






# 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 10 peer reviewed publications, textbook chapters, and home study courses on the topics of sports medicine, orthopedics, fitness, and myofascial interventions. 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

## SPECIALITY CERTIFICATIONS

- ❖ **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 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
  - 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
- ❖ **USA Weightlifting**
  - Level I Coach

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## UNIVERSITY APPOINTMENTS & SERVICE

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## ACADEMIC APPOINTMENTS

- ❖ **CSU Dominguez Hills: Division of Kinesiology**
  - **Director Pre-PT Program/Curriculum Director**
    - **Associate Professor (Tenured):** (8/2017-present)
    - **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)
- OTR 527 Kinesiology for MSOT with lab (3 units) (traditional)

❖ **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)

❖ **Florida International University: College of Nursing and Health Sciences**

- Doctor of Athletic Training Program
- **Adjunct Faculty-** (6/2018-8/2020)

**Courses Taught**

- AT 6620 Research and evidence-based practice in athletic training I (type: online)
- AT 6621 Research and evidence-based practice in athletic training II (type: online)
- AT 7630 DAT applied research (type: online)

❖ **A.T. Still University: College of Graduate Health Studies**

- Master of Science in Kinesiology
- **Adjunct Faculty-** (1/2017-9/2018)

**Courses Taught**

- KINE5003 Functional Anatomy (type: online)
- KINE5004 Functional Biomechanics (type: online)
- KINE6301 Human Movement Dysfunction (type: online)
- KINE6301 Functional Assessment of Movement Patterns (type: online)
- KINE6302 Post Rehabilitation Exercise (type: online)

## TEACHING CERTIFICATIONS

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

## CSU DOMINGUEZ HILLS SERVICE

- ❖ **New Faculty Search Chair-** (1/2020-6/2020)
  - *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 -** (10/14-10/17)
  - *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*

## 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/THESIS ADVISOR

- ❖ **University of Idaho: Education, Department of Movement Sciences (Dissertation Committee Member)**
  - Emilie Miley, PhD Candidate. Confirmatory Factor Analysis of the Hip Dysfunction and Osteoarthritis Score (In Process)
- ❖ **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)

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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)
  - *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*

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## PROFESSIONAL CLINICAL WORK & CONSULTING

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### CLINICAL PRACTICE

- ❖ **Owner-** (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

- ❖ **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

- ❖ **Independent Consultant -** (10/2017-Present)
  - *Torrance, CA*
- ❖ **Legal Expert -** (10/2017-Present)
  - *Physical Therapy Board of California, CA*
- ❖ **Legal Expert -** (7/2015-Present)
  - *Elite Medical Experts, Tucson, AZ*
- ❖ **Legal Expert -** (1/2014-Present)
  - *Experts in Therapy, Cleveland, OH*

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## ACADEMIC PUBLICATIONS & CONFERENCES

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### PEER REVIEWED PUBLICATIONS

#### CLINICAL STUDIES

- ❖ **Cheatham SW**, Baker RT, Stull K, Behm D. Mechanical percussion: a survey of practice patterns among healthcare professionals. *Int J Sports Phys Ther.* 2020 [Accepted]
- ❖ **Cheatham SW**, Baker RT, Abdenour T. Kinesiology tape: a descriptive survey of healthcare professionals in the united states. *Int J Sports Phys Ther.* 2020 [Accepted]
- ❖ **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 [Accepted]
- ❖ **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**, 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**, 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

- ❖ 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

- ❖ 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

- ❖ **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

- ❖ **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

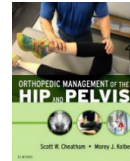
## CONFERENCE POSTER PRESENTATIONS

- ❖ **Cheatham SW**, Baker R. *Quantification of the Rockfloss® Floss Band Stretch Force at Different Elongation Lengths.* [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.* 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, APT;2007

### HEALTH & FITNESS

- ❖ **Cheatham SW.** Static Assessment. In *NASM Essentials of Corrective Exercise 3<sup>rd</sup> ed.* JB Publishing; 2021
- ❖ **Cheatham SW, Stull K.** Flexibility and Range of Motion Assessments. In *NASM Essentials of Corrective Exercise 3<sup>rd</sup> ed.* JB Publishing; 2021
- ❖ **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
- ❖ **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)

## POSITION STATEMENTS

- ❖ **Cheatham SW.** NASM Squat technique. *Published for: National Academy of Sports Medicines* (2020)
- ❖ **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.** *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)
- ❖ **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)

### *Health & Fitness*

- ❖ **Cheatham SW.** *Myofascial Interventions: A Review for The Fitness Professional.* Presented at the NASM Optima 2020, Virtual (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.** *Functional Anatomy.* National Academy of Sports Medicine (2021)
- ❖ **Cheatham SW.** *Myofascial Interventions Series Parts 1-4.* National Academy of Sports Medicine (2020)

## WEBINAR PRESENTATIONS

- ❖ **Cheatham SW.** *Myofascial Interventions Series Parts 1-4.* 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)
- ❖ **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)

- ❖ 2020 National Academy of Sports Medicine Optima, Virtual
- ❖ 2020 Far West Athletic Trainers Associations, 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: 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 (LAST 5 YEARS)

- ❖ Certified Personal Trainer. NASM (July 2020) (2.0 units)
- ❖ 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) (8.0units)*
- ❖ Mulligan Concept: Upper Quarter *(July 2018) (13 units)*
- ❖ Mykinesthetic System: Upper Extremity *(July 2017) (18.5units)*
- ❖ 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. *TN 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)*