

# Stacey Brickson

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## PROFESSIONAL SUMMARY

→ **PHYSICAL THERAPIST, EXERCISE PHYSIOLOGIST:** Integrative exercise physiology professional with extensive knowledge in human movement, skeletal muscle injury and cardiac mechanics through clinical experience as a physical therapist and researcher. Recognized for translation of molecular, biomechanical and physiological findings to improve human movement and minimize injury.

→ **CYCLING COACH:** Adept at creating comprehensive training plans for athletes of all levels. 10 years of bike fit experience to enhance performance and minimize injury. Skillful at maintaining knowledge current with advancing technology related to human movement on a bicycle. Passionate about exercise physiology, connective tissue adaptation, and cycling biomechanics as they relate to performance or injury in orthopedics and sports medicine.

## CORE COMPETENCIES

Bike Fit · Training Plans · Experimental Design · Technical Writing ·

Excellent Speaker · Valued Team Member · Strong Mentor · Analytical Problem Solver · Continual Learner

## EDUCATION

### PhD Exercise Physiology

Dec 2002

University of Wisconsin-Madison

- Graduated with Distinction, 4.0 cumulative GPA
- Predoctoral Fellowship Recipient

### MS Exercise Physiology

Dec 1999

University of Wisconsin-Madison

### BS Physical Therapy

Dec 1992

University of Wisconsin-Madison

- Graduated with Distinction, 4.0 cumulative GPA
- Top 10 UW Students recognized by Wisconsin Alumni Association

## LICENSURE & CERTIFICATION

Board Certified Physical Therapist, License #4427-024	1992
Certified Athletic Trainer	1992
Certified Strength and Conditioning Specialist	1996
USA Cycling Coach Level 1	2017
NICA Level 1 Coach	2022
Certified Bike Fitter (Serotta International Cycling Institute, BikePT)	2015, 2021
United Bicycle Institute, Certified Mechanic	2023

## ACHIEVEMENTS

- 6-time IRONMAN finisher
- Haute Route Norway, LOTOJA, Ride Across Wisconsin, Race Across the West relay, Mallorca 312 and 21x Horribly Hilly Hundreds cycling events finisher, Unbound and Big Sugar podium, Leadville 100MTB belt buckle winner
- UW Racquetball Team National Championship 3<sup>rd</sup> place
- College Scholar Athlete, basketball team captain

## COMMUNITY SERVICE

- [University of Wisconsin-Madison School of Education Board of Visitors](#) 2019-2025
- [Capital Offroad Pathfinders](#) Board Member
- Online Cycling Gear Ambassador
- Hincapie Cycling Ambassador 2021 -2025
- [Cycling Without Age](#) pilot
- [Horribly Hilly Hundreds](#) clinic presenter
- Madison School and Recreation bike fit workshops
- [Madison Multisport](#) Women's Endurance Clinic workshop

- [Wheels for Winners supervisor](#)

## PROFESSIONAL EXPERIENCES

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### ACADEMIC AND INDUSTRY

#### **University of Wisconsin- Madison, Department of Orthopedics and Rehabilitation**

##### **Honorary Fellow, 2022-present**

- Facilitate community access to current research findings in athletic performance
- Academic and technical advisor for student-led, community-based design projects

#### **Madison College, Department of Biology**

##### **Promoted Instructor, 2018-2022**

- Instructor Anatomy and Physiology
- Instructor Exercise Science for the Fitness Professional

#### **University of Wisconsin- Madison, Department of Orthopedics and Rehabilitation**

##### **Senior Scientist in Dr. Drew Watson's Lab, 2015-2019**

- Responsible for conducting research on human performance, including IRB approval, experimental design, data collection and analysis, and manuscript submission, presenting research at professional meetings
- Mentor for undergraduate independent research projects

#### **University of Wisconsin- Madison, Department of Orthopedics and Rehabilitation**

##### **Assistant Professor, 2008-2015**

- Responsible for teaching Cardiopulmonary Curriculum in Doctorate of Physical Therapy Program
- Conducted research in skeletal muscle injury and stem cell therapy
- Herman and Gwendolyn Shapiro Excellence in Student Research Award awarded to my mentee
- Thesis and dissertation Committee for 9 graduate students in Biomedical Engineering
- Teaching Academy Fellow
- Mentor for Cardiovascular and Pulmonary, and Orthopedic Physical Therapy residency programs

#### **Team Spine, representing Medtronic**

##### **Education and Clinical Specialist, 2007-2008**

- Reviewed literature relating to spinal implants
- Developed training modules and instructed sales representatives in spinal biomechanics

#### **University of Wisconsin- Madison, Research Center for Translational Science**

##### **Post-Doctoral Fellow, 2005-2007**

- Research focused on cardiac mechanics and adaptions to pathology and exercise

#### **University of Wisconsin- Madison, Department of Kinesiology**

##### **Post-Doctoral Fellow and Lecturer, 2004-2005**

- Instructor in Cardiovascular and Pulmonary course in Doctorate of Physical Therapy Program
- Research focused on cardiac mechanics and adaptations in response to exercise

## CLINICAL AND COACHING

### [BrickO's Drafters, LLC](#)

Owner, 2013-present

- USA Level 1 Cycling Coach, [Draft Responsibly Coaching](#)

### **CronoPT**

Owner, 2015-2023

- Physical Therapist
- Therapeutic Bike Fit

### **Wheel and Sprocket**

- Women on Wheels Coordinator and ride leader, 2020-2021
- Weekly social media posts related to injury prevention, bike repair workshops

**Middleton Cross Plains Area School District****Physical Therapist, 2001-2002**

- 20% LTE providing therapy to children

**UW Hospital and Clinics- Home Health****Physical Therapist, 1997-1998**

- 50% LTE providing in home therapy for adult patients, mainly post-operative care

**UW Health Sports Medicine****Physical Therapist III, 1992-1997**

- 100% FTE
- Clinical Coordinator of Continuing Education

**PUBLICATIONS**

1. **S. Brickson**, C.R. Garcia, M.T. Reeder, J.S Scibek. Evaluation and Management of Common Cycling Injuries, Independent Study Course. Academy of Orthopedic Physical Therapy. American Physical Therapy Association, 2023
2. **S. Brickson**, K. Haraldsdottir, D. Richards, I. Bowron, A. Watson. Pedaling cadence does not affect aerobic performance during an incremental maximal test among male and female adult cyclists. *Journal of Science & Cycling* Vol 11(4), 2022
3. A. Watson, **S. Brickson**, K. Haraldsdottir, and K. Rizzone. Sport Specialization Not a Predictor of In-Season Illness in Elite Female Adolescent Soccer Players: A Prospective Study. *Journal of Athletic Training* Sept 2021 JAT0593-21
4. A. Watson and **S. Brickson**. The Relationships Between Sport Specialization, Sleep and Subjective Well-Being in Female Adolescent Athletes. *Clinical Journal of Sports Medicine* 2019 Sep;29(5):384-390.
5. A. Watson and **S. Brickson**. Impaired Sleep Mediates the Negative Effects of Training Load on Subjective Well-Being in Female Youth Athletes. *Sports Health*. 10(3): 244-249, 2018
6. C. Coutinho, A. Watson, **S. Brickson**, J. Sanfilippo. Maximal Heart Rate Recovery Varies Across Laboratory, Field Testing, and Competitive Conditions Among Female Soccer Players. *Journal of Sport and Human Performance*. 2(12): 386-395, 2017
7. A. Watson, C. Coutinho, K. Haraldsdottir, **S. Brickson**, W. Dunn, M. Eldridge. In-Season Changes in Ventricular Morphology and Systolic Function in Adolescent Female Athletes. *Eur J Sport Sci* . 18(4):534-540, 2018
8. K. Haraldsdottir, **S. Brickson**, J. Sanfilippo, W. Dunn, A. Watson. In-Season Changes in Heart Rate Recovery Are Inversely Related to Time to Exhaustion but not Aerobic Capacity in Rowers. *Scandinavian Journal of Medicine and Science in Sports*28(2):418-424, 2018
9. A. Watson, **S. Brickson**, A. Brooks, W. Dunn. Pre-Season Aerobic Fitness Predicts In-Season Injury and Illness in Female Youth Athletes. *Orthopaedic Journal of Sports Medicine*: 5 (9):1-7, 2017
10. A. Watson, **S. Brickson**, A. Brooks, W. Dunn. Subjective Well-Being and Training Load Predict In-season Injury and Illness Risk in Youth Soccer Players. *Br J Sports Med* 2017; 51:194-199
11. A. Watson, J. Sanfilippo, **S. Brickson**. Short-Term Heart Rate Recovery is Related to Aerobic Fitness In Elite Intermittent Sport Athletes. *Journal of Strength and Conditioning*. 31(4):1055-1061, 2017
12. A. Watson, J. Brindle, **S. Brickson**, T. Allee, J. Sanfilippo. Pre-season Aerobic Capacity is an Independent Predictor of In-Season Injury in Collegiate Soccer Players. *Clin J Sport Med*. 27(3):302-307, 2017
13. **S. Brickson** , Meyer P, E. Saether, Vanderby R. Mesenchymal Stem Cells Improve Muscle Function Following Single Stretch Injury. A Preliminary Study. *Journal of Functional Morphology and Kinesiology*. 1, 396-406, 2016
14. E. Saether, C. Chamberlain, E Aktas, E. Leiferman, **S. Brickson**, R. Vanderby. Primed Mesenchymal Stem Cells Alter Healing and Improve Rat Medial Collateral Ligament Healing. *Stem Cell Rev*: 12(1):42-53, 2016
15. **S. Brickson** and J. Carlson, Text book chapter 4 "Case studies in geriatric physical therapy", published by McGraw-Hill, 2015
16. **S. Brickson**, A. Pala, R. McCabe, R. Vanderby Jr. A Model for Creating a Standardized Strain Injury in Murine Biarticular Muscle. *BMC Sports Science, Medicine and Rehabilitation*: 6:14, 2014

17. C. Chamberlain, E.M. Leiferman, K.E. Frisch, **S. Brickson**, W.L. Murphy, G. Baer, R. Vanderby Jr, Interleukin-1 Receptor Antagonist Modulates Inflammation and Scarring after Ligament Injury. *Connective Tissue Research*: 55(3):177-86, 2014
18. E. Saether, C. Chamberlain, E. Leiferman, J. Mitnacht, WJ Li, **S. Brickson**, R. Vanderby. Enhanced Medial Collateral Ligament Healing using Mesenchymal Stem Cells: Dosage Effects on Cellular Response and Cytokine Profiles. *Stem Cell Reviews and Reports*: 10(1):86-96, 2014
19. C. Chamberlain, E.M. Leiferman, K.E. Frisch, **S. Brickson**, W.L. Murphy, G. Baer, R. Vanderby Jr. Interleukin Expression After Injury and the Effects of Interleukin-1 Receptor Antagonist. *PLoS One*: 8(8), 2013
20. A. LaCroix, S. Duenwald--Kuehl, **S. Brickson**, T. Atkins, G. Diffee, J. Aiken R. Vanderby Jr., R. S. Lakes. Effect of Age and Exercise on the Viscoelastic Properties of Rat Tail Tendon. *Annals of Biomedical Engineering*: 41(6): 1120-1128, 2013
21. C. Chamberlain, E. Leiferman, K. Frisch, S. Wang, X Yang, N. van Rooijen, **S. Brickson**, R. Vanderby. The Influence of Macrophage Depletion on Ligament Healing. *Connective Tissue Research*: 19(3):426-35, 2011
22. C. Chamberlain, E. Leiferman, K. Frisch, S. Wang, X. Yang, **S. Brickson**, R. Vanderby. The Influence of Interleukin-4 on Ligament Healing, Wound Healing and Regeneration: 52(3):203-11, 2011
23. **S. Brickson**, D.P. Fitzsimons, L. Pereira, T. Haker, H. Valdivia, R.L. Moss. In vivo left ventricular functional capacity is compromised in cMyBP-C null mice. *Am J Physiol Heart Circ Physiol* 292(4):H1747-54, 2007
24. J.E. Stelzer, **S.L. Brickson**, M.R. Locher, R.L. Moss. Role of myosin heavy chain composition in the stretch activation response of rat myocardium. *J Physiol* 579(Pt 1):161-73, 2007
25. T. Sakurai, J. Hollander, **S.L. Brickson**, H. Ohno, L.L. Ji, T. Izawa , T.M. Best. Changes in nitric oxide and inducible nitric oxide synthase following stretch-induced injury to the tibialis anterior muscle of rabbit. *Jpn J Physiol* 55(2):101-7, 2005
26. **S. Brickson**, L.L. Ji, K. Schell, R. Olabisi, B. St. Pierre Schneider, T.M. Best. M1/70 attenuates blood-borne neutrophil oxidants, activation, and myofiber damage following stretch injury. *J. Appl Physiol* 95: 969-976, 2003
27. B. St. Pierre Schneider, **S. Brickson**, D.T. Corr, T. Best. CD11b<sup>+</sup> neutrophils predominate over RAM11<sup>+</sup> macrophages in stretch-injured muscle. *Muscle Nerve* 25: 837-844, 2002
28. S. Brickson, J. Hollander, D.T. Corr, LL Ji, T.M. Best. Oxidant production and immune response after stretch injury in skeletal muscle. *Med Sci Sports Exer* 33(12): 2010-2015, 2001
29. T.M. Best, R. Fiebig, D.T. Corr, S. Brickson, LL Ji. Free radical activity, antioxidant enzyme, and glutathione changes with muscle stretch injury in rabbits. *J Appl Physiol* 87(1): 74-82, 1999