

## Staff Bios

### Dr. Scott Cheatham PT, DPT, OCS, ATC, CSCS, PES

Dr. Scott Cheatham is owner of NIRE in Torrance, CA. He received his Doctor of Physical Therapy from Chapman University and is also a Certified Athletic Trainer (ATC). He holds the PES, CSCS, NSCA-CPT and ACE-CPT, and Level I Club Coach certifications. Dr. Cheatham is a board certified specialist in orthopedics (OCS). He currently is a national presenter for various organizations. He has authored several chapters and articles on the topics of orthopedics, vestibular-balance, and health & fitness. Dr. Cheatham's professional responsibilities include being a manuscript reviewer for the Journal of Athletic Training, Strength & Conditioning Journal, and on the editorial review board for NSCA's Performance Training Journal. Dr. Cheatham is currently pursuing his PhD in Physical Therapy.

### Matt Lee PT, MPT, CSCS

Matt Lee received his Bachelors degree in Psychology for UC San Diego and his Master of Physical Therapy degree from Western University of Health Sciences. Matt is a certified Strength and Conditioning Specialists (CSCS). Matt is a consultant for various sports teams and athletes of all levels. He is a speaker for various organizations on the topics of orthopedics and sports performance.

### Dr. Chris Ingstad PT, DPT, ATC, MTC

Chris Ingstad received his Bachelors degree in Physical Education-Athletic Training from Cal State University Dominguez Hills and his Doctor of Physical Therapy degree from the University of St. Augustine in St. Augustine, FL. He has been a certified Athletic Trainer (ATC) since 2004. He has worked with many professional and collegiate athletes doing performance evaluations and trainings. He recently received his Manual Therapy Certification (MTC) and plans to obtain his Orthopaedic Clinical Specialist Certification (OCS).

### Ethan Kreiswirth MA, ATC

Ethan M. Kreiswirth is the Program Director at Concordia University. Ethan was previously head athletic trainer for California State University, Dominguez Hills (CSUDH) for 11 years, where he also served as adjunct faculty in the Kinesiology Department. Ethan is the owner of *Kreiswirth Sports Medicine Systems*, where he is the medical coordinator of the International Brazilian Jiu Jitsu Federation (IBJJF). Ethan received his undergraduate and graduate degrees from CSUDH and is currently pursuing his PhD in Athletic Training at Rocky Mountain University of Health Professions.

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web: [www.nirepro.org](http://www.nirepro.org)

National Institute of Restorative Exercise, Inc.

# Examination and Treatment of the Spine: Advance Techniques

## A Lab Course



**NIRE**  
National Institute of  
Restorative Exercise

**Continuing Education**

## Course Description

This comprehensive course will focus on advanced treatment techniques for the Cervical, Thoracic, and Lumbosacral spine. Advanced treatment techniques covered will include muscle energy, PNF, joint mobilization, mobilization with movement, and others. This course is designed for the clinician who desires to learn more advanced techniques for the spine. This course is 10% lecture and 90% lab.



Class Level	Who is this for?
Intermediate	ATC's, PT's, DC's, OT'S

## Course Location

**Southbay Orthopaedics Specialists  
Medical Center - Physical Therapy**  
23560 Crenshaw Blvd. Suite 103  
Torrance, CA 90505

## CEU Information



NATA-7hrs, NSCA-5hrs, NASM-7hrs, PTBC-7hrs

## Course Dates

**Sunday August 28th, 2011**

## Course Objectives

- Be able to perform advanced examination techniques for the Cervical, Thoracic, & Lumbosacral spine.
- Be able to perform advanced manual therapy techniques that address specific musculoskeletal conditions.
- Be able to design a safe, effective intervention program for specific populations discussed.
- Be able to identify specific "red flags" and when to refer out to other health professionals

## Schedule

8:00	Introduction
8:15	Spine Examination Review
8:45	Lumbosacral Manual Treatment Lab
11:00	Break
11:15	Thoracic Manual Treatment Lab
12:00	Lunch on your own
1:00	Thoracic Manual Treatment Cont.
2:00	Cervical Manual Treatment Lab
4:00	Case Studies
4:30	Closing / Q&A

## Course Fees

Professional's: \$95.00

Student's: \$70.00



Fax Registration  
1(888) 747-6473



Register online  
[www.nirepro.org](http://www.nirepro.org)



Mail with a check  
payable to NIRE

National Institute of Restorative Exercise  
23504 Leyte Drive  
Torrance, CA 90505

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Examination & Treatment of the Spine: Advanced Techniques

**Sunday August 28th, 2011**

**Class Info:** The course is limited to 30 people. After the course is full, a waiting list will be formed for the next scheduled course. *All registered participants will receive course information & location via email.*

**Refund Policy:** Total amount returned if at least 1 month in advance. If later, 50% of the amount will be returned.



**Continuing Education**

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