

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.

Therapeutic Exercise for the Lumbar Spine & Lower Quarter

A Lab Course for the Physical Therapist Assistant



NIRE
National Institute of
Restorative Exercise

Continuing Education

Course Description

The one day course is designed to teach the Physical Therapist Assistant advanced therapeutic exercise techniques for the Lumbar Spine & Lower Quarter. Principles of exercise progression and precautions will be taught for common pathologies. Specific techniques taught will include dynamic warm-ups, PNF techniques, physio-ball techniques, foam roll techniques, and more. This course is 20% lecture and 80% lab



Class Level	Who is this for?
Intermediate	PTA's

Course Location

South Bay Orthopaedic Specialist Medical Center- Physical Therapy
23560 Crenshaw Blvd Suite 103
Torrance, CA 90505

CEU Information



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

Course Dates

Sunday March 27th, 2011

Course Objectives

- Be able to instruct and demonstrate therapeutic exercise techniques for the Lumbar Spine & Lower Quarter.
- Be able to understand principles of exercise progression for common musculoskeletal pathologies.
- Be able to identify precautions & contraindications for specific pathologies discussed.
- Be able to identify specific "red flags" and when to refer out to other health professionals

Schedule

- 8:00 Introduction
- 8:15 Lumbar and Lower Quarter Anatomy
- 9:00 Principles of Exercise Progression
- 10:30 Dynamic-Warm-Up Techniques
- 11:00 PNF Stretching/Strengthening
- 11:45 Red Flags
- 12:00 Lunch on your own
- 1:00 Foam Roll Techniques
- 2:00 Physio-ball Techniques
- 3:00 Functional Training
- 4:00 Case Studies
- 4:30 Closing / Q&A

Course Fees

Professional's: \$95.00

Student's: \$95.00



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

Therapeutic Exercise for the Lumbar Spine & Lower Quarter
 Sunday March 27th, 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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