Hills	2013–Present
New Faculty Committee Chair	Dept Kinesiology, CSU Dominguez Hills	2020-2021
General Education Committee	Faculty Affairs, CSU Dominguez Hills	2017–2020
Title IX Officer Committee	Faculty Affairs, CSU Dominguez Hills	2014–2017

Editorial Leadership & Scholarly Service

Role	Journal	Years
Co-Editor-in-Chief	<i>J Fitness, Wellness, and Hum Perform</i>	2024–Present
Editorial Board Member	<i>J Sport Rehab</i>	2019–Present
Editorial Board Member	<i>J Can Chiropr Assoc</i>	2016–2026
Editorial Board Member	<i>NSCA Personal Training Quarterly</i>	2015–2025

Professional Consulting & Advisory Appointments

Position	Organization	Years
Subject Matter Expert Master Instructor	HawkGrips	2023–Present
Chairman Scientific Advisory Board	National Academy of Sports Medicine	2018–Present
Subject Matter Expert Consultant	National Academy of Sports Medicine	2016–Present
Subject Matter Expert Master Instructor	Equinox Fitness Clubs	2006–2020
Research Consultant	Implus (RockTape, TriggerPoint)	2018–2020
Subject Matter Expert Consultant	American Council on Exercise	2007–2015

Professional Organization Service

Member Position	Organization	Years
Research & Grants Committee	Far West Athletic Trainers Association	2016-2021
Sports Medicine SIG Member	National Strength and Conditioning Association	2016-2018
Annual Conference Committee	<i>California Athletic Trainers Association</i>	2015-2017

Graduate Research Mentorship

Activity	Total
Doctoral Dissertation Committees	7
Masters Capstone	20+
Years of Service	2016–2025

Research & Scholarly Impact

Research and Scholarly Impact

- 200+ peer-reviewed publications, textbook chapters, and scholarly works
- Co-Editor-in-Chief, Journal of Fitness, Wellness, and Human Performance
- Chairman, National Academy of Sports Medicine, Scientific Advisory Board
- International presenter across physical therapy, athletic training, and fitness professions

Publication metrics:

- Total citations: 3600+
- h-index: 29
- i10-index: 53

Research Profiles:

- [Google Scholar](#)
- [ResearchGate](#)

Research & Scholarly Metrics

Category	Total
Original Research	45
Systematic Reviews	9
Critically Appraised Topics	5
Case Reports/Series	11
Literature Reviews & Commentaries	19
<i>Peer-Reviewed Publications</i>	89

Scholarly Activity

Peer-Reviewed Publications	89
Textbook Chapters	15+
Textbooks Edited	1
Research Grants	3
Conference Presentations	100+
Continuing Education Courses	50+
Editorial Appointments	4
Invited Presentations	75+

Grants & Funded Research

Research Funding Summary	Total
Grants Awarded	3
Principal Investigator Roles	3
Total Funding Secured	\$21,581

Original Research Studies 2021-Present

Year	Publication
2026	Cheatham SW , Sutton B, McLester G, Escalante G. Expert Consensus on Resistance Training Precautions and Contraindications: A Modified Delphi Study. <i>J Fit, Wellness Hum Perform.</i> 2025;1(2):1-8.
2025	Cheatham SW , Baker RT. Do Healthcare Professionals Agree with Expert Recommendations for Instrument Assisted Soft-Tissue Mobilization Precautions and Contraindications? A Descriptive Survey. <i>Healthcare.</i> 13(21):2745.
2025	Cheatham SW , Baker RT, Loghmani MT, Schleip R. International Expert Consensus on Instrument Assisted Soft-Tissue Mobilization Precautions and Contraindications: A Modified Delphi Study. <i>Healthcare.</i> 2025; 13:642.
2025	Cheatham SW , Sutton B, Ambler-Wright T, Cheatham C, Ludwig C. How Do Physical Therapists and Athletic Trainers Maintain Their Physical Fitness? A Descriptive Survey. <i>Int J Sports Phys Ther.</i> 2025;20(4):618-631.
2024	Cheatham SW , Baker RT, Batts W, Ambler-Wright T, Sutton B. Exercise with Unstable Objects: A Descriptive Survey Among Health Care and Fitness Professionals. <i>Int J Athl Ther Train.</i> 2024; 29(5):261-272.
2024	Patterson RD, Zettlemoyer A, Plackowski M, Baker R, Cheatham SW , Nasypany A. The Effects of TMR® Fab 6 on Hamstring Flexibility in Healthy Subjects: An Exploratory Observational Investigation. <i>Int J Sports Phys Ther.</i> 2024;19(7):877-887.
2024	Miley EN, Pickering MA, Cheatham SW , et al. Psychometric Analysis of the Hip Disability and Osteoarthritis Outcome Score Joint Replacement (HOOS-JR). <i>Osteoarthritis and Cartilage Open.</i> 2024;6(1):100435.
2023	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. <i>J Sport Rehab.</i> 2023; 4;32(6):731-736
2023	Miley EN, Casanova MP, Cheatham SW , et al. Confirmatory Factor Analysis of the Hip Disability and Osteoarthritis Outcome Score (HOOS) and Associated Sub-Scales. <i>Int J Sports Phys Ther.</i> 2023; 18(1):145-159.
2022	Martonick NJP, Reeves AJ, Whitlock JA, Stevenson TC, Cheatham SW , et al. Instrument-Assisted Soft Tissue Mobilization Forces Applied by Trained Clinicians During a Simulated Treatment. <i>J Sport Rehabil.</i> 2022; 31(1):120-124.

Year	Publication
2022	Syeda M, Bartholomew J, Santiago S, Reeves AJ, Martonick N, Cheatham SW , et al. Exploring Force Production Reliability Across Different Levels of Clinical Experience During a Simulated One-Handed Instrument Assisted Soft-Tissue Mobilization Treatment: A Pilot Study. <i>Int J Sports Phys Ther.</i> 17(6):1136–1143.
2022	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. <i>J Sport Rehabil.</i> 2022;1;31(4):505-510

Systematic Reviews

2021-Present

Year	Publication
2024	Cheatham SW , Nadeau J, Jackson J, Baker RT. Effects of Tissue Flossing on Athletic Performance Measures: A Systematic Review. <i>Sports.</i> 2024;12(11):312.
2022	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. <i>Int J Sports Phys Ther.</i> 2022;17(7):1219–1235.

CAT & Narrative Reviews

2021-Present

Year	Publication
2025	Cheatham SW , Ernst MP. Percussive Massage Device Consumer Safety Risks: A Critically Appraised Topic. <i>J Fit, Wellness, Hum Perform.</i> 2025 Dec;1(1):24–28.
2025	Cheatham SW , Escalante G. <i>Translating Research into Practice: Welcome to the First Issue of NASM’s Journal.</i> <i>J Fit, Wellness, Hum Perform.</i> 2025 Dec;1(1):1–.1
2024	Cheatham SW , Baker R. Tissue Flossing: A Commentary of Clinical Practice Recommendations. <i>Int J Sports Phys Ther.</i> 2024:1-13

Conference Abstracts

2021-Present

Year	Publication
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. <i>J Athl Train.</i> 2023; 58(6): S-68
2021	Baker RT, Cheatham SW , Abdenour T, Batts W. Ambler-Wright T. Kinesiology Tape: A Descriptive Survey of Health Care Professionals in U.S. <i>J Athl Train.</i> 2021; 56(6): S-293

Conference Poster Research

2021-Present

Year	Publication
2026	Cheatham SW. Baker R, Loghmani MT, Schleip R. International Expert Consensus on Instrument-Assisted Soft-Tissue Mobilization Precautions and Contraindications: A Modified Delphi Study. <i>APTA CSM, Anaheim, CA (Poster)</i> .
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. <i>APTA CSM, Anaheim, CA (Poster)</i> .
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. <i>NATA Annual Meeting, Indianapolis, IA (Podium)</i>
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. <i>ACSM Annual Meeting and World Congresses, Denver, CO (Poster)</i>

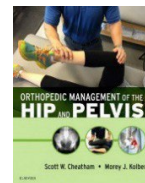
Evidence-Based Literature Reviews

2020-Present

Year	Publication	Organization
2026	Contemporary Strategies for Warm-up & Cool Down: An Evidence-Based Review	National Academy of Sports Medicine
2026	High-Intensity Interval Training: An Evidence-Based Review	NASM
2026	Post-Activation Potentiation and Post-Activation Performance Enhancement: An Evidence-Based Review	NASM
2026	Corrective Exercise: An Evidence-Based Review	NASM
2026	Integrated Training: An Evidence-Based Review	NASM
2025	Weight Loss Medications: An Evidence-Based Review of GLP-1/GIP Receptor Agonists	NASM
2024	Youth Resistance Training for Long-Term Health: An Evidence-Based Review	NASM
2023	GLP-1 Medications: An Evidence-Based Review	NASM
2023	Sarcopenia: An Evidence-Based Review for the Fitness Professional and Wellness Coach	NASM
2021	NASM Squat Technique	NASM
2020	Disinfectant Guidelines for Fitness Professionals	NASM

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

Year	Chapter Title	Textbook
2026	Nervous, Skeletal, and Muscular System	NASM Essentials of Personal Fitness Training (8th ed.)
2026	Flexibility Training Concepts	NASM Essentials of Personal Fitness Training (8th ed.)
2024	Athlete Intake, Needs Analysis, and Movement Assessments	NASM Essentials of Sports Performance Training (3rd ed.)
2024	Sports Performance Testing, Evaluation, and Monitoring	NASM Essentials of Sports Performance Training (3rd ed.)
2021	Inhibitory Techniques	NASM Essentials of Corrective Exercise (3rd ed.)
2021	Nervous, Skeletal, and Muscular System	NASM Essentials of Personal Fitness Training (7th ed.)
2021	Flexibility Training Concepts	NASM Essentials of Personal Fitness Training (7th ed.)
2021	Static Assessment	NASM Essentials of Corrective Exercise (3rd ed.)
2021	Flexibility and Range of Motion Assessments	NASM Essentials of Corrective Exercise (3rd ed.)
2017	Special Considerations for Chronic Pain	ACSM's Exercise Testing and Prescription (1st ed.)
2015	Musculoskeletal Injuries of the Lower Extremity	ACE Medical Exercise Specialist (1st ed.)
2015	Common Musculoskeletal Injuries	Exercise Physiology (1st ed.)
2014	Common Musculoskeletal Injuries and Implications for Exercise	ACE Personal Trainer Manual (5th ed.)

Conference Presentations

2023-Present

Physical Therapy & Athletic Training

Year	Presentation	Conference
2026	Exertional Rhabdomyolysis: An Evidence-Based Update	National Athletic Trainers' Association (NATA), Philadelphia, PA
2026	Exertional Rhabdomyolysis: An Evidence-Based Review	California Athletic Trainers' Association (CATA), Anaheim, CA
2026	Myofascial Interventions: Advances in Integrative Treatment Strategies	California Athletic Trainers' Association (CATA), Anaheim, CA
2025	Integrated Myofascial Interventions: An Evidence-Based Update	Far West Athletic Trainers' Association (FWATA), Las Vegas, NV
2025	Sarcopenia and Long-Term Health	Far West Athletic Trainers' Association (FWATA), Las Vegas, NV
2025	Integrated Myofascial Interventions: An Evidence-Based Update	Northwest Athletic Trainers' Association (NWATA), Bellevue, WA
2025	Sarcopenia and Long-Term Health	Northwest Athletic Trainers' Association (NWATA), Bellevue, WA
2025	Postural Orthostatic Tachycardia Syndrome: What Athletic Trainers Need to Know	California Athletic Trainers' Association (CATA), Anaheim, CA
2024	Postural Orthostatic Tachycardia Syndrome: What Athletic Trainers Need to Know	National Athletic Trainers' Association (NATA), New Orleans, LA
2024	Ehlers-Danlos Syndromes and Hypermobility Spectrum Disorders in Athletes	Far West Athletic Trainers' Association (FWATA), Las Vegas, NV
2023	COVID-19: Understanding and Management of Long COVID Syndrome	National Athletic Trainers' Association (NATA), Indianapolis, IN
2023	Instrument-Assisted Soft-Tissue Mobilization: An Evidence-Based Update	Rocky Mountain Athletic Trainers' Association (RMATA), Denver, CO

Health and Fitness

Year	Presentation	Conference
2022	Early Sports Specialization: Should Kids Really Do a Single Sport?	National Academy of Sports Medicine Optima Conference, Scottsdale, AZ
2022	Exercise Considerations for the Post-COVID-19 Survivor: Update 2022	National Academy of Sports Medicine Optima Conference, Scottsdale, AZ
2022	NASM's Research Roundup: Wearable Technology in Fitness and Wellness.	National Academy of Sports Medicine Optima Conference, Scottsdale, AZ
2021	Integrated Myofascial Interventions: An Evidence-Based Update	National Academy of Sports Medicine Optima Conference, Scottsdale, AZ

Health and Fitness

Year	Presentation	Conference
2021	Exercise Considerations for the Post-COVID-19 Survivor	National Academy of Sports Medicine Optima Conference, Scottsdale, AZ
2020	Myofascial Interventions: A Review for The Fitness Professional	National Academy of Sports Medicine Optima Conference, Scottsdale, AZ
2020	Balance Training: Scientific Principles and Program Design for the Fitness Professional.	National Academy of Sports Medicine Optima Conference, Scottsdale, AZ

Home Study Chapters

Home Study Course Chapters

Year	Chapter Title	Course
2024	Chapter 5. Flexibility Training for Golf Performance	National Academy of Sports Medicine Golf Fitness Specialist
2024	Chapter 8. Program Design Principles, Periodization, and Application.	National Academy of Sports Medicine Golf Fitness Specialist Course
2021	Chapter 6: Flexibility Guidelines for the Active Older Adult.	National Academy of Sports Medicine Senior Fitness Specialists Course
2021	Chapter 8. Program Design Principles, Periodization, and Application.	National Academy of Sports Medicine Senior Fitness Specialists Course

Home Study Courses

Year	Chapter Title	Course
2022	Functional Anatomy	National Academy of Sports Medicine
2021	COVID-19 Management Guidelines for Fitness Professionals.	National Academy of Sports Medicine
2020	Myofascial Interventions Series Parts 1 to 4.	National Academy of Sports Medicine

Continuing Education Webinar/Podcasts

2023-Present

Years	Organization	Courses
2024–Present	Allied Health Education	20+
2021–Present	PhysicalTherapy.com OccupationalTherapy.com	30+
2023–Present	HawkGrips	20+
2023–Present	National Academy of Sports Medicine (NASM)	20+

National Conferences Attended

2021-Present

Organization	Years Participated
National Athletic Trainers' Association (NATA)	2021, 2023, 2024, 2026
California Athletic Trainers' Association (CATA)	2025, 2026
Far West Athletic Trainers' Association (FWATA)	2021, 2024, 2025
APTA Combined Sections Meeting (CSM)	2026
Northwest Athletic Trainers' Association (NWATA)	2025
Rocky Mountain Athletic Trainers' Association (RMATA)	2023
American Physical Therapy Association (APTA)	2023
American College of Sports Medicine (ACSM)	2023
National Academy of Sports Medicine (NASM)	2021, 2022

Continuing Education 2020-Present

Year	Program / Certification	Organization
2026	TPI Level 1 Certification	Titleist Performance Institute
2025	PN Level 1 Certification	Precision Nutrition
2025	Certified Wellness Coach	NASM
2025	Vibration-Based Therapy	PESI Education
2024	KT Taping Practitioner Certification	RockTape
2024	Stick Mobility Level 1 Certification	Stick Mobility
2024	Blood Flow Restriction Training Level 1	Smart Cuffs
2024	Blood Flow Restriction Training Level 1	B Strong
2023	Dry Needling for Clinical Practice	NATA Course
2022	Weightlifting Performance Coach, Level 1	Eleiko Strength
2021	Blood Flow Restriction Training	Northeast Seminars
2020	TRX Suspension Training, Level 1	Fitness Anywhere
2020	Certified Personal Trainer	NASM
2019	Certified Nutrition Coach	NASM
2019	Graston Technique Therapy Specialist (GTS)	Graston Technique

Scholarships & 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 Society

- 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]