



Dr. Scott W. Cheatham

Associate Professor
California State University Dominguez Hills

CURRICULUM VITAE

Dr. Scott is an education and research consultant for various health and fitness organizations. He is a national conference presenter and has authored over 100 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.

CONTACT

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LICENSURE/SPECIALITY

NPI# 1780689653

PT Board of California #29911

PT Board of Idaho # 4786

ABPTS: Orthopedic Specialist # 10753

BOC-ATC: #089702394

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

CERTIFICATIONS

- **National Strength and Conditioning Assoc.**
 - Certified Strength and Conditioning Specialist #976782
 - Certified Personal Trainer #53340201
- **National Academy of Sports Medicine**
 - Perform Enhancement Spec#1348728
 - Corrective Exercise Spec #1385262
 - Fitness Nutrition Spec #1497718
 - Youth Exercise Spec #1515926
 - Golf Fitness Spec #1519122
 - Group Training Spec #1601262398
- **Functional Movement Systems**
 - FMS: Level I, SFMA: Level 1
- **The Back School**
 - Certified Ergo Assessment Spec: Level 1
- **American Council on Exercise**
 - Certified Personal Trainer # N276770
 - Fitness Nutrition Spec #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) (type: traditional, hybrid)
- KIN 302 Exercise physiology with lab (4 units) (type: traditional)
- KIN 360 Prevention and treatment of athletic injuries (3 units) (type: traditional)
- KIN 362 Principles of athletic training with lab (4 units) (type: traditional, hybrid)
- KIN 462 Therapeutic exercise with lab (3 units) (type: traditional)
- KIN 463 Lower extremity assessment with lab (3 units) (type: traditional)
- KIN 464 Upper extremity assessment with lab (3 units) (type: traditional)
- KIN 493 Pre-allied health clinical internship (3units) (type: traditional, hybrid)
- OTR 527 Kinesiology for MSOT with lab (3 units) (type: 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 Athletic Training*
 - Doctor of Athletic Training Program

Courses Taught

- ATR 6620 Research and evidence-based practice in athletic training I
- ATR 6621 Research and evidence-based practice in athletic training II
- ATR 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

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*)

Clinical Appointments

8/08-Present	Owner, Sports Medicine Alliance, Inc., Torrance, Ca
3/13-1/16	Physical Therapist III, Torrance Memorial Medical Center, Torrance, CA
3/05-3/13	Rehabilitation Director, South Bay Ortho Specialists Med Center PT, Torrance, CA
2/05-7/07	Physical Therapist III, Providence Little Company of Mary Hospital, San Pedro, CA
9/04-3/05	Clinical Director, Skypark Physical Therapy, Torrance, CA

Research/Instructional Consultant Appointments

- 2/16- Present **Research Consultant** (Rocktape, TriggerPoint, Skilz): *Implus, Inc, Durham, NC*
- 4/16- Present **Researcher/Education Consultant:** *National Academy of Sports Medicine; Chandler, AZ*
- 9/06- Present **Master Instructor/Curriculum Design:** *Equinox Fitness Clubs, New York, NY*
- 8/16-12/17 **Education Consultant/Author:** *American College of Sports Medicine, Indianapolis, IN*
- 1/07-2/15 **Education Consultant/Author:** *American Council on Exercise, San Diego, CA*
- 3/10-9/11 **Course Author:** *TRX-Fitness Anywhere, San Francisco, CA*

Physical Therapy Legal Consultation

- 8/15-Present **Owner:** *PTExpertWitness.com, Torrance, CA*
- 7/15-Present **Legal Expert:** *Elite Medical Experts, Tucson, AZ*
- 1/14-Present **Legal Expert:** *Experts in Therapy, Cleveland, OH*

Professional/Organizational Service

- **Far West Athletic Trainers Association**
 - *Research and Grants Committee Member (2016-Present)*
- **National Strength and Conditioning Association**
 - *Sports Medicine/Rehabilitation SIG Member at Large (2016-2018)*
- **California Athletic Trainer Association**
 - *Annual Conference Planning Committee Member (2015-2017)*
- **American Academy of Sports Physical Therapy**
 - *Annual Awards Committee Member (2014-2017)*
- **National Athletic Trainers Association**
 - *Athletic Training Service Awards Committee Member: District 8 (2015-2017)*

CSU Dominguez Hills Service

- **CSU Dominguez Hills, Division of Kinesiology**
 - *Pre-Physical Therapy Option Advisor (8/13-Present)*
- **CSU Dominguez Hills**
 - *University General Education Committee (2017-Present)*
- **CSU Dominguez Hills Faculty Affairs**
 - *Title IX Officer Search Committee (10/14-3/17)*
- **CSU Dominguez Hills**
 - *Facilities and Space Committee (8/15-8/16)*

- **CSU Dominguez Hills: CHHSN**
 - *Nominations and Elections Committee (8/14-8/16)*
- **CSU Dominguez Hills, Division of Kinesiology**
 - *Kinesiology Club Advisor (8/13-8/14)*

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

Research Grants: Non-Funded

- **Title:** *The CSUDH Healthy Lifestyle Education Program*
Funding Date: March 2014
Funding Agency: Kaiser Permanente Community Benefit Grants Program
Grant Number: NA
Role: Principle Investigator
Funding Amount: \$24,000 [Not Funded]

Peer Reviewed Publications

Clinical Studies

Cheatham SW, Baker R. Quantification of Rockfloss® floss band stretch force at different elongation lengths. *J Sports Rehab.* 2019 [In review]

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.* 2018 [In review]

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.* 2018 [In review]

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 [Accepted]

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.* 2018 [Accepted]

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.* 2018 [Accepted]

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. 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 Fitness*. 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

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, Baker RT, Kreiswirth E. Instrument assisted soft-tissue mobilization: a commentary on clinical practice guidelines for rehabilitation professionals. *Int J Sports Phys Ther.* 2019 [Accepted]

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

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

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, 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, 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)

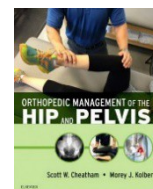
Cheatham SW, Ernst MP, Puyot AA, Garcia OA. *The Concurrent Validity of Arterial Blood Oxygen Saturation Measurements: A Preliminary Analysis of the iSpO2® Pulse Oximeter and Traditional Pulse Oximeter using Bluetooth®*. [Poster presentation] FWATA Annual Meeting, Las Vegas, CA (April 2014)

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*

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. 1st ed. LWW; 2017*

Cheatham SW. Musculoskeletal Injuries of the Lower Extremity. *In ACE Medical Exercise Specialist 1st ed. San Diego, CA. American Council on Exercise; 2015*

Cheatham SW. Common Musculoskeletal Injuries. *In Exercise Physiology 1st ed. Philadelphia, PA. FA Davis; 2015*

Cheatham SW. Common Musculoskeletal Injuries and Implications for Exercise. *In: ACE Personal Trainer Manual 5th 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 3rd 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 3rd ed. San Diego, CA. American Council on Exercise; 2011*

Cheatham SW. Common Musculoskeletal Injuries and Implications for Exercise. *In: ACE Personal Trainer Manual 4th 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. *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 6th 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 65th Annual Meeting, Indianapolis, IN (June 2014)

Cheatham SW. *Exercise and Fibromyalgia: What We Know Now.* Presented at the NATA 65th 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 64th 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 64th 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 64th 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 63rd 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 63rd 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 62st 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 61st 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 58th 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 62st Annual Convention & Symposium Video Series (Healthy Learning)

National Conferences Attended (Last 5 Years)

- 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
- 2014 APTA Combined Section Meeting: Las Vegas, NV
- 2014 FWATA Annual Meeting: Las Vegas, CA

Continuing Education

- American Council on Exercise: Fitness Nutrition Specialist (*Dec 2018*) (2.5 units)
- Rocktape: FMT Blades Certification (*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)*

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)