

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.

1 (877) 900-NIRE (6473)
e-mail: info@nirepro.org
web: www.nirepro.org

National Institute of Restorative Exercise, Inc.

Examination and Treatment of the Lumbar Spine & SI-Joint

A Lab Course



NIRE
National Institute of
Restorative Exercise

Continuing Education

Course Description

This comprehensive one day course will focus on examination and treatment of the Lumbar Spine and Sacroiliac Joint. An A-Z approach for examination and treatment will be taught. This course is designed for the clinician who desires a more detailed understanding of examination and treatment techniques for the lumbar spine and SI-Joint. This course is 20% lecture and 80% 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-7 hrs

Course Dates

Sunday August 21st, 2011

Course Objectives

- Be able to perform orthopedic examination techniques for the Lumbar Spine and SI-Joint.
- Be able to perform 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 & Lower Quarter Anatomy
8:45	Lumbar Exam & Lab
10:00	Sacroiliac Joint Exam & Lab
11:00	Break
11:15	Sacroiliac Joint Lab Cont.
11:45	Red Flags/Differential Diagnosis
12:00	Lunch on your own
1:00	Soft Tissue Mobilization
2:00	Mobs/MET/Stretching
4:00	Corrective Exercises/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



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 Lumbar Spine & SI-Joint
Sunday August 21st, 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.



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