

Marika Walker, Ph.D.

Senior Associate | Biomechanics
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Professional Profile

Dr. Walker's areas of expertise include biomechanical analysis of the spine and lower extremities in various sport movements as well as textile comfort, moisture management, and heat stress mitigation with personal protective equipment. Specifically, she has studied gait, jumping, drop-landing, throwing, cutting, and stair ascent as they relate to sport performance and/or the development of injury with athletes and clinical populations with or without the use of athletic equipment. She has investigated the effects of multiple rib protector garments from large sports equipment companies on the performance and spinal mobility of quarterbacks while completing an overhand football pass. Additionally, she has evaluated methodologies used to quantify fabric- and garment-level effects on heat stress and has collected and interpreted data with these measures for various protective and/or athletic garments. She has consulted for several sport technology and equipment companies in various phases of research and development of their products.

Her biomechanical research studies have included the use of motion capture, force plates, electromyography, and dynamometry technology to assess movements. Additionally, she has utilized several moisture management, dry heat transfer, and evaporative resistance measurement systems, including instrumented manikins and physiological wear trials to assess the effects of various textile configurations in government, military, and athletic applications.

As a former athlete, personal trainer, corrective exercise specialist, and performance enhancement specialist, Dr. Walker is able to use a multifaceted approach, in conjunction with her research expertise, to assist clients with evaluating questions related to evaluating human performance and product development.

Academic Credentials & Professional Honors

Ph.D., Kinesiology, University of Georgia, 2017

M.S., Textile Engineering, North Carolina State University, 2013

B.S., Textile Engineering, North Carolina State University, 2011

Tau Beta Pi

New Investigator Award, 1st Place Poster Presentation, International Society of Biomechanics in Sports, 2017

Licenses and Certifications

NASM Certified Personal Trainer, #1200427707

NASM Corrective Exercise Specialist, #1200445089

NASM Performance Enhancement Specialist, #1200520851

Prior Experience

Founder and CEO, ADEPT Movement Academy, 2019-CURRENT

Project Manager and Energy Efficiency Processor, ADMT Green Technology, 2017-2020

Publications

Li Y, Ko J, Walker MA, Brown CN, Simpson KJ. Joint coordination and stiffness during landing in individuals with chronic ankle instability. *Journal of Applied Biomechanics* 2020.

Walker MA, Li Y, Samson CO, Foutz T, Simpson KJ, Brown CN. Differences in trunk range of motion for various flexibility protocol types, particularly in quarterbacks wearing rib protectors. *Sports Orthopaedics and Traumatology* 2020. <https://doi.org/10.1016/j.orthr.2020.11.001>

Walker MA, Li Y, Samson CO, Foutz T, Simpson KJ, Brown CN. The effect of rib protector garments on trunk kinematics, performance, and perceptions of quarterbacks during an overhand American football throw. *International Journal of Sports Science* 2020; 10(1):23-29. <https://doi.org/10.5923/j.sports.20201001.04>

Li Y, Kakar RS, Fu Y, Walker M, Brown CN, Oswald TS, Simpson KJ. Postural control of individuals with spinal fusion for adolescent idiopathic scoliosis. *Clinical Biomechanics* 2019; 61:46-51. <https://doi.org/10.1016/j.clinbiomech.2018.11.001>

Li Y, Kakar RS, Walker M, Guan L, Simpson KJ. Upper trunk – pelvis coordination during running using the continuous relative Fourier phase method. *Journal of Applied Biomechanics* 2018; 34(4): 312-319. <https://doi.org/10.1123/jab.2017-0250>

Li Y, Ko J, Walker M, Brown C, Schmidt J, Kim S, Simpson, K. Does chronic ankle instability influence knee biomechanics of females during inverted surface landings? *International Journal of Sports Medicine* 2018; 39(13): 1009-1017. <https://doi.org/10.1055/s-0044-102130>

Li Y, Ko J, Walker MA, Brown CN, Schmidt JD, Kim S-H, Simpson KJ. Does chronic ankle instability influence lower extremity muscle activation of females during landing? *Journal of Electromyography and Kinesiology* 2018; 38: 81-87. <https://doi.org/10.1016/j.jelekin.2017.11.009>

Li Y, Kakar RS, Walker MA, Fu Y-C, Oswald TS, Brown CN, Simpson KJ. Intra-trunk coordination exhibited during treadmill running by individuals with spinal fusion for adolescent idiopathic scoliosis. *Journal of Applied Biomechanics* 2017; 33(6): 437-445. <https://doi.org/10.1123/jab.2017-0085>

DenHartog EA, Walker MA, & Barker RL. Total heat loss as a predictor of physiological response in wildland firefighter gear. *Textile Research Journal* 2015; 86(7): 710-726. <https://doi.org/10.1177/0040517515596926>

Presentations

Walker, M., Simpson, K., & Samson, C. (2017). The throwing performance and trunk kinematics of

quarterbacks during a football throw while wearing rib protector garments. Proceedings of the 35th International Conference on Biomechanics in Sports, International Society of Biomechanics in Sports.

Walker, M., Simpson, K., Dolgetta, J., Raiford, J., & Samson, C. (2017). Perceived and Actual Throwing Performances of Quarterbacks While Wearing Rib Protector Garments. Proceedings of the 64th Annual Meeting of the American College of Sports Medicine, American College of Sports Medicine.

Walker, M., Barker, R., & Ross, K. (2014). An Analysis of the Test Methods in Measuring Heat Stress as they Relate to Wildland Firefighting Clothing. Proceedings of the Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Southeast Chapter of the American College of Sports Medicine.

Walker, M., Barker, R., & Ross, K. (2013). From Sweating Plates to Manikins: Evaluating the Role of Clothing Materials in Reducing the Risk of Heat Stress in Wildland Firefighting. Proceedings of the International Association of Wildland Fire 4th Fire Behavior and Fuels Conference.

Peer Reviewer

Textile Research Journal