

Curriculum Vitae

California State University Dominguez Hills

Name: Scott W. Cheatham

Rank or Title: Associate Professor and Director of the Pre-Physical Therapy Program

Division: Kinesiology

Office Location: California State University Dominguez Hills, 1000 E. Victoria St. Carson, CA

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Email: Scheatham@csudh.edu

Education

Doctor of Philosophy in Physical Therapy- Ph.D.

Nova Southeastern University, Ft Lauderdale, FL (Completed 2016)

Doctor of Physical Therapy- DPT

Chapman University, Orange, CA (Completed 2004)

Bachelors of Arts in Physical Education: Athletic Training-BA

California State University Dominguez Hills, Carson, CA (Completed 1997)

Licensure/Specialties

PT Board of California

- Physical Therapist #29911

PT Board of Idaho

- Physical Therapist #PT-4768

American Board of Physical Therapy Specialists

- Orthopedic Clinical Specialist #10753

Certifications

National Athletic Trainers Association

- Certified Athletic Trainer #089702394

National Academy of Sports Medicine

- Performance Enhancement Spec.#1348728
- Corrective Exercise Specialist #1385262
- Fitness Nutrition Specialist #1497718
- Youth Exercise Specialist #1515926
- Golf Fitness Specialist #1519122
- Group Training Specialist #1601262398

Graston IASTM Technique

- Certified Level M-1

National Strength and Conditioning Association

- Certified Strength and Conditioning Specialist #976782
- Certified Personal Trainer #53340201

Functional Movement Systems

- FMS: Level I
- SFMA: Level 1

The Back School

- Certified Ergonomics Assessment Specialist: Level 1

American Council on Exercise

- Certified Personal Trainer # N276770

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*

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

Adjunct Faculty- (6/2015-Present) Department of Movement Sciences
Doctor of Athletic Training Program/Masters of Athletic Training Program

Courses Taught

- AT 600 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 553 Clinical Experience IV (type: online)

AT Still University

Adjunct Online Faculty-(11/2016-Present) College of Graduate Health Studies
Masters of Science in Kinesiology

Courses Taught

- Kin 5003 Functional Anatomy (type: online)
- Kin 5004 Biomechanics (type: online)
- Kin 6302 Post Rehabilitation Exercise (type: online)

American Public University

Adjunct Online Faculty- (4/2014-11/2016) *Department of Sports and Health Sciences*
Bachelors and Masters in Sports and Health Science

Courses Taught

- SPHE315 Training and Conditioning (3 units) (type: online)
- SPHS317 Sports Medicine (3 units) (type: online)
- SPHE324 Biomechanics (3 units) (type: online)
- SPHE421 Kinesiology (3 units) (type: online)
- SPHE425 Therapeutic Exercise (3 units) (type: online)
- SPHS501 Advanced Exercise Physiology (3 units) (type: online)
- SPHS504 Advanced Strength Training and Conditioning (3 units) (type: online)
- SPHS509 Optimal Sports Performance (3 units) (type: online)
- SPHS530 Program Design for Health and Wellness (3 units) (type: online)

- SPHS697 Sports and Health Sciences Capstone
- SPMT699 Sports Management Capstone

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 (ABD): Reactive Neuromuscular Stabilization in the treatment of spine dysfunction (*Anticipated completion 2017*)
- Julie Sky Livermore-Brasher (ABD): Reactive Neuromuscular Stabilization in the treatment of spine dysfunction (*Anticipated completion 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 (*Thesis 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 (*Thesis completed June 2016*).
- Jeff Roderick, MS: Lower Back Pain: Can A Multifaceted Approach to Treating Obesity Reduce Complaints of Lower Back Pain in Adolescents (*Thesis complete Feb 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 (*Thesis complete Feb 2016*).
- Jeremy Buxton, MS: Functional Fitness Strategies for elderly residents of Sunrise Bonita Assisted Living Community (*Thesis complete Feb 2016*).
- John Rider, MS: Wellness Programs for Senior Citizens (*Thesis completed Feb 2016*).
- Michael Wells, MS: U.S.A. Youth Obesity: Prevention from Education System Perspective (*Thesis completed Feb 2016*).

Clinical Appointments

- 8/08-Present **Owner**, *Sports Medicine Alliance, 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 **Staff Physical Therapist, Providence Little Company of Mary Hospital, San Pedro, CA**
9/04-3/05 **Clinical Director, Skypark Physical Therapist, Torrance, CA**

Professional Consultant

4/16- Present **National Academy of Sports Medicine; Chandler, AZ, Researcher**
2/16- Present **Implus, Inc. TriggerPoint, Durham, NC; Clinical advisory board member, research advisor**
9/06-Present **Equinox Fitness Clubs, New York, NY; Master instructor, curriculum design**
1/07-Present **American Council on Exercise, San Diego. CA; Author, continuing education**
3/10-9/11 **Fitness Anywhere, San Francisco, CA; Author, Course developer for TRX**

Legal Consultant

7/15-Present **Elite Medical Experts, Inc. Tucson, AZ; Focus: Expert witness**
1/14-Present **Experts in Therapy, LLC. Cleveland, Ohio; Focus: Expert witness**

Professional/Organizational Service

National Strength and Conditioning Association

- *Sports Medicine/Rehabilitation SIG Member at Large (2016-Current)*

National Athletic Trainers Association

- *Athletic Training Service Awards Committee Member: District 8 (2015-Current)*

Far West Athletic Trainers Association

- *Research and Grants Committee (2015-Current)*

California Athletic Trainers Association

- *Annual Meeting Committee (2016- Current)*

Board of Certification (BOC) for Athletic Training

- *Professional Practice and Discipline Committee (2015-Current)*
- *Home Study Review Committee (2010-2014)*

American Physical Therapy Association: Sports Physical Therapy Section

- *Awards Committee (2014-Current)*

Physical Therapy Boards

- *American Board of Physical Therapy Specialists: Item Writer (2009-2010)*
- *Federation of State Boards of Physical Therapy: Item Writer (2008-09)*

Peer Reviewed Journals: Editorial

- *NSCA Strength and Conditioning Journal: Associate Editor (2016-Present)*
- *Journal of the Canadian Chiropractic Association: Editorial Board (2015-Current)*
- *National Athletic Trainers Association News: Editorial Board (2013-Current)*
- *NSCA Personal Training Quarterly: Editorial Board (2009-Current)*
- *International Journal of Athletic Therapy and Training: Associate Editor (2012-2016)*

Peer Reviewed Journals: Manuscript Reviewer

- Journal of Athletic Training (2010-Current)
- NSCA Strength and Conditioning Journal (2009-Current)
- International Journal of Sports Physical Therapy (2014- Current)
- Athletic Training in Sports and Healthcare (2012-Current)
- American Journal of Sports Medicine (2015-Present)

CSUDH University Service

- CSUDH Title IX Officer Search Committee (10/14-Present)
- CSUDH Facilities and Space Committee (8/15-8/16)
- CHHSN Nominations and Elections Committee (8/14-8/16)
- Division of Kinesiology: Pre-Physical Therapy Option Advisor (8/13-Present)
- Division of Kinesiology: Student Club Advisor (8/13-8/14)

Research Grants: Funded

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

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

Title: *Hip Range of Motion Normative Data in Division II Collegiate Sports*

Funding Date: October 2015

Funding Agency: California State University Dominguez Hills

Grant Number: CHHSN Intramural Grant Fund

Role: Principle Investigator

Funding Amount: \$2,000

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]

Title: *The Toro-Fit Study: Effectiveness of a 16-week Fitness Program for Collegiate Students*

Funding Date: March 2014

Funding Agency: California State University Dominguez Hills

Grant Number: URSCA Grant Fund

Role: Principle Investigator

Funding Amount: \$22,000 [Not Funded]

Peer Reviewed Publications

Clinical Studies

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 Sports Rehab.* 2017 [Accepted]

Cheatham SW, Hanney WJ, Kolber MJ. Hip Range of Motion in Recreational Weight Training Participants: A Descriptive Report. *Int J Sports Phys Ther* [Accepted]

Cheatham SW, Kolber MJ, Hanney WH, Mokha GM. Concurrent Validation of a Pressure Pain Threshold Scale for individuals with Myofascial Pain Syndrome and Fibromyalgia. *JMMT* [Accepted]

Cheatham SW, Baker R. Differences in pressure pain threshold among men and women after foam rolling. *J Bodywork Mov Ther.* 2017 [Accepted]

Cheatham SW, Kolber MJ, Mokha GM, Hanney WJ. Concurrent Validity of Pain Scales in Individuals with Myofascial Pain and Fibromyalgia. *J Bodywork Mov Ther.* 2017 [Accepted]

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 [Accepted]

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

Cheatham SW, Kolber MJ. Does self-myofascial release with a foam roll change pressure pain threshold of the ipsilateral lower extremity antagonist and contralateral muscle groups? An exploratory study. *J Sports Rehab.* 2017 [Epub Ahead of Print]

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.* July 2016 [Epub ahead of print]

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), pp. 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 Apr; 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* [Accepted]

Cheatham SW, Stull K, Fantigrassi M, Montel I. Hip musculoskeletal conditions and associated factors that influence squat performance: a systematic review. *J Sports Rehab* 2017. [Epub Ahead of Print]

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.* August 2016 [Epub ahead of print]

Cheatham SW, Kolber MJ, Shimamura KK. The Effectiveness of Non-Operative Rehabilitation Programs for Athletes Diagnosed with Osteitis Pubis. *J Sports Rehab;* April 10 [Epub ahead of print]

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, 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, Salamn 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 April; 7(2): 173–184.

Literature Reviews

Cheatham SW, Hanney WH, Kolber MJ. Osteoporosis: Exercise Programming Insight for the Sports Medicine Professional. *Strength and Cond J*. 2016 [Accepted]

Kolber MJ, Hanney WH, **Cheatham SW**. Risk Factors for Hip Osteoarthritis: Insight for the Strength and Conditioning Professional. *Strength and Cond J*. 2015 [Accepted]

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), pp. 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*. June 2012; 47 (3): Supplement, pp. S-171

Brechtner 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). *ACSM 2017 Annual Meeting.*

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): Supplement 1, pp. 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): Supplement 2, pp. 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 [Pub Date: Nov 2016]*

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 1st ed. 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 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 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. 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 horizons.
Published in: Training and Conditioning (Sept. 2001)

Conference Presentations

Physical Therapy/Athletic Training

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. *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. *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)

- 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
- 2013 FWATA Annual Meeting: San Diego, CA
- 2013 APTA Combined Sections Meeting: San Diego, CA
- 2012 FWATA Annual Meeting: Sacramento, CA
- 2012 NATA Annual Conference: St Louis, MO
- 2011 APTA Combined Sections Meeting: New Orleans, LA

Continuing Education

- 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)