

# Trevor Merritt

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## Professional Statement

Athletic Trainer and Strength & Conditioning Specialist specializing in injury rehabilitation, return-to-play progressions, and individualized human performance training. Experienced with professional athletes across the NFL and MLB, along with MMA athletes, collegiate athletics, and general population clients, with expertise in orthopedic assessment, workload management, movement restoration, and velocity, strength, and power development.

## Areas of Expertise

### Clinical/Rehab

- Orthopedic Assessment
- Injury Rehabilitation
- Manual Therapy
- Interdisciplinary Collaboration

### Performance

- Workload Management
- Progression Models
- Velocity Development
- Strength & Power Development

## Work Experience

### **Merritt Made Human Performance | Austin, TX**

**2023 - Present**

- Founded and operates a private human performance company specializing in individualized rehabilitation, strength and conditioning, movement restoration, and return-to-performance systems.
- Uses precision-driven programs integrating force development, movement capacity, cardiovascular conditioning, and injury rehabilitation principles.
- Developed and utilizes progression models using workload management, contraction-specific training stimuli, cardiovascular load tracking, and auto-regulated programming strategies.
- Training professional athletes across the NFL and MLB, emphasizing career longevity, movement adaptability, high-velocity output, and force and power development.
- Coaches general population clients ages 12–82 with a focus on joint and connective tissue health, movement quality, cardiovascular fitness, body composition, and long-term lifestyle sustainability.

### **ROI Physical Therapy and Sports Performance | Austin, TX**

**2021 - 2023**

*Performance Specialist | Athletic Trainer*

- Provided integrated rehabilitation and performance services within a hybrid sports performance and physical therapy environment.
- Conducted orthopedic assessments, movement evaluations, and individualized return-to-performance progressions.
- Designed and implemented individualized and group strength and conditioning programs for professional and general population athletes.
- Trained NFL, MLB, MMA, and baseball athletes in offseason preparation, performance development, and injury reduction.
- Collaborated with physical therapists, coaches, and medical professionals to optimize athlete outcomes.
- Led movement restoration and mobility sessions utilizing Functional Range Conditioning principles.

### **Seattle Seahawks | Seattle, WA**

**2019 - 2021**

*Athletic Training Intern: Training Camp (2019), Season (2020-21)*

- Assisted with postoperative rehabilitation, return-to-play progression, and daily athlete treatment within an NFL environment.
- Collaborated with athletic trainers, physical therapists, physicians, and strength staff across multiple departments.
- Observed and assisted with advanced rehabilitation strategies, soft tissue methodologies, and athlete care operations.

### **Eastern Washington University | Cheney, WA**

**2018 - 2020**

*Athletic Training Student: Football, Basketball, Track and Field, High School Sports*

- Conducted orthopedic evaluations, rehabilitation sessions, and injury management for Division I football athletes.
- Applied manual therapy and recovery modalities including joint mobilizations, cupping, laser, Graston®, and soft tissue treatment.
- Administered therapeutic and prophylactic taping techniques to support injury management, joint stabilization, and continued athletic participation.
- Supported travel operations, sideline care, and rehabilitation documentation.

## The University of Washington Football | Seattle, WA

2018

### Athletic Training Intern: Spring Camp

- Assisted in the evaluation, treatment, and daily injury management of Division I football athletes within a high-performance collegiate environment.
- Supported rehabilitation progressions, return-to-play implementation, and recovery strategies for acute and chronic orthopedic conditions.
- Applied therapeutic modalities and manual therapy techniques including soft tissue treatment, cupping, joint mobilization, and recovery-based interventions.
- Administered therapeutic and prophylactic taping applications for practice and game participation.
- Collaborated with athletic trainers, physicians, strength staff, nutrition, and sports medicine personnel to support athlete health and performance.
- Assisted with practice coverage, game-day operations, travel coordination, and athlete medical documentation in a Division I football setting.

## Education

### Master of Science in Athletic Training | GPA 3.93

2018-2020

### Bachelor of Science in Clinical Physiology

2016-2018

#### Minor in Physical Rehabilitation

#### Central Washington University (Ellensburg, WA)

## Credentials & Certifications

- Certified Athletic Trainer (ATC) - Board of Certification | 2020
- Certified Strength and Conditioning Specialist (CSCS) - NSCA | 2021
- Functional Range Conditioning Mobility Specialist (FRCms) - Functional Anatomy Seminars | 2021
- Functional Range Assessment Specialist (FRA) - Functional Anatomy Seminars | 2022
- Certified BStrong Blood Flow Restriction Trainer (BFRT) - BStrong | 2021
- Personalized Blood Flow Restriction Rehabilitation (PBFR) - Owens Recovery Science | 2021
- Certification in Dry Needling (DN) - American Academy of Manipulative Therapy | 2023
- Certification in Applied Functional Science (CAFS) - Gray Institute | 2025

## Research Experience

### MERRITT MADE HUMAN PERFORMANCE | Austin, TX

2026

#### Independent Researcher | Applied Performance Research

- Designed and developed an internal applied biomechanics study investigating force-time characteristics and condition-specific workload modeling during trap bar deadlift variations using dual force plate analysis.
- Developed mechanically informed workload constructs (Concentric Force Demand Index [CFDI] and Eccentric-Reversal Mechanical Demand [ERMD]) to improve resistance-training workload specificity beyond traditional tonnage methods.
- Utilized VALD ForceDecks and custom force-time processing workflows to analyze concentric, eccentric, and braking-phase characteristics across multiple rep-type and intensity conditions.
- Applied mixed-method programming and force-time analytics concepts to investigate progression strategies, contraction-specific loading demands, and practical workload translation for strength and conditioning environments.

### EASTERN WASHINGTON UNIVERSITY | Cheney, WA

2020

#### Graduate Student Researcher

- Conducted graduate-level research investigating the effects of cupping therapy on hamstring flexibility.
- Assisted with study design, participant testing, data collection, and statistical analysis within a sports medicine and rehabilitation setting.

### CENTRAL WASHINGTON UNIVERSITY | Ellensburg, WA

2017-2018

#### Research Assistant

- Assisted in biomechanics research examining gluteus medius activity duration and hip kinematics in female runners with and without previous iliotibial band syndrome.
- Contributed to data collection and presentation for the 2018 Northwest Biomechanics Symposium.

## About Me

Outside of work, I enjoy hiking, camping, training with my German Shepherd, and spending time with close friends and family. I value long-term relationships, continuous growth, and living an active lifestyle grounded in movement, nature, and community.