



Curriculum Vitae

PERSONAL

Name	Nicholas Rolnick
Address	250 East 40th Street Apt 9E, 10016 New York
Phone number	914-400-3650
Email	nick@thebfrpros.com
Website	www.thehpmny.com www.bfrtraining.com www.chasethepump.com www.bloodflowrestriction.com
LinkedIn	https://www.linkedin.com/in/nicholas-rolnick-051788/

WORK EXPERIENCE

- Jun 2018 - Present Founder / Educator
The BFR PROS, LLC, New York, NY
- Leading educators & trainers in evidence-based, unbiased Blood Flow Restriction Training
 - Creation of Dynamic Collateral Course Materials, Workshops and Podcasts.
- Jun 2018 - Mar 2019 Clinical BFR-Blood Flow Restriction Instructor
Smart Tools, Columbus, OH
- Taught 9 eight hour BFR Certification Courses to Rehabilitation & Fitness Professionals across the US
 - Co-Authored The Level One BFR Course Manual that Smart Tools uses for BFR Certification
- Nov 2017 - Present Physical Therapist / Performance Trainer
Culture of PT PLLC / The Human Performance Mechanic, New York, NY
- Making patients stronger, returning them to the activities they love & helping them experience The Joy of Pain-Free Movement™
- Aug 2019 - Present Adjunct Faculty
Lehman College, Bronx, NY
- Teaching Kinesiology & Biomechanics I to undergraduates and Masters students
 - Course material covers the spine & extremities
- Jan 2017 - Present Adjunct Faculty
Concordia University, Chicago, IL
- Teaching Strength & Conditioning Applications (AES-6810-99R online preparation for NSCA CSCS Certificate Exam)
 - Teaching Strength & Conditioning Practicum (AES-6840-65R online discussions on strength & conditioning topics)
 - Teaching Kinesiology (AES-6020 and AES-6030 online covering spine, lower & upper extremities)
- Nov 2015 - Apr 2018 Contributing Author
Brookbush Institute, New York, NY
- Synthesized clinical research on fitness, physical therapy, health & wellness, and anatomy; writing about its implications.
 - Backoffice optimization, organization and editing.
 - Authored 35 Research Reviews.
- May 2017 - Nov 2017 Physical Therapist
Sloane Stecker Physical Therapy, New York, NY
- Making patients stronger, and helping them return to the activities they love.
 - Help patients move, look and feel better.

Sep 2013 - May 2014 Intern Strength & Conditioning Coach
American University, Washington, DC

- Men's Soccer & Women's Field Hockey Teams

Jun 2018 - Present Contributing Author
Physio Network

- Synthesizing clinical blood flow restriction research into digestible research reviews for the members of Physio Network - an international physical therapy continuing education membership website headquartered in Australia
- Four articles published: "Blood flow restriction training in clinical musculoskeletal rehabilitation: a systematic review and meta-analysis," "Low-load blood flow restriction training induces similar morphological and mechanical Achilles tendon adaptations compared to high-load resistance training," "Blood flow restriction and discomfort: a review", "Low-load blood flow restriction and high-load resistance training induce comparable changes in patellar tendon properties."

PROFILE

Nick Rolnick, AKA The Human Performance Mechanic is a world-class Physical Therapist & Performance Enhancement Specialist and is quickly establishing a reputation as a leading international authority in Blood Flow Restriction.

He has had an interest in sports and performance from his days as captain of his college baseball team at Franklin & Marshall, where he achieved all-conference honors, to his more recent pursuits as a men's physique competitor. Since graduating with an M.S. in Health Promotion Management from American University, Nick realized his love for fitness with his passion to help others by earning a Doctorate in Physical Therapy at Columbia University with honors.

Nick teaches Kinesiology I & II in the MS Applied Exercise Science Program at Concordia University, Chicago and undergraduate Kinesiology at Lehmann College, Bronx NY.

He helped found THE BFR PROS to further his mission of making the world a better place by helping people get back to the activities they love as quickly as possible and experiencing the joy of pain-free movement™ through evidence-based therapies like BFR-Blood Flow Restriction!

Nick teaches BFR Workshops across Europe including, France, Switzerland, Belgium & Italy. The demand for his expertise as a Speaker in BFR (Blood Flow Restriction) continues to grow in places such as London (Nov 28 & 29, 2019), Paris (Jan - 2020) and The NSCA 2020 National Conference in Las Vegas (Sept 2020 Virtually due to Covid).

EDUCATION AND QUALIFICATIONS

Aug 2014 - May 2017 Doctor of Physical Therapy
Columbia University, New York, NY

- Graduated with Honors 3.87 GPA

Aug 2012 - May 2014 Masters, Health Promotion Management
American University, Washington, DC

- Graduated with 3.98 GPA

Aug 2006 - May 2010 Bachelor of Arts (Biology)
Franklin & Marshall College, Lancaster, PA

LICENSES AND CERTIFICATION

- Licensed Physical Therapist, State of New York Office of Professions 2023 -License Number: 041648-1 Certificate Number: 982366
- BFR certification- Owens Recovery Science (2017) and SmartTools Plus (2018)
- CPR/AED certified through American Academy of CPR & First Aid, Inc. through 12/29/2023 -Certification Number: AB1374801-HCP
- NSCA CSCS, Oct 2011 -License Number: 201175480

PUBLICATIONS

- Nascimento DDC*, **Rolnick N***, Neto IVS, Severin R, Beal FLR. (2022) A Useful Blood Flow Restriction Training Risk Stratification for

Exercise and Rehabilitation. *Front Physiol*,13:808622. doi: 10.3389/fphys.2022.808622. PMID: 35360229; PMCID: PMC8963452. (sharing first authorship).

- de Sousa Neto IV, da Cunha Nascimento D, Prestes J, da Fonseca EF, Celes RS, **Rolnick N**, de Sousa Barbalho YG, Silva AO, Stival MM, de Lima LR, Funghetto SS. (2022) Initial Muscle Quality Affects Individual Responsiveness of Interleukin-6 and Creatine Kinase following Acute Eccentric Exercise in Sedentary Obese Older Women. *Biology (Basel)*, 11(4):537. doi: 10.3390/biology11040537. PMID: 35453736; PMCID: PMC9026080.
- **Rolnick N**, de Sousa Neto IV, da Fonseca EF, Neves RVP, Rosa TDS, Nascimento DDC. (2022) Potential implications of blood flow restriction exercise on patients with chronic kidney disease: a brief review. *J Exerc Rehabil*. 18(2):81-95. doi: 10.12965/jer.2244082.041. PMID: 35582687; PMCID: PMC9081410.
- Amorim, S.; Gaspar, A.P.; Degens, H.; Cendoroglo, M.S.; de Mello Franco, F.G.; Ritti Dias, R.M.; Cucato, G.G.; **Rolnick, N.**; de Matos, L.D.N.J. (2022) The Effect of a Single Bout of Resistance Exercise with Blood Flow Restriction on Arterial Stiffness in Older People with Slow Gait Speed: A Pilot Randomized Study. *J. Cardiovasc. Dev. Dis.*, 9, x. <https://doi.org/10.3390/xxxxx> Rolnick, N., Kimbrell, K., Cerqueira, M.S., Weatherford, B., and Brandner, C.J.F.i.R.S. (2021). Perceived Barriers to Blood Flow Restriction Training. 14.
- **Rolnick N**, Cerqueira MS. (2021) Comparison of blood flow restriction devices and their effect on quadriceps muscle activation: Letter to the editor. *Phys Ther Sport*. May;49:227-228. doi: 10.1016/j.ptsp.2021.03.006. Epub 2021 Mar 22. PMID: 33794445.
- Cerqueira MS, **Rolnick N**, Vieira WHB. (2021) Letter to the editor concerning the article: The effectiveness of blood-flow restricted resistance training in the musculoskeletal rehabilitation of patients with lower limb disorders: A systematic review and meta-analysis. *Clin Rehabil*. Apr 22:2692155211011929. doi: 10.1177/02692155211011929. Epub ahead of print. PMID: 33884919.
- **Rolnick N**, Schoenfeld B. (2020). Blood Flow Restriction Training and the Physique Athlete: A Practical Research-Based Guide to Maximizing Muscle Size. *Strength and Conditioning Journal*, 42(5): 22-36. doi: 10.1519/SSC.0000000000000553
- **Rolnick N**, Schoenfeld B. (2020) Can Blood Flow Restriction Used During Aerobic Training Enhance Body Composition in Physique Athletes?, *Strength and Conditioning Journal*, 42(5): 37-47. doi: 10.1519/SSC.0000000000000585
- Amorim S, **Rolnick N**, Schoenfeld BJ, Aagaard P. (2020) Low-intensity resistance exercise with blood flow restriction and arterial stiffness in humans: A systematic review. *Scand J Med Sci Sports*. doi: 10.1111/sms.13902. Epub ahead of print. PMID: 33283322.

PEER REVIEWER

- BMC Sports Science, Medicine and Rehabilitation (2022-)
- Sports Medicine - Open (2021-)
- PeerJ (2021-)
- Medical Hypotheses (2021-)
- Journal of Strength & Conditioning Research (2020-)
- Sport Health (2020-)

CONFERENCE PRESENTATIONS

- *Can Aerobic Exercise with Blood Flow Restriction Enhance Aerobic Capacity & Performance in Well-Trained Athletes?* Kinesport Conference Parc Des Princes, Paris, France December 15, 2021
- *The Science Behind The Power of BFR (Blood Flow Restriction)* NSCA National Conference Caesar's Palace, Las Vegas, Nevada - September 22, 2020 - BFR and Fatigue: Any differences between BFR and low-load exercise?
- *BFR Is Better For Results ACL Rehabilitation-* Kinesport Conference Parc des Princes, Paris, France - January 13, 2020 - Synthesizing the current body of evidence and providing practice- and evidence-based guidelines on BFR use during ACL rehabilitation
- *BFR Is Better For Results-* TherapyExpo Conference Birmingham, UK November 28, 2019 - The Science Behind BFR Training
- *BFR Is Better For Results-* TherapyExpo Conference Birmingham, UK November 27, 2019 - The Science Behind BFR Training
- *BFR Is Better For Results-* NSCA Virginia/DC State Conference Lynchburg, VA February 24, 2019 - The Science Behind BFR Training
- *BFR Is Better For Results-* Kinesport Conference Parc des Princes, Paris, France - January 15, 2019 - The Science Behind BFR Training
- *BFR Is Better For Results-* NYPTA Long Island Student Mini-Conclave Stony Brook University NY November 17, 2018 - The Science Behind BFR Training
- *Telehealth as a Regularly Integrated Component of Physical Therapy Care* - SSIG Hunter College NY September 29, 2018 - How telehealth can be successfully integrated into a plan of care

ONLINE TRAINING EDUCATION

- *BFR Masters Series Module 14- Clinical Rounds* 2.25 hours (www.bfrmastersseries.com)
- *BFRMasters Webinar- What's New in BFR in 2021?* 2 hours (www.teachable.com/thebfrpros)
- *Introduction to BFR Training: Accelerate Performance & Recovery* - 4.5 hour on-demand BFR training course (www.bfrtraining.com) (Individually created and launched 9/4/2020)

CONTINUING EDUCATION TAUGHT

- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Advanced Rehab & Sports - Bloomington, IL June 11, 2022
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Professional PT - New York, NY May 14, 2022
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Ivy Rehab/Elite Sports - Cranston, RI April 9, 2022
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Paris, France March 22-23, 2022
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Ivy Rehab/Park Sports - Brooklyn, NY March 5, 2022
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Ivy Rehab/Physical Therapy & Wellness Institute- Ardmore, PA February 12, 2022
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Professional PT - Nutley, NJ October 2, 2021
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Twin Boro PT - North Brunswick, NJ June 12, 2021
- *The Online Sleep Summit 2021* - BFR: Better for Results, May 2-3, 2021
- *The Power of BFR Training* with PhysioTutors 2.5 hour webinar - April 6, 2021
- *The Science Behind the Power of BFR Training & Fatigue* with Modern Pain Care 2 hour webinar - March 23, 2021
- *The Online Sleep Summit 2020*- BFR: Programming BFR Training, August 8-9, 2020
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Ivy Rehab - Franklin Lakes, NJ February 29, 2020
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Access PTW - Armonk, NY February 9, 2020
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Professional PT - Commack, NY January 29, 2020
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ ORS PT - Rockford, IL November 9, 2019
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Bethpage PT - Bethpage, NY September 21, 2019
- *The BFR Pros Accelerate Recovery/Rehab BFR Training Workshop* @ Prolete PT - Milford, CT September 8, 2019
- *The BFR Pros Accelerate Performance BFR Training Workshop* @Prolete PT - Milford, CT September 7, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Nice, France October 20, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Geneve, Switzerland October 19, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Toulouse, France October 18, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Bruxelles, Belgium October 16, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Paris, France October 15, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Rennes, France October 14, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Lyon, France May 17, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Strasbourg, France May 16, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Marseille, France May 14, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Nantes, France May 13, 2019
- *Kinesport BFR Pros Accelerate Performance & Recovery BFR Training Workshop* - Paris, France May 12, 2019
- *Smart Tools 9 hour Level One BFR Certification* - New York, NY February 2, 2019
- *Smart Tools 9 hour Level One BFR Certification* - Baton Rouge, LA November 10, 2018
- *Smart Tools 9 hour Level One BFR Certification* - Delray Beach, FL November 3, 2018
- *Smart Tools 9 hour Level One BFR Certification* - Chesapeake, VA October 28, 2018
- *Smart Tools 9 hour Level One BFR Certification* - Arlington, VA October 27, 2018
- *Smart Tools 9 hour Level One BFR Certification* - New York, NY October 13, 2018
- *Smart Tools 9 hour Level One BFR Certification* - Miami, FL July 22, 2018
- *Smart Tools 9 hour Level One BFR Certification* - Warner Robins, GA July 14, 2018
- *BFR Is Better For Results @ CSM Academy of Physical Therapy Education* - March 1, 2018

MEDIA FEATURES

- CNET- *Blood Flow Restriction Training Gets You Stronger Without the Heavy Weights How this therapy technique can help you recover from an injury or workout faster.* June 8, 2022
- EatThis,NotThat! - *10 Ways to Burn More Calories During Every Walk, Trainers Say* Nov 4, 2021
- Vitamin Shop WHAT'S GOOD - *6 Ways To Support And Strengthen Your Knees* Oct 27, 2021
- AskMen - *Partial Reps May Be the Ultimate Key to Building the Muscle You Want* Sept 21, 2021
- CNN Health - *Why kaatsu, a fitness trend spotted at the Games, isn't just for Olympians* July 31, 2021
- UPDOC MEDIA - *Top 40 Physical Therapy Influencers of 2020* Jan 4, 2021
- MOVEMENT GUIDES - *The Top 5 Strength and Conditioning Coach Instagram Accounts to Follow NOW – 2021 Edition* Jan 1, 2021
- WELL + GOOD - *Thanks to Blood Flow Restriction Training, Injuries No Longer Have to Cramp Your Workout Progress* Feb 27, 2020
- WEBPT - *12 Physical Therapists to Watch in 2021* Dec 31, 2020

HONORS AND AWARDS

- Columbia DPT Merit Scholarship, 2014-2017
- Macy Scholar, Spring 2015
- Varsity Baseball Co-Captain, February 2010 - Franklin & Marshall College
- All Centennial Baseball Honorable Mention, May 2009

INTERESTS

Weightlifting, Bodybuilding, Video Games, My dogs Ruby, Ryder and My girlfriend Kelcey

REFERENCES

References available on request.