



Dr. Scott W. Cheatham

Professor
California State University Dominguez Hills

CONTACT

 310-892-4376

 drscottwcheatham.com

 scheatham@csudh.edu

LICENSURE/SPECIALTY

NPI: #1780689653

PT Board of California: #29911

PT Board of Idaho: #4786

ABPTS-Orthopedic Specialist: #10753

NATABOC-ATC: #089702394

NSCA-CSCS: #976782

BIOGRAPHY

Dr. Scott is a university educator, researcher, and clinician. He is a national conference presenter and has authored over 120 peer reviewed publications, textbook chapters, and home study courses on the topics of sports medicine, orthopedics, fitness, and myofascial interventions. Dr. Scott a practicing physical therapist with a board specialty in orthopedics. His current clinical practice includes sports medicine, orthopedics, and sports-performance training.

EDUCATION

- ✦ **Doctor of Philosophy in Physical Therapy- Ph.D.**
Nova Southeastern University, Fort Lauderdale, FL
- ✦ **Doctor of Physical Therapy- DPT**
Chapman University, Orange, CA
- ✦ **Bachelor of Arts in Physical Education: Athletic Training- BA**
CSU Dominguez Hills, Carson, CA

SPECIALITY CERTIFICATIONS

- ✦ **American Board of Physical Therapy Specialists**
 - Board Certified Orthopedic Physical Therapist (OCS)
- ✦ **Board of Certification for Athletic Training**
 - Certified Athletic Trainer (ATC)
- ✦ **The Back School**
 - Certified Ergonomic Assessment Specialist I
- ✦ **Graston Technique**
 - Graston Technique Therapy Specialist (GTS)
- ✦ **RockTape**
 - FMT Blades IASTM Level 1 Certified
- ✦ **Técnica Gavilán PTB**
 - IASTM Level I Certified

HEALTH AND FITNESS CERTIFICATIONS

- ✦ **National Strength and Conditioning Association**
 - Certified Strength and Conditioning Specialist: #976782
 - Certified Personal Trainer: #53340201
- ✦ **National Academy of Sports Medicine**
 - Certified Personal Trainer: #1200482498
 - Perform Enhancement Specialist: #1348728
 - Corrective Exercise Specialist: #1385262
 - Certified Nutrition Coach: #1190402826
 - Youth Exercise Specialist: #1515926
 - Group Training Specialist: #1601262398
- ✦ **Functional Movement Systems**
 - FMS: Level I, SFMA: Level 1
- ✦ **American Council on Exercise**
 - Certified Personal Trainer: # N276770
- ✦ **USA Weightlifting**
 - USAW: Level I Coach
- ✦ **Eleiko Weightlifting**
 - Level I Performance Coach

FACULTY APPOINTMENTS & SERVICE

ACADEMIC APPOINTMENTS

- ✦ **CSU Dominguez Hills: Department of Kinesiology**
 - **Associate Chair**
 - **Full Professor (Tenured): (8/2021-present)**
 - Associate Professor (Tenured): (8/2017-6/21/2021)
 - Assistant Professor: (8/2013-8/2017)
- Courses Taught**
 - KIN 301 Kinesiology with lab (3 units) (traditional, hybrid, online)
 - KIN 302 Exercise physiology with lab (4 units) (traditional, hybrid, online)
 - KIN 360 Prevention and treatment of athletic injuries (3 units) (traditional)
 - KIN 362 Principles of athletic training with lab (4 units) (traditional, hybrid)
 - KIN 462 Therapeutic exercise with lab (3 units) (traditional, hybrid, online)
 - KIN 463 Lower extremity assessment with lab (3 units) (traditional)
 - KIN 464 Upper extremity assessment with lab (3 units) (traditional)
 - KIN 493 Pre-allied health clinical internship (3units) (traditional, hybrid)
- ✦ **Concordia University Chicago**
 - Division of Health Sciences & Human Performance (PhD, MS)
 - **Adjunct Faculty-** (2/2021-present)
- Courses Taught**
 - AES 6620 Program Design in Sports Performance Training (type: online)
 - AES 6600 Principles of Sports Performance Training (type: online)

TEACHING CERTIFICATIONS

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

CSU DOMINGUEZ HILLS SERVICE

- ✦ **Faculty Tenure and Promotion Committee Chair** – (1/2021-Present)
 - *CSU Dominguez Hills, 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*
- ✦ **New Faculty Search Chair-** (1/2020-6/2020)
 - *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*

CSU DOMINGUEZ HILLS RESEARCH GRANTS

- ✦ **Title:** *A Pilot Study on the Effectiveness of the Community-Based Health Enhancement Lifestyle Program*
 - **Funding Date:** April 2015
 - **Funding Agency:** California State University Dominguez Hills
 - **Grant Number:** RSCA Grant Fund
 - **Role:** Principal Investigator
 - **Funding Amount:** \$15,581
 - **Status:** Completed
- ✦ **Title:** *Validation of a Pressure-Pain Threshold Scale in Patients Diagnosed with Myofascial Pain Syndrome and Fibromyalgia.*
 - **Funding Date:** April 2015
 - **Funding Agency:** California State University Dominguez Hills
 - **Grant Number:** RSCA Grant Fund
 - **Role:** Principal Investigator
 - **Funding Amount:** \$4,000
 - **Status:** Completed
- ✦ **Title:** *Hip Range of Motion Normative Data in Division II Collegiate Sports*
 - **Funding Date:** October 2014
 - **Funding Agency:** California State University Dominguez Hills
 - **Grant Number:** CHHSN Intramural Grant Fund
 - **Role:** Principal Investigator
 - **Funding Amount:** \$2,000
 - **Status:** Completed

DISSERTATION COMMITTEE SERVICE

✦ University of Idaho: Education, Department of Movement Sciences

- **Title:** Confirmatory Factor Analysis of the Hip Dysfunction and Osteoarthritis Score
 - Student: E. Miley [in process]
 - Role: Dissertation Committee Member
- **Title:** An Examination of the Effectiveness of Novel Manual Therapies to Improve Patient Care.
 - Student: A. Ziegler [completed March 2017]
 - Role: Dissertation Committee Member
- **Title:** Reactive Neuromuscular Stabilization in the treatment of spine dysfunction.
 - Student: M. Walters [completed June 2017]
 - Role: Dissertation Committee Member
- **Title:** Evaluating A Regional Interdependence Approach for Treating Apparent Hamstring Tightness in Collegiate Athletes.
 - Student: R. Loutschs [completed July 2016]
 - Role: Dissertation Committee Member
- **Title:** Evaluation and Treatment of Chronic Lower Extremity Musculoskeletal Conditions from a Regional Interdependence Perspective.
 - Student: B. Bosner [completed July 2016]
 - Role: Dissertation Committee Member
- **Title:** Examining a Regional Interdependence Approach for the Treatment of Acute and Chronic Musculoskeletal Dysfunction.
 - Student: C. Hancock [completed July 2016]
 - Role: Dissertation Committee Member
- **Title:** Evaluating Novel Manual Therapies for the Treatment of Lower Extremity Dysfunction and Pathology.
 - Student: B. Hansberger [completed July 2016]
 - Role: Dissertation Committee Member

JOURNAL APPOINTMENTS & ORGANIZATION SERVICE

JOURNAL EDITORIAL/REVIEWER

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

PROFESSIONAL/ORGANIZATION SERVICE

- ✦ **Research and Grants Committee Member-** [2016-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*

PROFESSIONAL CLINICAL WORK & CONSULTING

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

- ✦ **Education Consultant/Scientific Advisory Board Member-** [4/2016-Present]
 - *National Academy of Sports Medicine; Chandler, AZ*
- ✦ **Master Instructor/Curriculum Design-** [9/2006-3/2020]
 - *Equinox Fitness Clubs, New York, NY*
- ✦ **Research Consultant-** [3/2018-1/2020]
 - *Implus, Inc, Durham, NC [Rocktape, TriggerPoint]*
- ✦ **Education Consultant/Author-** [8/2016-12/2017]
 - *American College of Sports Medicine, Indianapolis, IN*
- ✦ **Education Consultant/Author-** [1/2007-9/2015]
 - *American Council on Exercise, San Diego, CA*

ACADEMIC PUBLICATIONS & CONFERENCES

PEER REVIEWED PUBLICATIONS

CLINICAL STUDIES

- ✦ **Cheatham SW**, Martonick NJP, Krumpl L, Reeves A, Baker R. The effects of a light pressure instrument assisted soft tissue mobilization technique at different rates on grip strength and muscle stiffness in healthy individuals: a pilot study. *J Sport Rehabil.* 2022 [in process]
- ✦ Stevenson TC, Whitlock JA, **Cheatham SW**, Reeves A, McGowan C, Baker RT. Descriptive analysis of forces

applied by trained clinicians during two-handed instrument-assisted soft tissue mobilization. *J Athl Training*. 2021 [Ahead of print]

- ✦ Syeda M, Bartholomew J, Santiago S, Reeves AJ, Martonick N, **Cheatham SW**, Baker RT. Exploring force production reliability across different levels of clinical experience during a simulated one-handed instrument assisted soft-tissue mobilization treatment: a pilot study. *Int J Sports Phys Ther*. 2022;17(6):1136-1143
- ✦ Duffy S, Martonick N, Reeves A, **Cheatham SW**, McGowan C, Baker RT. Clinician reliability of one-handed instrument-assisted soft tissue mobilization forces during a simulated treatment. *J Athl Training*. 2022; 31(4):505-510
- ✦ Reeves AJ, Whitlock JA, Stevenson TC, **Cheatham SW**, McGowan CP, Baker RT. Instrument-assisted soft tissue mobilization forces applied by trained clinicians during a simulated treatment. *J Sport Rehabil*. 2021; 25:1-5
- ✦ **Cheatham SW**, Baker RT, Larkin L, Baker J, Casanova M. Clinical practice patterns among health care professionals for instrument-assisted soft tissue mobilization. *J Athl Train*. 2021; 56(10):1100-1111
- ✦ **Cheatham SW**, Baker RT, Behm DG, Stull K, Kolber MJ. Mechanical percussion devices: a survey of practice patterns among healthcare professionals. *Int J Sports Phys Ther*. 2021; 16 (3):766-777
- ✦ **Cheatham SW**, Baker RT, Abdenour T. Kinesiology tape: a descriptive survey of healthcare professionals in the United States. *Int J Sports Phys Ther*. 2021;16(3):778-796
- ✦ **Cheatham SW**, Martinez RE, Montalvo A, Odai M, Echeverry S, Robinson B, Bailum E, Viecco K, Keller K, Nunez-Riveria S, Pena, A. Myofascial compression interventions: comparison of roller massage, instrument assisted soft-tissue mobilization, and floss band on passive knee range of motion among non-experienced individuals. *Clin Pract Athl Train*. 2020;3(3):24-36.
- ✦ **Cheatham SW**. A clinically relevant method of quantifying the mechanical properties of RockTape® kinesiology tape at different elongation lengths, *J Sport Rehab*. 2020 22:1-4
- ✦ **Cheatham SW**, Chaparro G, Kolber MJ. Balance training: does anticipated balance confidence correlate with actual balance confidence for different unstable objects? *Int J Sports Phy Ther*. 2020 Dec; 15(6): 977–984.
- ✦ Reeves AJ, Baker RT, **Cheatham SW**, Nasypany A. Point-of-care research: retrospective analysis of cases of tendon pathology in athletic training clinics. *Clin Pract Athl Train*. 2020;3(2):33-44
- ✦ **Cheatham SW**, Stull K. Roller massage: difference in knee joint range of motion and pain perception among experienced and non-experienced individuals after following a prescribed program. *J Sports Rehab*. 2020; 29:148-155
- ✦ Reeves AJ, Baker RT, Casanova MP, **Cheatham SW**, Pickering MA. Examining the factorial validity of the quality-of-life scale. *Health Qual Life Outcomes*. 2020; 18(1):32-40
- ✦ **Cheatham SW**, Stull K, Batts WN, Ambler-Wright T. Roller massage: comparing the immediate post-treatment effects between an instructional video and a self-preferred program using two different density-type roller balls. *J Human Kin*. 2020 Jan 71:119-128
- ✦ **Cheatham SW**, Baker R. Quantification of Rockfloss® floss band stretch force at different elongation lengths. *J Sport Rehabil*. 2020; 29(3):377-380
- ✦ **Cheatham SW**, Stull K. Roller Massage: Comparison of three different surface pattern foam rollers on passive knee range of motion and pain perception. *J Bodywork Mov Ther*. 2019 Jul;23(3):555-560
- ✦ **Cheatham SW**, Kreiswirth E. Does a light pressure instrument assisted soft tissue mobilization technique modulate tactile discrimination and perceived pain in healthy individuals after strenuous exercise? *J Can Chiropr Assoc*. 2019 Apr;63(1):18-25.
- ✦ **Cheatham SW**, **Stull K**, Kolber M. Comparison of a vibrating foam roller and non-vibrating foam roller intervention on knee range of motion and pressure pain threshold: A randomized controlled trial. *J Sport Rehabil*. 2019; 28(1):39-45
- ✦ **Cheatham SW**, Stull K, Kolber M. Roller Massage: Is the numeric pain rating scale a reliable measurement and can it direct individuals with no experience to a specific roller density? *J Can Chiropr Assoc*. 2018; 62(3):161-169.
- ✦ **Cheatham SW**, **Stull K**. Roller massage: a commentary on clinical standards and survey of physical therapy professionals- Part 1. *Int J Sports Phys Ther*. 2018 Aug;13(4):763-772
- ✦ **Cheatham SW**, Stull K, Ambler-Wright T. Roller massage: a commentary on clinical standards and survey of physical therapy professionals- Part 11. *Int J Sports Phys Ther* 2018;13(5):920-930
- ✦ **Cheatham SW**. Roller massage: a descriptive study of allied health professionals. *J Sports Rehab*. 2018 Apr 13:1-26
- ✦ **Cheatham SW**, Stull K. Comparison of a foam rolling session with active joint motion and without joint motion: A randomized controlled trial. *J Bodywork Mov Ther*. 2018 Jul;22(3):707-712
- ✦ **Cheatham SW**, Stull K. Knowledge of self-myofascial release among allied health students: a descriptive survey. *J Bodywork Mov Ther*. 2018 Jul;22(3):713-717
- ✦ **Cheatham SW**, Stull K. Comparison of three different density type foam rollers on knee range of motion and pressure pain threshold: A randomized controlled trial. *Int J Sports Phys Ther*. 2018; 13 (3):474-485
- ✦ **Cheatham SW**, Kolber MJ, Mokha GM, Hanney WJ. Concurrent validity of pain scales in individuals with myofascial

pain and fibromyalgia. *J Bodywork Mov Ther.* 2018 Apr;22(2):355-360

- ✦ **Cheatham SW**, Kolber MJ, Hanney WH, Mokha GM. Concurrent validation of a pressure pain threshold scale for individuals with myofascial pain syndrome and fibromyalgia. *J Man Manip Ther.* 2018;26(1):25-35
- ✦ **Cheatham SW**, Kolber MJ. Does roller massage with a foam roll change pressure pain threshold of the ipsilateral lower extremity antagonist and contralateral muscle groups? an exploratory study. *J Sports Rehab.* 2018 ;27(2):165-169
- ✦ **Cheatham SW**, Baker R. Differences in pressure pain threshold among men and women after foam rolling. *J Bodywork Mov Ther.* 2017; 21(4):978-982
- ✦ Hanney WJ, Puentedura L, Liu X, Pabian PS, **Cheatham SW**. The immediate effects of manual stretching and cervicothoracic junction manipulation on cervical range of motion and upper trapezius pressure pain thresholds. *J Back Musculoskel Rehab.* 2017; 30(5):1005-1013
- ✦ **Cheatham SW**, Hanney WJ, Kolber MJ. Hip range of motion in recreational weight training participants: a descriptive report. *Int J Sports Phys Ther.* 2017;12(5):764-774
- ✦ **Cheatham SW**, Kolber MJ, Cain M. Comparison of a video-guided, live-instructed, and self-guided foam roll intervention on knee joint range of motion and pressure pain threshold: A randomized controlled trial. *Int J Sports Phys Ther.* 2017;12(2):1-8
- ✦ Kolber MJ, Hanney WH, **Cheatham SW**, et al. Shoulder joint and muscle characteristics in the weight training population with and without impingement syndrome, *J Strength and Cond Res.* 2017 Apr;31(4):1024-1032
- ✦ MacDonald N, Baker RT, **Cheatham SW**. The effects of instrument assisted soft tissue mobilization on lower extremity muscle performance: a randomized controlled trial. *Int J Sports Phys Ther.* 2016;11(7):1-8
- ✦ Hanney WJ, Kolber MJ, Pabian PP, **Cheatham SW**, Shoenfeld BJ, Salamh PA. Endurance times of the thoracolumbar musculature: reference values for female recreational resistance training participants. *J Strength Cond Res.* 2016; 30(2):588-594
- ✦ **Cheatham SW**, Shimamura KK, Kolber MJ. Differences in hip range of motion among collegiate pitchers when compared to youth and professional baseball pitcher data. *J of Can Chiropr Assoc.*2016; 60(3):233-240
- ✦ Shimamura KK, **Cheatham SW**, Chung W, et al. Regional interdependence of the hip and lumbo-pelvic region in division ii collegiate level baseball pitchers: a preliminary study. *Int J Sports Phys Ther.* 2015; 10(1):1-12
- ✦ **Cheatham SW**, Kolber MJ, Ernst MP. The concurrent validity of resting pulse rate measurements: a comparison of two smartphone applications, polar h7™ belt monitor, and pulse oximeter with Bluetooth®. *J Sports Rehab.* 2015; 24(2):171-178
- ✦ **Cheatham SW**, Kolber MJ, Ernst MP. The concurrent validity of arterial blood oxygen saturation measurements: an analysis of an ipad® pulse oximeter and traditional pulse oximeter using Bluetooth®. *Int J Athl Ther Train.* 2014; 19(3):37- 42
- ✦ Kolber MJ, **Cheatham SW**, 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**. Reeves A. Does Exercise provide health benefits against COVID-19? a systematic review. *Int J Sport Phys Ther.* 2022 [In process]
- ✦ **Cheatham SW**, Stull K, Fantigrassi M, Montel I. The efficacy of wearable activity tracking technology as part of a weight loss program: a systematic review. *J Sports Med Phys Fit.* 2018; 58(4):534-548
- ✦ **Cheatham SW**, Stull K, Fantigrassi M, Montel I. Hip musculoskeletal conditions and associated factors that influence squat performance: a systematic review. *J Sport Rehabil.* 2017 Mar 14:1-22
- ✦ **Cheatham SW**, Lee MD, Cain M, Baker RT. The effects of instrument assisted soft tissue mobilization: a systematic review. *J of Can Chiropr Assoc.* 2016; 60(3):200-211
- ✦ **Cheatham SW**, Mokha GM, Lee M. Postoperative rehabilitation after hip resurfacing: a systematic review. *J Sports Rehab.*2015; 2016; 25:181-189
- ✦ **Cheatham SW**, Enseki KR, Kolber MJ. Post-operative rehabilitation after hip arthroscopy: a search for the evidence. *J Sports Rehab.* 2015; 24(4):413-418
- ✦ **Cheatham SW**, Enseki KR, Kolber MJ. Response to dwyer’s commentary on “postoperative rehabilitation after hip arthroscopy” *J Sports Rehab.* Nov 2015; 24(4):421-422
- ✦ **Cheatham SW**, Kolber MJ, Cain M, Lee MD. The effects of self-myofascial release on joint range of motion, muscle recovery, and performance: a systematic review. *Int J Sports Phys Ther.* 2015, 1(6):827-838

CRITICALLY APPRAISED TOPICS

- ✦ Syeda M, Bartholomew J, Santiago S, Peterson J, Baker RT, **Cheatham SW**. The immediate effects of instrumented-assisted soft tissue mobilization of range of motion, strength, and power in the lower extremity: a critically appraised topic. *J of Sport Rehab*. 2020:1-4
- ✦ Bosner R, Hancock C, Hansberger B, Loutsch R, Stanford E, Zeigel A, Baker R, May J, Nasypany A, **Cheatham SW**. Changes in hamstring range of motion following neurodynamic sliders: a critically appraised topic. *J of Sport Rehab*. 2017 Jul;26(4):311-315
- ✦ **Cheatham SW**, Kolber MJ, Shimamura KK. The effectiveness of non-operative rehabilitation programs for athletes diagnosed with osteitis pubis. *J Sports Rehab*; 2016 Dec;25(4):399-403
- ✦ Hancock C, Hansberger BL, Loutsch RA, Stanford EK, Zeigel AK, Bonser RL, Baker R, **Cheatham SW**, May J, Nasypany A. Changes in hamstring range of motion following proprioceptive neuromuscular facilitation stretching compared with static stretching: a critically appraised topic. *Int J Athl Ther Train*. 2016; 21(5):1-7

CASE REPORTS

- ✦ Hendley C, May J, Wallace J, **Cheatham SW**. The use of the mulligan concept for the treatment of a first-degree sprain of the first metatarsophalangeal joint. *Athl Train Sports Healthcare*. 2021;13(6): e460-e463
- ✦ Albertin ES, Walters M, May J, Baker RT, Nasypany A, **Cheatham SW**. An exploratory case series analysis of the use of primal reflex release technique to improve signs and symptoms of hamstring strain. *Int J Sports Phys Ther*. 2020; 15(2):263-273
- ✦ La Beau N, Baker R, May JM, MacDonald N, **Cheatham SW**. Neurodynamic treatment for medial elbow pain in a collegiate pitcher. *Athl Train Sports Health Care*. 2020;12 (2):90-93
- ✦ Bianco L, Fermin S, Oates R, May J, **Cheatham SW**, Nasypany A. Use of the Mulligan concept in the treatment of lateral ankle sprains in the active population: an exploratory prospective case series. *J Can Chiropr Assoc*. 2019; 63(3):154-161.
- ✦ Bianco LC, May JM, Fermin SL, Oates R, **Cheatham SW**. The effects of positional release therapy on intercollegiate male basketball athletes classified as patella tendinopathy. *Int J Athl Ther Train*. 2019; 24(3)1-24
- ✦ **Cheatham SW**, Kolber MJ. Rehabilitation after hip arthroscopy and labral repair in a high school football athlete: a 3.6 year follow-up with insight into potential risk factors. *Int J Sports Phys Ther*. 2015; 10(4):530-539
- ✦ Hanney WJ, Negrete RJ, **Cheatham SW**, Salamh PA, Kolber MJ. Use of a novel lumbopelvic stabilization program in a female runner with low back pain that satisfies a clinical prediction rule: a case study. *Orthop Phys Ther Pract*. 2014; 4(26):254-262
- ✦ **Cheatham SW**, Kolber MJ, Hanney WJ. Rehabilitation of a 23-year old male after right knee arthroscopy and open reconstruction of the medial patellofemoral ligament with a tibialis anterior allograft. *Int J Sports Phys Ther*. 2013; 9(2):208-221
- ✦ **Cheatham SW**, Kolber MJ, Salamh PA, Hanney WJ. Rehabilitation of a partially torn distal triceps tendon after platelet rich plasma injection: a case report. *Int J Sports Phys Ther*. 2013; 8(3):290-299
- ✦ **Cheatham SW**. Case Report: Management of chronic hip pain in a 25-year old female novice runner using the principles of regional interdependence. *Int J Athl Ther Train*. 2013; 18(1):15-20
- ✦ **Cheatham SW**, Kolber MJ. Rehabilitation after Hip Arthroscopy and Labral Repair in a High School Football Athlete. *Int J Sports Phys Ther*. 2012; 7(2):173-184

COMMENTARIES/LITERATURE REVIEWS

- ✦ Rodriguez J, Hanney WJ, Kolber MJ, **Cheatham SW**. Utility of back-off sets: an overview. *Strength Cond J*. 2021; 43 (5): 65-76.
- ✦ **Cheatham SW**. Muscle extensibility testing for the lower extremity- a review for the personal trainer. *Personal Train Quarterly*. 2019; 7(1):8-16
- ✦ **Cheatham SW**, Baker RT, Kreiswirth E. Instrument assisted soft-tissue mobilization: a commentary on clinical practice guidelines for rehabilitation professionals. *Int J Sports Phys Ther*. 2019; 14(4):1-13
- ✦ Livermore-Brasher SJ, Baker R, Nasypany A, **Cheatham SW**. Guidelines for useful integration of patient-rated outcome measures into clinical practice. *Clin Pract Athl Train*. 2018;1(2):14-31
- ✦ Kaplan K, Hanney WJ, **Cheatham SW**, Masaracchio M, Liu X, Kolber MJ. Rotator cuff tendinopathy: an evidence-based overview for the sports medicine professional. *Strength Cond*. 2018; 40 (4): 61-71
- ✦ Kolber MJ, Stull KR, **Cheatham SW**, Hanney WJ. The influence of hip muscle impairments on squat performance. *Strength and Cond J*. 2017; 39(3):66-73

- ✦ **Cheatham SW**, Hanney WH, Kolber MJ. Osteoporosis: exercise programming insight for the sports medicine professional. *Strength and Cond J*. 2017; 39(3):2-13
- ✦ Kolber MJ, Hanney WH, **Cheatham SW**. Risk factors for hip osteoarthritis: insight for the strength and conditioning professional. *Strength and Cond J*. 2017; 39(3):35-41
- ✦ **Cheatham SW**, Enseki KR, Kolber MJ. The clinical presentation of individuals diagnosed with femoral acetabular impingement and labral tears. a narrative review of the current literature. *J Bodywork and Mov Ther*. April 2016; 20(2):346- 355
- ✦ **Cheatham SW**. Management of musculoskeletal injuries: a review for fitness professionals. *NSCA PTQ*. 2016; 3(1):10-13
- ✦ **Cheatham SW**. Extra-articular hip impingement: a review of the literature. *J of Can Chiropr Assoc*. 2016; 60(1):47-56
- ✦ **Cheatham SW**, Cain M, Ernst M. Snapping Hip Syndrome: A review for the strength and conditioning professional. *Strength and Cond J*. 2015, 37(5):97-104
- ✦ Kolber MJ, **Cheatham SW**, Hanney WJ, Otero E, Kreymer B, Salamh PA. Training considerations for individuals with femoral acetabular impingement. *Strength and Cond J*. 2015; 37(3):35-47
- ✦ **Cheatham SW**, Cain M. Rheumatoid Arthritis: Exercise Programming for the Strength and Conditioning Professional. *Strength and Cond J*. 2015; 37(1):30-39
- ✦ **Cheatham SW**, Hanney WJ, Kolber MJ, Salamh PA. Adductor Related Groin Pain in the Athlete: A Review of the Literature. *Phys Ther Reviews*. 2014; 19(5):328-337
- ✦ Salamh PA, Kolber MJ, **Cheatham SW**, Hanney WJ. Post-rehabilitation Exercise Considerations after Reverse Total Shoulder Arthroplasty. *Strength and Cond J*. 2014; 36(4):23-33
- ✦ **Cheatham SW**, Kreiswirth E. The regional interdependence model: a clinical examination concept. *Int J Athl Ther Train*. 2014; 19(3):8-14
- ✦ **Cheatham SW**, Kolber MJ, Salamh PA. Meralgia paresthetica: a review of the literature. *Int J Sports Phys Ther*. 2013; 8(6):883-893
- ✦ **Cheatham SW**. Hip resurfacing: current concepts and clinical considerations. *Top in Ger Rehab*. 2013; 29(4):246-252
- ✦ **Cheatham SW**. Fibromyalgia: current concepts for the strength and conditioning professional. *Strength & Cond J*. 2013; 35(4):11-18
- ✦ **Cheatham SW**. Do patient factors and prehabilitation improve outcomes after total knee arthroplasty? *Top in Ger Rehab*. 2013; 29(1):1-8

Published Conference Abstracts

PHYSICAL THERAPY/ATHLETIC TRAINING

- ✦ Baker RT, **Cheatham SW**, Abdenour T, Batts W. Ambler-Wright T. Kinesiology Tape: A Descriptive Survey of Health Care Professionals in the U.S. *J Athl Train*. 2021; 56(6):S-293
- ✦ **Cheatham SW**, Chaparro G, Kolber MJ, Batts W. Ambler-Wright T. Balance Training: Does Anticipated Balance Confidence Correlate with Actual Balance Confidence for Different Unstable Objects? *J Athl Train*. 2021;56(6):S-263
- ✦ **Cheatham SW**, Kreiswirth E. Does a light pressure instrument assisted soft tissue mobilization technique modulate tactile discrimination and perceived pain in healthy individuals after strenuous exercise? *J Athl Train*. 2019; 54(6):S-58.
- ✦ Hanney WJ, Kolber MJ, Ramirez M, Negrete R, Palmer K, **Cheatham SW**, Pabian P, Liu X. The reliability of measurements used to quantify frontal plane kinematics during single leg hop test: a video analysis. *J Orthop Sports Phys Ther*. 2017; 47(1):A98
- ✦ **Cheatham SW**, Kolber MJ, Hanney WJ, Salamh P. The Efficacy of instrument assisted soft tissue mobilization: a systematic review. *J Orthop Sports Phys Ther*. 2017; 47(1):A73
- ✦ **Cheatham SW**, Mokha GM, Hanney WJ, Kolber MJ. Reliability of a pressure pain threshold scale: a preliminary investigation. *J Orthop Sports Phys Ther*. 2017; 47(1):A73-74
- ✦ Kolber MJ, **Cheatham SW**, Hanney WJ, Liu X, Salamh P. Direct-access management of a 42-year-old weight-training participant with severe shoulder osteoarthritis (Abstract). *J Orthop Sports Phys Ther*. 2016; 46(1):A104
- ✦ Hanney WJ, Kolber MJ, Pabian PS, **Cheatham SW**, Salamh P, Williams R, Ishmael, A. Hip range of motion in those with and without a history of low back pain (Abstract). *J Orthop Sports Phys Ther*. 2015; 45(1):A82

- ✦ Hanney WJ, Kolber MJ, Pabian PS, **Cheatham SW**, Salanh 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

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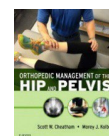
- ✦ **Cheatham SW**, Kolber MJ, Hanney W. Does foam rolling increase pressure pain thresholds of the ipsilateral lower extremity antagonist and contralateral muscles? (Abstract). *Med Sci Sport Exer.* 2017; 49(5S): 1066
- ✦ Hanney WJ, Kolber MJ, Liu X, Salanh P, **Cheatham SW**. Muscle length restrictions 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
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- ✦ Kolber MJ, **Cheatham SW**, Salanh 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, Salanh 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, Salanh PA, **Cheatham SW**. Is There an Acute Loss of Shoulder Mobility Following Eccentric Resistance Training? (Abstract). *J of Strength Cond Res.* 2014; 28(12):S108

CONFERENCE POSTER PRESENTATIONS

- ✦ **Cheatham SW**, Baker R. Quantification of the Rockfloss® Floss Band Stretch Force at Different Elongation Lengths. *FWATA Annual Meeting, San Diego, CA* [April 2019]
- ✦ **Cheatham SW**, Enseki KR, Kumagai-Shimamura K, Kolber MJ. Post-operative rehabilitation after hip arthroscopy: a search for the evidence. *FWATA Annual Meeting, San Diego, CA* [April 2015]
- ✦ **Cheatham SW**, Enseki KR, Kumagai-Shimamura K, Kolber MJ. Post-operative rehabilitation after hip arthroscopy: a search for the evidence. *MAATA Annual Meeting, Omaha, NE* [March 2015]
- ✦ **Cheatham SW**, Mokha GM, Lee M. Postoperative rehabilitation after hip resurfacing: a systematic review. *MAATA Annual Meeting, Omaha, NE* [March 2015]
- ✦ **Cheatham SW**, Ernst MP, Garcia OA, Puyot AA. The concurrent validity of resting pulse rate measurements: a comparison of two smartphone applications, polar h7™ belt monitor, and pulse oximeter. *FWATA Annual Meeting, Las Vegas, CA*, [April 2014]
- ✦ **Cheatham SW**, Ernst MP, Puyot AA, Garcia OA. The Concurrent Validity of Arterial Blood Oxygen Saturation Measurements: A Preliminary Analysis of the iSpO2® Pulse Oximeter and Traditional Pulse Oximeter using Bluetooth®. *FWATA Annual Meeting, Las Vegas, CA* [April 2014]
- ✦ **Cheatham SW**. Case report: rehabilitation of a 23-year-old male after medial patellofemoral ligament repair. *CPTA Annual Conference, Pasadena, CA* [Sept 2013]
- ✦ **Cheatham SW**. Management of hip pain in a 25-year-old female runner using the principles of regional interdependence. *FWATA Annual Meeting, San Diego, CA* [April 2013]

TEXTBOOK PUBLICATIONS

- ✦ **Cheatham SW**, Kolber MJ eds. *Orthopedic Management of the Hip and Pelvis*. 1st ed. New York, NY: Elsevier. December 2015 ISBN# 9780323294386



TEXTBOOK CHAPTERS

PHYSICAL THERAPY/ATHLETIC TRAINING

- ✦ **Cheatham SW.** Examination of the Hip and Pelvis. In: Cheatham SW, Kolber MJ eds. *Orthopedic Management of the Hip and Pelvis*. 1st ed. St Louis, MO. Elsevier [Nov 2015]
- ✦ **Cheatham SW, Enseki K.** Hip Pathologies: Extra-Articular. In: Cheatham SW, Kolber MJ eds. *Orthopedic Management of the Hip and Pelvis*. 1st ed. St Louis, MO. Elsevier [Nov 2015]
- ✦ **Cheatham SW, Hanney WJ.** Anatomy of the Lumbopelvic Hip Complex. In: Cheatham SW, Kolber MJ eds. *Orthopedic Management of the Hip and Pelvis*. 1st ed. St Louis, MO. Elsevier [Nov 2015]
- ✦ **Cheatham SW.** Vestibular Rehabilitation: Management of the Geriatric Patient. In: APTA Orthopedic Section Home Study Monogram Series. Lacrosse, WI. Orthopedic Section, APTA [Jan 2007]

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- ✦ **Cheatham SW.** Athlete Intake, Needs Analysis, and Movement Assessments. In *NASM Essentials of Sports Performance Training 3rd ed.* JB Publishing; 2022
- ✦ **Cheatham SW.** Sports Performance Testing, Evaluation, and Monitoring. In *NASM Essentials of Sports Performance Training 3rd ed.* JB Publishing; 2022
- ✦ **Cheatham SW.** Static Assessment. In *NASM Essentials of Corrective Exercise 3rd ed.* JBP; 2021
- ✦ **Cheatham SW, Stull K.** Flexibility and Range of Motion Assessments. In *NASM Essentials of Corrective Exercise 3rd ed.* JBP; 2021
- ✦ **Cheatham SW, Stull K.** Inhibitory Techniques. In *NASM Essentials of Corrective Exercise 3rd ed.* JB Publishing; 2021
- ✦ **Cheatham SW.** Nervous, Skeletal, and Muscular System. In *NASM Essentials of Personal Fitness Training 7th ed.* JB Publishing; 2021
- ✦ **Cheatham SW.** Flexibility Training Concepts. In *NASM Essentials of Personal Fitness Training 7th 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. 1sted.* LWW; 2017
- ✦ **Cheatham SW.** Musculoskeletal Injuries of the Lower Extremity. In *ACE Medical Exercise Specialist 1sted.* San Diego, CA. American Council on Exercise; 2015
- ✦ **Cheatham SW.** Common Musculoskeletal Injuries. In *Exercise Physiology 1sted.* Philadelphia, PA. FA Davis; 2015
- ✦ **Cheatham SW.** Common Musculoskeletal Injuries and Implications for Exercise. In: *ACE Personal Trainer Manual 5thed.* San Diego, CA. American Council on Exercise; 2014
- ✦ **Cheatham SW.** Fire Fighter Injury Prevention Guidelines. In: *IAFF/IAFC/ACE Peer Fitness Trainer Reference Manual 3rded.* 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 3rded.* San Diego, CA. American Council on Exercise; 2011
- ✦ **Cheatham SW.** Common Musculoskeletal Injuries and Implications for Exercise. In: *ACE Personal Trainer Manual 4thed.* San Diego, CA. American Council on Exercise; 2010
- ✦ **Cheatham SW.** Musculoskeletal Injuries: Lower Extremity. In: *Advanced Fitness Specialist Reference Manual.* San Diego, CA. American Council on Exercise; 2008

JOURNAL/TRADE PUBLICATIONS

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

POSITION STATEMENTS

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

CONFERENCE PRESENTATIONS (LAST 5 YEARS)

PHYSICAL THERAPY/ATHLETIC TRAINING

- ✦ **Cheatham SW.** *Instrument-Assisted Soft-Tissue Mobilization: New Research and Updated Clinical Standards*
Presented at the NATA Annual Meeting [June 2021]
- ✦ **Cheatham SW.** *Balance Training on Unstable Objects: A Review of Scientific Principles and Program Design*
Presented at the FWATA Annual Meeting [April 2021]
- ✦ **Cheatham SW.** *Myofascial Interventions: An Evidence Based Update.*
Presented at the FWATA Annual Meeting, Virtual [July 2020]
- ✦ **Cheatham SW.** *Myofascial Interventions: An Evidence Based Update.*
Presented at the NATA Annual Meeting, Las Vegas, NV [June 2019]
- ✦ **Cheatham SW.** *Lumbopelvic Pain in the Athlete: A Review of Best Practices for Examination and Treatment.*
Presented at the FWATA Annual Meeting, Las Vegas, NV [April 2018]
- ✦ **Cheatham SW.** *Lumbopelvic Pain in the Athlete: A Review of Best Practices for Examination and Treatment.*
Presented at the FWATA Annual Meeting, Las Vegas, NV [April 2018]
- ✦ **Cheatham SW.** *The Efficacy of Self-Myofascial Release with Foam Rolling and Roller Massage: What We Know Now.*
Presented at the FWATA Annual Meeting, Las Vegas, NV [April 2017]

Health & Fitness

- ✦ **Cheatham SW.** *Early Sports Specialization: Should Kids Really Do a Single Sport?*
Presented at the NASM Optima Conference [October 2022]
- ✦ **Cheatham SW.** *Exercise Considerations for the Post-COVID-19 Survivor: Update 2022.*
Presented at the NASM Optima Conference [October 2022]
- ✦ **Cheatham SW et al.** *NASM's Research Roundup: Wearable Technology in Fitness and Wellness.*
Presented at the NASM Optima Conference [October 2022]
- ✦ **Cheatham SW.** *Exercise Considerations for the Post-COVID-19 Survivor.*
Presented at the NASM Optima 2021, Virtual Conference [October 2021]
- ✦ **Cheatham SW.** *Myofascial Interventions: A Review for The Fitness Professional.*
Presented at the NASM Optima 2020, Virtual Conference [October 2020]
- ✦ **Cheatham SW.** *Balance Training: Scientific Principles and Program Design for the Fitness Professional.*
Presented at the NASM Optima 2020, Virtual [October 2020]
- ✦ **Cheatham SW.** *Postural Syndromes: Advancing Our Classification System and Corrective Interventions.*
Presented at the NASM Optima 2019, Scottsdale, AZ [September 2019]
- ✦ **Cheatham SW.** *Prehab to Post-Rehab: Everything You Need to Know About Joint Replacement.*
Presented at the NASM Optima 2019, Scottsdale, AZ [September 2019]
- ✦ **Cheatham SW, Stull K.** *Roller Massage 2018: An Update on Research and Clinical Application.*
Presented at the NASM Optima 2018, Scottsdale, AZ [October 2018]
- ✦ **Cheatham SW.** *Corrective Strategies for Common Hip Joint Conditions.*
Presented at the NASM Optima 2017, Scottsdale, AZ [October 2017]
- ✦ **Cheatham SW, Stull K.** *Self-Myofascial Release Techniques: Current Research and Theories.*
Presented at the NASM Optima 2017, Scottsdale, AZ [October 2017]

HOME STUDY COURSES

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

WEBINAR/VIDEO PRESENTATIONS

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

NATIONAL CONFERENCES ATTENDED (LAST 5 YEARS)

- ✦ 2022 National Academy of Sports Medicine Optima Meeting (Virtual)
- ✦ 2021 National Academy of Sports Medicine Optima Meeting (Virtual)
- ✦ 2021 Far West Athletic Trainers Associations Annual Meeting (Virtual)
- ✦ 2021 National Athletic Trainers Associations, Annual Meeting (Virtual)
- ✦ 2020 National Academy of Sports Medicine Optima Meeting (Virtual)
- ✦ 2020 Far West Athletic Trainers Associations Annual Meeting (Virtual)
- ✦ 2019 National Athletic Trainers Association Annual Meeting: Las Vegas, NV
- ✦ 2019 Far West Athletic Trainers Association Annual Meeting: San Diego, CA
- ✦ 2019 National Academy of Sports Medicine Optima: Scottsdale, AZ
- ✦ 2019 Canadian Athletic Therapists Association Annual Meeting: Calgary Alberta Canada
- ✦ 2018 Far West Athletic Trainers Association Annual Meeting: Las Vegas, NV
- ✦ 2018 National Academy of Sports Medicine Optima: Scottsdale, AZ

CONTINUING EDUCATION (LAST 7 YEARS)

- ✦ Weightlifting Performance Coach: Level 1. *Eleiko Strength* [June 2022] [13.0 units]
- ✦ Blood Flow Restriction Training Certificate. *University of Tennessee/Northeast Seminars* [June 2021] [13.5 units]
- ✦ Certified Personal Trainer. *National Academy of Sports Medicine* [July 2020] [2.0 units]
- ✦ Certified Nutrition Coach. *National Academy of Sports Medicine* [Dec 2019] [1.9 units]
- ✦ Graston Technique Therapy Specialist (GTS). *Graston Technique* [June 2019] [1.0 units]
- ✦ Graston IASTM Technique. M-2 Course. *Graston Technique* [June 2019] [14.0 units]
- ✦ Fitness Nutrition Specialist. *National Academy of Sports Medicine* [Dec 2018] [2.5 units]
- ✦ FMT Blades Certification. *RockTape*. [August 2018] [8.0 units]
- ✦ Mulligan Concept: Upper Quarter. *Mulligan Concepts* [July 2018] [13 units]
- ✦ Myokinesthetic System: Upper Extremity. *Myokinesthetic Systems*. [July 2017] [18.5 units]
- ✦ Primal Reflex Release Technique. Level 1 Course [July 2017] [14.0 units]
- ✦ Graston IASTM Technique. M-1 Course. *Graston Technique* [December 2016] [12.0 units]
- ✦ Group Personal Training Specialist. *National Academy of Sports Medicine* [June 2016] [2.0 units]
- ✦ Técnica Gavilán PTB: Instrument Assisted Soft-Tissue Mobilization: Level I. *Técnica Gavilán, Inc.* [February 2016] [0.5 units]

SCHOLARSHIP & AWARDS

- ✦ 2013- NSCA Strength & Conditioning Journal Editorial in Excellence Award
- ✦ 2011 Alumnus of the Year: Chapman University Department of Physical Therapy
- ✦ 2003 Recipient: Torrance Memorial Medical Center Allied Health Scholarship

MEMBERSHIP IN SCIENTIFIC/HONORARY SOCIETIES

- ✦ American Physical Therapy Association [2001-Present]
- ✦ APTA Orthopedic Section/Sports Section member [2001-Present]
- ✦ National Athletic Trainers Association [1995-Present]
- ✦ National Strength & Conditioning Association [1994-Present]