

NICHOLAS D. ROLNICK PT, DPT, MS
301 East 47th Street, Apt. 11C
New York, NY 10017
(914) 400-3650/ nick@thehumanperformancemechanic.com
www.thehumanperformancemechanic.com
<https://www.linkedin.com/in/nicholas-rolnick-051788/>



SUMMARY

Physical Therapist, Clinical Instructor, Adjunct Professor, Online Trainer and Contributing Author. Mission is to help all people experience the Joy of Pain-Free Movement®.

EDUCATION

Columbia University with Academic Honors, NY, NY <i>Doctor of Physical Therapy</i>	Aug., 2014 – May, 2017
American University, Washington DC <i>Masters, Health Promotion Management</i>	Aug., 2012 – May, 2014
Franklin & Marshall College, Lancaster, PA <i>Bachelor, Biology</i>	Aug., 2006 – May, 2010

LICENSES AND CERTIFICATION

BFR (Blood Flow Restriction) Certified, 2017
CPR/AED Certified, Aug., 2011
NSCA CSCS, Oct., 2011

ACHIEVEMENTS

- Have extensive public speaking experience at locations around the country.
- Was invited to speak at an international conference in Paris, France on Jan. 15, 2019 (Kinesport Conference) on Blood Flow Restriction Therapy: A General Overview.
- Speaking engagements have included talks in New Orleans, LA – Feb.22, 2018, NYPTA Long Island Student Mini- Conclave in November,2018, upcoming meeting, The National Strength and Conditioning Association in Virginia/DC State Conference in Lynchburg, VA (Feb. 24, 2019),
- Participated in the Interactive Debate: Telehealth as a Regularly Integrated Component of Physical Therapy Care at the NYPTA Student Special Interest Group in NYC, NY on September 29, 2018.
- Teaching Anatomy & Kinesiology to over 500 students currently through Concordia University in Chicago, Illinois. Grade papers and facilitate courses for the students.
- Received excellent reviews from Concordia for my online teaching for the last two years.
- Founded my own growing physical therapy practice – Culture of PT LLC

The BFR Pros
Cornelius, NC

June, 2018 – Present
Co-Founder

- Leader in evidence-based Blood Flow Restriction Training.
- Creation of Collateral Course Materials, Workshops and Podcasts.

Smart Tools
Columbus, OH

June, 2018 – Present
Clinical BFR (Blood Flow Restriction) Instructor

- Teach Rehabilitation and Fitness Professionals an eight-hour Certification Course.
- Co-Author of The Level One BFR Course Manual.

The Culture of PT LLC / The Human Performance Mechanic **November, 2017 – Present**
New York City, NY **Physical Therapist**

- Making patients stronger & enjoying the benefits of pain-free movement.

Concordia University **January, 2017 – Present**
Chicago, IL **Adjunct Faculty**

- Online Teaching Kinesiology I & II in the MS-Exercise Science Program
- Course material covers the spine and upper & lower extremities.

Brookbush Institute **November, 2015 – April 2018**
New York City, NY **Contributing Author**

- Synthesizing clinical research on fitness, physical therapy, health & wellness, and anatomy; writing about its implications.
- Backsite optimization, organization and editing.
- Authored 35 Research Reviews.

Sloane Stecker Physical Therapy **May, 2017 – November, 2017**
New York City, NY **Physical Therapist**

- Making patients stronger, move, look and feel better.

HONORS and AWARDS

- **Columbia DPT Merit Scholarship, 2014 – 2017**
- **Macy Scholar, Spring, 2015**
- **Varsity Baseball Co-Captain, Feb., 2020 – Franklin & Marshall College, Lancaster, PA**
- **All-Centennial Baseball Honorable Mention, May, 2009**