

SCOTT W. CHEATHAM

California State University Dominguez Hills
1000 E. Victoria St. Carson, CA 90747
Cell: (310) 892-4376 Office: (310) 243-3794
scheatham@csudh.edu

EDUCATION

- 2010-2016 **PhD, DOCTOR OF PHILOSOPHY IN PHYSICAL THERAPY**
Nova Southeastern University, Ft Lauderdale, FL
- 2001-2004 **DPT, DOCTOR OF PHYSICAL THERAPY**
Chapman University, Orange, CA
- 1994-1997 **BA, BACHELORS OF ARTS IN PHYSICAL EDUCATION (ATHLETIC TRAINING)**
California State University Dominguez Hills, Carson, CA

LICENSURE/SPECIALTY

- PT BOARD OF CALIFORNIA**
- Physical Therapist #29911

- AMERICAN BOARD OF PHYSICAL THERAPY SPECIALISTS**
- Orthopedic Clinical Specialist #10753

CERTIFICATIONS

- NATIONAL ATHLETIC TRAINERS ASSOCIATION**
- Certified Athletic Trainer #089702394

- NATIONAL STRENGTH AND CONDITIONING ASSOCIATION**
- Certified Strength and Conditioning Specialist #976782
 - Certified Personal Trainer #53340201

- 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

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

USA WEIGHTLIFTING

- Level I Coach

ACADEMIC APPOINTMENTS

- 8/13-Present **ASSISTANT PROFESSOR-** *California State University Dominguez Hills, Carson, CA*
Director Pre-Physical Therapy Program: Division of Kinesiology

UNDERGRADUATE COURSES

- 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)
- 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)

GRADUATE COURSES

- OTR 527 Kinesiology for MSOT with Lab (3 units) (type: traditional)

4/14-Present **ADJUNCT ONLINE FACULTY-** *American Public University, Charles Town, WV*
Department of Sports and Health Sciences (BS, MS programs)

UNDERGRADUATE COURSES

- SPHE315 Training and Conditioning (3 units) (type: online)
- SPHS317 Sports Medicine (3 units) (type: online)
- SPHE324 Biomechanics (3 units) (type: online)
- SPHE425 Therapeutic Exercise (3 units) (type: online)
- SPHE421 Kinesiology (3 units) (type: online)
- SPHE324 Biomechanics (3 units) (type: online)

GRADUATE COURSES

- 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)
- SPHE315 Training and Conditioning (3 units) (type: online)
- SPHS317 Sports Medicine (3 units) (type: online)
- SPHS697 Sports and Health Sciences Capstone
- SPMT699 Sports Management Capstone

6/15-Present **ADJUNCT FACULTY-** *University of Idaho*
Department of Movement Science: Doctor of Athletic Training Program

GRADUATE COURSES

- AT625 Dissertation Committee Advisor

8/11-8/13 **ADJUNCT FACULTY-** *California State University Dominguez Hills, Carson, CA*
Division of Kinesiology

UNDERGRADUATE COURSES

- KIN 301 Kinesiology with Lab (3 units) (type: traditional, hybrid)
- KIN 302 Exercise Physiology with Lab (4 units) (type: traditional)

TEACHING CERTIFICATIONS

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

CLINICAL APPOINTMENTS

8/08-Present **OWNER,** *Sports Medicine Alliance (NIRE, Inc.), Torrance, Ca*

3/13-3/16 **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*

CONSULTANT SERVICES

2/16- Present **IMPULSE, INC. TRIGGER POINT THERAPY,** *Durham, NC;* Advisory board member

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

1/07-12/09 **SPECTRUM FITNESS CLUBS,** *Los Angeles, CA;* Master instructor, curriculum design

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/ORGANIZATION SERVICE

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 JOURNAL: EDITORIAL

- *International Journal of Athletic Therapy and Training: Associate Editor (2012-Current)*
- *Journal of the Canadian Chiropractic Association: Editorial Board (2015-Current)*

PEER REVIEWED JOURNALS: MANUSCRIPT REVIEWER

- *National Athletic Trainers Association News (2013-Current)*
- *Journal of Athletic Training (2010-Current)*
- *NSCA Strength and Conditioning Journal (2009-Current)*
- *NSCA Personal Training Quarterly (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 Facilities and Space Committee (8/15-Present)*
- *CSUDH Title IX Officer Search Committee (10/14-Present)*
- *Division of Kinesiology: Pre-Physical Therapy Option Advisor (8/13-Present)*
- *CHHSN Nominations and Elections Committee (8/14-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

MacDonald N, Baker RT, **Cheatham SW**. The Effects of Instrument Assisted Soft Tissue Mobilization on Lower Extremity Muscle Performance: A Pilot Study. *Int J Sports Phys Ther* [In Review]

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*. 2015 [In Review]

Cheatham SW, Hanney WH, Kolber MJ. Osteoporosis: Exercise Programming Insight for the Sports Medicine Professional. *Strength and Cond J*. 2015 [In Review]

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 [Accepted]

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*. [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, 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*. [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*. Nov 2015 [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]

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*. 2015; May 26th [Epub ahead of print]

Cheatham SW, Mokha GM, Lee M. Postoperative Rehabilitation after Hip Resurfacing: A Systematic Review. *J Sports Rehab*. 2015; Jan 22 [Epub ahead of print]

Cheatham SW. Management of Musculoskeletal Injuries: A Review for Fitness Professionals. *NSCA PTQ*. 2016 3(1): 10-13

Cheatham SW. External Hip Impingement: A Review of the Literature. *J of Can Chiropr Assoc*. 2016; 60(1):47-56

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, 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, 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

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

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

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

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

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, 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, 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

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, Hanney WJ. Rehabilitation of a 23-Year Old Male after Right Knee Arthroscopy and Open Reconstruction of the Medial Patellofemoral Ligament with a Tibial Anterior Allograft. *Int J Sports Phys Ther.* 2013;9(2):208-221

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. 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. Do Patient Factors and Prehabilitation Improve Outcomes after Total Knee Arthroplasty? *Top in Ger Rehab.* 2013; 29(1):1-8

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.

PUBLISHED ABSTRACTS

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.

Kolber MJ, Hanney WJ, **Cheatham SW,** et al. Shoulder Mobility Characteristics Among Recreational Weight-Training Participants with and Without Impingement Syndrome: A Preliminary Analysis. *J of Strength Cond Res.* 2015;

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.

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): S

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

CONFERENCE POSTER PRESENTATIONS

Kolber MJ, **Cheatham SW,** Hanney WJ, X Liu, Salamh PA. Direct Access Management of a 42-Years Old Weight Training Participant with Severe Shoulder Arthritis. APTA: Combined Sections Meeting, San Diego, CA (Feb 2016)

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)

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 or low back pain*. APTA: Combined Sections Meeting, Indianapolis, IN (Feb 2015)

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*. APTA: Combined Sections Meeting, Indianapolis, IN (Feb 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*. Elsevier (Publication date 2015)

TEXTBOOK CHAPTERS

Ronai P, Cheatham SW, Kolber MJ. Special Considerations for Chronic Pain. In: Swank A, Paternostro-Bayles M eds. *ACSM's Exercise Testing and Prescription*. 1st ed. LWW [Pub Date: Nov 2016]

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. 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 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*

Cheatham SW. Vestibular Rehabilitation: Management of the Geriatric Patient. *In: APTA Orthopedic Section Home Study Monogram Series. Lacrosse, WI. Orthopedic Section, APTA;2007*

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

Cheatham SW. Hip Arthroscopy for Labral Tears and Femoral Acetabular Impingement: The Latest in Post-Surgical Rehabilitation. Presented at the 6th Annual California Athletic Trainers Association State Meeting (February 2016)

Cheatham SW. Current Evidence and Concepts in Myofascial Treatment. Presented at the Arizona Athletic Trainers Association Winter Symposium (January 2016)

Cheatham SW. *Hip Arthroscopy for Labral Tears and Femoral Acetabular Impingement: The Latest in Post-Surgical Rehabilitation.* Presented at the Arizona Athletic Trainers Association 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. *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. *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. *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)

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 Meet FWATA, San Diego, CA (June 2006)

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. *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)

CONTINUING EDUCATION

- 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 Sahrmann & 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)*

COMMUNITY OUTREACH EXPERIENCE

Running/Marathons

- LA Leggers Running Club/LA Marathon XIX (2004)
- 26th Annual Redondo Beach Super Bowl Marathon/ Nike Club Run LA (2004)
- 26th Annual Venice-Marina Christmas Run/Nike Club Run LA (2003)

Extreme Sports

- LG Action Sports Championships (2003)

Gymnastics

- World Gymnastics Championships (2003)

Tennis

- The Tennis Challenge: Success Magazine, Champions of Tennis (2001)
- United States Tennis Association: National Championships (2001)
- The Tennis Challenge: Nuveen Professional Tennis Tour, Champions of Tennis (2000)
- The Tennis Challenge: Nuveen Professional Tennis Tour, Champions of Tennis (1999)
- The Mercedes-Benz Cup. ATP Tour, UCLA (1998)
- The Tennis Challenge: Nuveen Professional Tennis Tour, Champions of Tennis (1998)

Volleyball

- BVA Professional Women's Volleyball Tour (2000)
- California Volleyball Association Boys/Girls Winter Volleyball Classic (1996)

Track & Field

- US National Track and Field Championships (2005)
- Mt. Sac Relays (1997)

Basketball

- Hoops for Unity (1996)
- Adidas-Pump Basketball Camps (1996-97)

Wrestling

- NCAA Wrestling State Championships (1996)
- CIF High School Wrestling Championships (1996)

Football

- South-Bay High School Air-Out Football Tournament (1996)
- Pasadena City College- Athletic Training Intern (Aug. 95-Dec. 95)

SCHOLARSHIPS & 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)