






# Dr. Scott W. Cheatham

Associate 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 an education and research consultant for various health and fitness organizations. He is a national conference presenter and has authored over 110 peer reviewed publications, textbook chapters, and home study courses on the topics of sports medicine, orthopedics, and fitness. He is 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

## SPECIALTY CERTIFICATIONS

- **National Academy of Sports Medicine**
  - Perform Enhancement Specialist #1348728
  - Corrective Exercise Specialist #1385262
  - Certified Nutrition Coach #1190402826
- **The Back School**
  - Certified Ergonomic Assessment Specialist
- **Graston Technique**
  - Graston Technique Therapy Specialist (GTS)
- **RockTape**
  - FMT Blades IASTM Level 1 Certified
- **Técnica Gavilán PTB**
  - IASTM Level I Certified

## HEALTH & FITNESS CERTIFICATIONS

### National Strength and Conditioning Association

- Certified Personal Trainer #53340201

### National Academy of Sports Medicine

- Fitness Nutrition Specialist #1497718
- Youth Exercise Specialist #1515926
- Golf Fitness Specialist #1519122
- Group Training Specialist #1601262398

### Functional Movement Systems

- FMS: Level I, SFMA: Level 1

### American Council on Exercise

- Certified Personal Trainer # N276770
- Fitness Nutrition Specialist #CEP83563

### USA Weightlifting

- Level I Coach

## ACADEMIC APPOINTMENTS

### California State University Dominguez Hills

**Associate Professor (Tenured):** (8/2017-present) *Division of Kinesiology*

- Director Pre-PT Program/Division Curriculum Director

**Assistant Professor-** (8/2013-8/2017): *Division of Kinesiology*

**Adjunct Faculty-** (8/2013-Present): *Master's in Occupational Therapy Program*

#### Courses Taught

- KIN 301 Kinesiology with lab (3 units) (traditional, hybrid)
- KIN 302 Exercise physiology with lab (4 units) (traditional)
- 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)
- 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)
- OTR 527 Kinesiology for MSOT with lab (3 units) (traditional)

### University of Idaho

**Assistant Clinical Professor-** (6/2015-Present): *Department of Movement Sciences*

- Doctor of Athletic Training Program/Master of Athletic Training Program

#### 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
- AT 635 Intermediate quantitative data analysis and interpretation in patient care
- AT 547 Clinical experience III (type:online)
- AT 553 Clinical experience IV (type:online)
- AT 511 Ethics & administration (type:online)

### **Florida International University**

**Adjunct Faculty-** (8/2018-Present): *Department of MovementSciences*

- Doctor of Athletic Training Program

#### **Courses Taught**

- AT 6620 Research and evidence-based practice in athletic training I
- AT 6621 Research and evidence-based practice in athletic training II
- AT 7630 DAT applied research

## **TEACHING CERTIFICATIONS**

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

## **CLINICAL PRACTICE**

**Owner-** (8/2008-Present): *Sports Medicine Alliance, Inc., Torrance, Ca*

- Outpatient sports medicine, orthopedic PT, sports performance training

**Physical Therapist III-** (3/2013-1/2016): *Torrance Memorial Medical Center, Torrance, CA*

- Outpatient and inpatient PT

**Rehabilitation Director-** (3/2005-3/2013): *SBO Specialists Med Center PT, Torrance, CA*

- Outpatient sports medicine & orthopedic PT

**Physical Therapist III-** (2/2005-7/2007): *Providence LCM Hospital, San Pedro, CA*

- Inpatient acute, ICU, & general medical PT

**Clinical Director-** (9/2004-3/2005): *Skypark Physical Therapy, Torrance, CA*

- Outpatient sports medicine & orthopedic PT

## **RESEARCH/EDUCATION CONSULTANT**

**Researcher/Education Consultant-** (4/2016-Present)

- *National Academy of Sports Medicine; Chandler, AZ*

**Master Instructor/Curriculum Design-** (9/2006-Present)

- *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*

## PHYSICAL THERAPY: LEGAL CONSULTANT

**Owner -** (10/2017-Present)

- *PT Expert Witness.com, Torrance, CA*

**Legal Expert -** (10/2017-Present)

- *Physical Therapy Board of California*

**Legal Expert -** (7/2015-Present)

- *Elite Medical Experts, Tucson, AZ*

**Legal Expert -** (1/2014-Present)

- *Experts in Therapy, Cleveland, OH*

## JOURNAL EDITORIAL/REVIEWER

**Editorial Board Member-** (2019-Present)

- *Journal of Sport Rehabilitation*

**Editorial Board Member-** (2016-Present)

- *NATA New/Legal Digest*

**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*

## PROFESSIONAL/ORGANIZATION SERVICE

**Research and Grants Committee Member-** (2016-Present)

- *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*

## CSU DOMINGUEZ HILLS SERVICE

**New Faculty Search Chair- (1/2020-Present)**

- *CSU Dominguez Hills, Division of Kinesiology*

**Curriculum Chair- (8/18-Present)**

- *CSU Dominguez Hills, Division of Kinesiology*

**Pre-Physical Therapy Option Advisor- (8/13-Present)**

- *CSU Dominguez Hills, Division of Kinesiology*

**University General Education Committee Member- (2017-2020)**

- *CSU Dominguez Hills Faculty Affairs*

**Title IX Officer Search Committee - (10/14-3/17)**

- *CSU Dominguez Hills, Faculty Affairs*

**Facilities and Space Committee - (8/15-8/16)**

- *CSU Dominguez Hills, Faculty Affairs*

**Nominations and Elections Committee- (8/14-8/16)**

- *CSU Dominguez Hills CHHSN*

**Kinesiology Club Advisor- (8/13-8/14)**

- *CSU Dominguez Hills, Division of Kinesiology*

## RESEARCH GRANTS: FUNDED

**Title:** *A Pilot Study on the Effectiveness of the Community-Based Health Enhancement Lifestyle Program (Community HELP)*

- **Funding Date:** April 2015
- **Funding Agency:** California State University Dominguez Hills
- **Grant Number:** RSCA Grant Fund
- **Role:** Principle 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:** Principle 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:** Principle Investigator
- **Funding Amount:** \$2,000
- **Status:** Completed

## PEER REVIEWED PUBLICATIONS

### CLINICAL STUDIES

**Cheatham SW**, Baker RT, Stull K, Behm D. Mechanical percussion: a survey of practice patterns among healthcare professionals. *J Sport Rehab*. 2020 [In Review]

**Cheatham SW**, Baker RT, Larkin L, Baker J, Casanova M. Instrument assisted soft-tissue mobilization: a survey of practice patterns among allied health professionals. *J Athl Train*. 2020 [In review]

**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 [In review].

**Cheatham SW**, Martinez R, Montalvo A, Odai M, Echeverry S, Robinson B, Bailum E, Viecco K. 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 AT*. 2020 [in review]

**Cheatham SW**. A clinically relevant method of quantifying the mechanical properties of RockTape® kinesiology tape at different elongation lengths, *J sport Rehab*. 2020 [In review]

Reeves AJ, Baker RT, **Cheatham SW**, Nasypany A. Point-of-care research: retrospective analysis of cases of tendon pathology in athletic training clinics. *Clin AT*. 2020 [Accepted]

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**, 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**, Baker R. Technical report: quantification of rockfloss® floss band stretch force at different elongation lengths. *J Sport Rehabil*. 2019 May 16:1-13

**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*. 2019 Apr 25:1-8

- 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 a 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**, 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

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

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

## CLINICAL COMMENTARIES/LITERATURE REVIEWS

**Cheatham SW**. Muscle extensibility testing for the lower extremity- a review for the personal trainer. *Personal Train Quarterly*; 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

### PHYSICAL THERAPY/ATHLETIC TRAINING

**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

Brechtler 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

### STRENGTH & CONDITIONING/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, Dudziec 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*. [Poster presentation] 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*. [Poster presentation] 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*. [Poster presentation] MAATA Annual Meeting, Omaha, NE (March 2015)

**Cheatham SW**, Mokha GM, Lee M. *Postoperative Rehabilitation after Hip Resurfacing: A Systematic Review*. [Poster presentation] 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*. [Poster presentation] FWATA Annual Meeting, Las Vegas, CA, (April 2014)

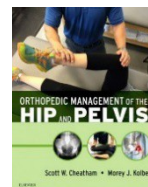
**Cheatham SW**, Ernst MP, Puyot AA, Garcia OA. *The Concurrent Validity of Arterial Blood Oxygen Saturation Measurements: A Preliminary Analysis of the iSpO2® Pulse Oximeter and Traditional Pulse Oximeter using Bluetooth®*. [Poster presentation] FWATA Annual Meeting, Las Vegas, CA (April 2014)

**Cheatham SW**. *Case Report: Rehabilitation of a 23-Year Old Male after Medial Patellofemoral Ligament Repair*. [Poster presentation] 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*. [Poster presentation] 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. 1<sup>st</sup> 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. 1<sup>st</sup> 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. 1<sup>st</sup> 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, APT;2007*

### STRENGTH & CONDITIONING/FITNESS

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)*

**Cheatham SW.** Training the Lower Extremities: The Ankle/Foot (Part III)

*Published in: ACE Certified News (June/July 2009)*

**Cheatham SW.** Training the Lower Extremities: The Knee Joint (Part II)

*Published in: ACE Certified News (April/May 2009)*

**Cheatham SW.** Training the Lower Extremities: The Hip Joint (Part I)

*Published in: ACE Certified News (Feb/Mar 2009)*

**Cheatham SW.** The Middle-Aged Back

*Published in: ACE Certified News (Dec2008/Jan 2009)*

**Cheatham SW.** Joint Custody

*Published in: Advance Magazine for Physical Therapists (Sept. 2007)*

**Cheatham SW.** Working in a Clinic can Broaden a Student Athletic Trainer's Horizon.

*Published in: Training and Conditioning (Sept. 2001)*

## CONFERENCE PRESENTATIONS

### PHYSICAL THERAPY/ATHLETIC TRAINING

**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)

**Cheatham SW.** *Intra-articular vs Extra-articular Hip Impingement: An Update on Emerging Diagnoses.* Presented at the FWATA Annual Meeting, Kona, HI (July 2016)

**Cheatham SW.** *Principles of Peripheral Joint Mobilization for the ATS.* Presented at the FWATA Annual Meeting, Kona, HI (July 2016)

**Cheatham SW.** *Hip Arthroscopy for Labral Tears and Femoral Acetabular Impingement: The Latest in Post-Surgical Rehabilitation.*

Presented at the 6<sup>th</sup> Annual CATA Meeting (February 2016)

**Cheatham SW.** *Current Evidence and Concepts in Myofascial Treatment.* Presented at the AZATA Winter Symposium (January 2016)

**Cheatham SW.** *Hip Arthroscopy for Labral Tears and Femoral Acetabular Impingement: The Latest in Post-Surgical Rehabilitation.* Presented at the AZATA Winter Symposium (January 2016)

**Cheatham SW.** *Special Tests of the Shoulder Complex: A Statistical Approach.* Presented at the NATA Annual Meeting, St. Louis, MO (June 2015)

**Cheatham SW.** *The Post-Surgical Client: The Top Ten Things you Should Know About.* Presented at the NATA Annual Meeting, St. Louis, MO (June 2015)

**Cheatham SW, Carey A.** *Current Evidence and Concepts on Myofascial Treatment.* Presented at the FWATA Annual Meeting, San Diego, CA (April 2015)

**Cheatham SW, Hughes B, West D.** *Manual Therapy of the Thoracic Spine: An Integrative Approach (Lab/Lecture).* Presented at the MAATA Annual Meeting, Omaha, NE (March 2015)

**Cheatham SW, Hughes B, West D.** *Advanced Peripheral Joint Mobilization: Foot and Ankle (Lab/Lecture).* Presented at the MAATA Annual Meeting, Omaha, NE (March 2015)

**Cheatham SW.** *Differential Diagnosis of the Hip.* Presented at the California Community College Athletic Trainers' Association 2014 Meeting (August 2014)

**Cheatham SW, Lee M, Pitney WA, Doherty-Restropo J, et al.** *Advanced Peripheral Joint Mobilization: Foot and Ankle (Lab/Lecture).* Presented at the NATA 65<sup>th</sup> Annual Meeting, Indianapolis, IN (June 2014)

**Cheatham SW.** *Exercise and Fibromyalgia: What We Know Now.* Presented at the NATA 65<sup>th</sup> Annual Meeting, Indianapolis, IN (June 2014)

**Cheatham SW.** *Exercise and Fibromyalgia.* Presented at the FWATA Annual Meeting, Las Vegas, NV (April 2014)

**Cheatham SW, O'Hara R.** *Advanced Surgical Techniques: Intervertebral Discs and Vertebrae Feature Presentation.* Presented at the NATA 64<sup>th</sup> Annual Meeting, Las Vegas, NV (June 2013)

**Cheatham SW, Kresiwirth E, Lee M, Pitney WA, Hughes B, Doherty-Restropo J, West D.** *Manual Therapy of the Thoracic Spine: An Integrative Approach (Lab/Lecture).* Presented at the NATA 64<sup>th</sup> Annual Meeting, Las Vegas, NV (June 2013)

**Cheatham SW, Lee M, Kresiwirth E.** *Principles of Peripheral Joint Mobilization for the ATS: Shoulder Complex.* Presented at the NATA 64<sup>th</sup> Annual Meeting, Las Vegas, NV (June 2013)

Kresiwirth E, Ingstad C, **Cheatham SW.** *Scapular Dyskinesis: A Regional Interdependence Approach.* Presented at the FWATA Annual Meeting, Sacramento, CA (April 2013)

**Cheatham SW.** *The Hip Complex: A Review of Current Surgical Techniques.* Presented at the NATA 63<sup>rd</sup> Annual Meeting, St. Louis, Mo (June 2012)

**Cheatham SW, Pitney WA, Hughes B, Doherty-Restropo J, West D.** *Developing a Roadmap for Professional Development: The 5-*

*Year Plan*. Presented at the NATA 63<sup>rd</sup> Annual Meeting St. Louis, Mo (June 2012)

**Cheatham SW**. *Differential Diagnosis of the Hip Complex*. Presented at the RMATA Annual Meeting, Phoenix, AZ (April 2012)

**Cheatham SW**, Kreiswirth E, Ingstad C. *Examination of the Lower Kinetic Chain: The Regional Interdependence Model*. Presented at the FWATA Annual Meeting, San Diego, CA (April 2012)

**Cheatham SW**, Kreiswirth E, Pitney WA, Doherty-Restropo J, West D. *Differential Diagnosis of the Hip Complex*. Presented at the NATA 62<sup>st</sup> Annual Meeting, New Orleans, LA (June 2011)

**Cheatham SW**. *Examination and Treatment of the Hip Complex (Pre-Conference Course)*. Presented at the MAATA Annual Meeting, Omaha, NE (March 2011)

**Cheatham SW**. *Current Concepts in Post-Op Care: Lumbar Spine*. Presented at the MAATA Annual Meeting, Omaha, NE (March 2011)

**Cheatham SW**. *The Post-Surgical Patient: The Top 10 Things You Should Know About*. Presented at the MAATA Annual Meeting, Omaha, NE (March 2011)

**Cheatham SW**. *Examination of the Lumbar Spine, SI-Joint, & Hip (Student Lab Session)*. Presented at the MAATA Annual Meeting, Omaha, NE (March 2011)

**Cheatham SW**. *Evaluation of Hip Pain: A Systematic Approach*. Presented at the CATA Annual Meeting, Sacramento, CA (Feb. 2011)

**Cheatham SW**. *The Post-Surgical Patient: Top 10 Things You Should Know About*. Presented at the FWATA Annual Meeting, Oahu, HI (July 2010)

**Cheatham SW**, Ingstad C, Kreiswirth E, Lee M. *Differential Diagnosis and Treatment of the Hip*. Presented at the NATA 61<sup>st</sup> Annual Meeting, Philadelphia, PA (June 2010)

**Cheatham SW**. *Current Concepts in Post-Operative Care: The Lumbar Spine*. Presented at the IDEA World Fitness Convention, Anaheim, CA (August 2009)

**Cheatham SW**, Ingstad C. *Current Concepts in Post-Operative Care: The Lumbar Spine*. Presented at the FWATA Annual Meeting, San Diego, CA (April 2009)

**Cheatham SW**. *Current Topic in Knee Rehabilitation: Strategies on Post-operative Care*. Presented at the NATA 58<sup>th</sup> Annual Meeting, Anaheim, CA (June 2007)

**Cheatham SW**, Donayre G. *Current Topics in Hip Pathology: Differential Diagnosis and Management*. Presented at the FWATA Annual Meeting, San Diego, CA (June 2006)

**Cheatham SW**. *Beyond 10 Reps: Principles of Rehabilitation for the Abdominal Core*. Presented at the FWATA Annual Meeting, San Diego, CA (June 2006)



## **STRENGTH & CONDITIONING/FITNESS**

**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)

**Cheatham SW.** *Developing a Roadmap for Professional Development: The 5-Year Plan.* Presented at the Western Society of Kinesiology and Wellness Annual Meeting (October 2014)

**Cheatham SW.** *Exercise and Fibromyalgia: What We Know Now.* Presented at the Western Society of Kinesiology and Wellness Annual Meeting (October 2014)

**Cheatham SW.** *Principles of Post-Operative Care: The Knee.* Presented at the American Council on Exercise Annual Symposium (Las Vegas, NV) Sept. 2008

**Cheatham SW.** *Beyond 10 Reps: New Concepts in Exercise Progression.* Presented at the ACE Annual Symposium, Las Vegas, NV (Sept. 2008)

## **WEBINAR PRESENTATIONS**

**Cheatham SW.** *Myofascial Interventions 2018: An update on Current Research and Best Practices.* Physical Therapy.com (October 2018)

**Cheatham SW.** *Lumbopelvic Pain in the Athlete: A Review of Best Practices for Examination and Treatment.* Physical Therapy.com (July 2018)

**Cheatham SW.** *Hip Arthroscopy for Labral Tears and Femoral Acetabular Impingement: The Latest in Post-Surgical Rehabilitation.* NATA Webinar Series (October 2015)

**Cheatham SW.** *Hip Arthroplasty: Advances in Surgery and Post-Operative Management.* NATA Webinar Series (August 2015)

**Cheatham SW.** *Rehabilitation after Platelet Rich Plasma Therapy: Implications for the Health Professional.* NATA Webinar Series (October 2014)

**Cheatham SW.** *Exercise and Fibromyalgia: What we know now.* NATA Webinar Series (August 2014)

## MULTIMEDIA/VIDEO PRESENTATIONS

**Cheatham SW.** *NATA Diagnostic Testing Series: Examination of the Hip.* 2016 National Athletic Trainers Association

**Cheatham SW.** *Current Concepts in Post-Op Care: Lumbar Spine.* 2009 IDEA National Convention Video Series (Healthy Learning)

**Cheatham SW.** *Differential Diagnosis of the Hip Joint.* 2011 NATA 62<sup>st</sup> Annual Convention & Symposium Video Series (Healthy Learning)

## NATIONAL CONFERENCES ATTENDED (LAST 5 YEARS)

- 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: Scottsdale, AZ
- 2017 National Academy of Sports Medicine Optima: Scottsdale, AZ
- 2017 American College of Sports Medicine: Colorado Springs, CO
- 2017 Far West Athletic Trainers Association Annual Meeting: Las Vegas, NV
- 2016 Far West Athletic Trainers Association Annual Meeting: Kona, HI
- 2015 APTA Combined Section Meeting: Anaheim, CA
- 2015 FWATA Annual Meeting: San Diego, CA
- 2015 NSCA National Conference: Orlando, FL
- 2015 NATA Annual Conference: St Louis, MO

## CONTINUING EDUCATION

- Certified Nutrition Coach. *NASM* (Dec 2019) (1.9 units)
- Graston Technique Therapy Specialist (GTS). *Graston Technique* (June 2019) (1.0 units)
- Graston IASTM Technique. M-2 Course (June 2019) (14.0 Units)
- Fitness Nutrition Specialist. *ACE* (Dec 2018) (2.5 units)
- FMT Blades Certification. *RockTape*. (August 2018) (8.0 units)
- Mulligan Concept: Upper Quarter (July 2018) (13 units)
- Mykinesthetic System: Upper Extremity (July 2017) (18.5 units)
- Primal Reflex Release Technique. Level 1 Course (July 2017) (14.0 Units)
- Graston IASTM Technique. M-1 Course (December 2016) (12.0 Units)
- Group Personal Training Specialist. *NASM* (June 2016) (2.0 Units)
- Técnica Gavilán PTB: Instrument Assisted Soft-Tissue Mobilization: Level I. *Técnica Gavilán, Inc.* (February 2016) (0.5 Units)
- Clinical Techniques for Instrument Assisted Soft Tissue Mobilization. *Therapy Network Seminars* (Online Dec 2015) (1.5 Units)

- Golf Fitness Specialist. *NASM (Dec 2015) (1.0 Units)*
- Youth Exercise Specialist. *NASM (Sept 2015) (1.0 Units)*
- Fitness Nutrition Specialist. *NASM (Dec 2014) (2.0 Units)*
- Clinical Decision Making for Orthopedics with Chad Cook. *California Physical Therapy Association Sponsored Event (Sept 2013) (0.6 units)*
- Certified Ergonomic Assessment Specialist: *The Back School (July 2013) (1.5 units)*
- Selective Functional Movement Assessment: *Functional Movement Systems (March 2013) (1.6 units)*
- Functional Movement Screen: *Functional Movement Systems (Dec 2012) (.8 units)*
- ViPR: Training Course: *Equinox Fitness Clubs (Dec.2011) (.4 units)*
- Corrective Exercise Specialist Certification: *NASM (Jan. 2011) (1.2 units)*
- High Velocity Low Amplitude Techniques for Spinal Manipulation I & II: *USC Department of Biokinesiology & Physical Therapy (March 2010) (3.4 Units)*
- TRX: Suspension Training Course: *Fitness Anywhere (Oct.2009) (.8 units)*
- Performance Enhancement Specialist Certification: *NASM (Dec. 2008) (1.2 units)*
- Kettlebell Certification Level I: *Kettlebell Athletics (Oct. 2008) (.8 units)*
- CPTA Annual Conference: *California Chapter of the APTA (Sept.2007)(1.8 units)*
- Manipulation Techniques in Manual Therapy: *The Ola Grimsby Institute (Nov.2006) (1.5 units)*
- MT-1 Clinical & Scientific Rationale for Modern Manual Therapy: *The Ola Grimsby Institute (Oct.2006) (2.1 units)*
- Diagnosis and Treatment of Movement System Impairment Syndromes: Level I: *Dr. Shirley Sahrman & Associates (Jan. 2006) (1.4 Units)*
- The McKenzie Institute online course 'An Overview: The McKenzie Method': *The McKenzie Institute on (Sept. 2005) (.3Units)*
- 2005 Orthopedic Physical Therapy, Year-Long Manual Therapy Course: *Mike Miller PT, OCS (Jan. 2005-Oct. 2005) (125.0 units)*
- 2005 Perform Better Functional Training Seminar: *M-F Athletic Company/Perform Better (Jan.2005) (0.7Units)*
- Core Training Continuum: From Isolation to Function: *California Education Connection (June 2004) (0.75Units)*
- Whole Body Kinesio-Taping: Fundamentals: *California Education Connection (March 2004) (0.7Units)*
- 2004 Perform Better Functional Training Seminar: *M-F Athletic Company/Perform Better (Jan.2004) (0.7Units)*
- Integrated Core Stabilization Training: *NASM (Sept. 2003)(0.3Units)*
- Differential Diagnosis and Treatment of Shoulder Joint Disorders: *Kaiser Permanente (May 2000) (0.7Units)*
- Massage for Sports Health Care Professionals (Home Study Course): *Human Kinetics (April 2000) (1.2Units)*
- An Intensive Training on Trigger Point, Myofascial and Proprioceptive Therapy: *Physiotherapy Associates (Sept. 1999) (2.1Units)*
- Functional Capacity Evaluation: *Physiotherapy Associates (Feb. 1999) (1.4Units)*
- Applied Techniques of Manual Therapy- Joint Mobilization: *Integrated Orthopedic Seminars (Feb. 1999) (1.6Units)*
- Current Concepts in Rehabilitation of the Shoulder (Home Study Course): *Sports Physical Therapy Section- APTA (Jan. 1999) (0.3Units)*
- Explosive Fitness: Enhancing Muscle Power through Plyometrics: *University of Southern California Los Angeles (Dec. 1997) (0.7Units)*
- Patellofemoral Dysfunction-Current Concepts in Evaluation and Treatment: *University of Southern California University Hospital (Nov.1997) (0.7Units)*

## DISSERTATION/THESIS ADVISOR

- **University of Idaho: Doctor of Athletic Training Program (Dissertation Committee Member)**
  - Maisie Walters, DAT: Reactive Neuromuscular Stabilization in the treatment of spine dysfunction (*completed June 2017*)
  - Ali Zeigel, DAT: An Examination of the Effectiveness of Novel Manual Therapies to Improve Patient Care: A Dissertation of Clinical Practice Improvement (*completed March 2017*)
  - Rick Loutsch, DAT: Evaluating A Regional Interdependence Approach for Treating Apparent Hamstring Tightness in Collegiate Athletes: A Dissertation of Clinical Practice Improvement (*completed July 2016*)
  - Bobby Bosner, DAT: Evaluation and Treatment of Chronic Lower Extremity Musculoskeletal Conditions from a Regional Interdependence Perspective: A Dissertation of Clinical Practice Improvement (*completed July 2016*)
  - Christy Hancock, DAT: Examining a Regional Interdependence Approach for the Treatment of Acute and Chronic Musculoskeletal Dysfunction: A Dissertation of Clinical Practice Improvement (*completed July 2016*)
  - Bethany Hansberger, DAT: Evaluating Novel Manual Therapies for the Treatment of Lower Extremity Dysfunction and Pathology: A Dissertation of Clinical Practice Improvement (*completed July 2016*)
- **American Public University MS in Sports and Health Sciences (Thesis Advisor)**
  - Ryan Sutterfield, MS: Duties in A Small College Athletic Department (*Completed August 2016*)
  - Leslie Furtick, MS: The Gradual Integration of High-Intensity Interval Training (HIIT) In Pre-Diabetic and Clinically Diagnosed Populations with Diabetes Mellitus (*Completed June 2016*)
  - Jeff Roderick, MS: Lower Back Pain: Can A Multifaceted Approach to Treating Obesity Reduce Complaints of Lower Back Pain in Adolescents (*Completed February 2016*)
  - Tyler Meade, MS: Proposal for Creation of an Organization to Assist in Transitioning Special Operations Combat Veterans Out of the Military through Sports and Education (*Completed February 2016*)
  - Jeremy Buxton, MS: Functional Fitness Strategies for elderly residents of Sunrise Bonita Assisted Living Community (*Completed February 2016*)
  - John Rider, MS: Wellness Programs for Senior Citizens (*Completed February 2016*)
  - Michael Wells, MS: U.S.A. Youth Obesity: Prevention from Education System Perspective (*Completed February 2016*)

## 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 Allied Health Scholarship
- 2001 Recipient: Ryer Scholarship-Chapman University

## 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)