BLOOD FLOW RESTRICTION

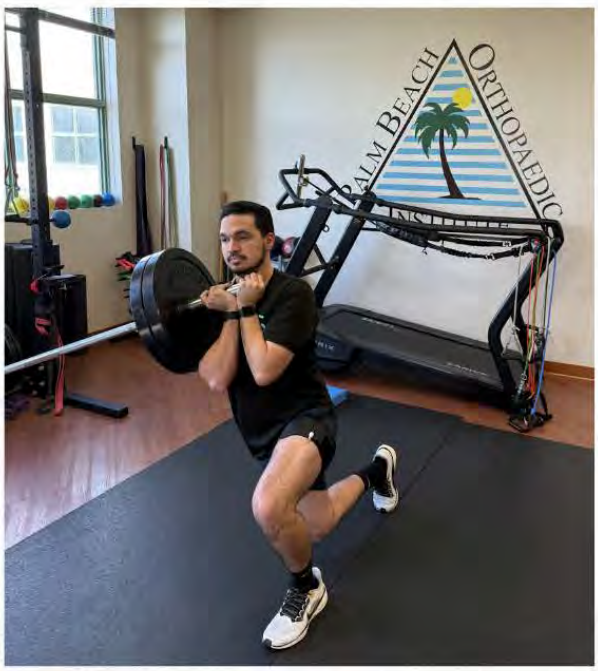
WHAT IS BLOOD FLOW RESTRICTION TRAINING?

Blood Flow Restriction (BFR) is a training technique that utilizes a tourniquet to apply pressure to upper and lower extremities as proximal to the trunk of the body while performing exercise. This partially restricts blood flow to the extremity and creates a hypoxis environment within musculature. This will encourage hypertrophy during strengthening exercise while lifting lighter loads and less weight. This aids in preventing overloading of injured and healing tissues at various stages of recovery following acute injury, surgery, chronic injury, deconditioning, etc.

WHO CAN BENEFIT?

Blood flow restriction training can be used across patient populations given they have no contraindications to this intervention. It is especially beneficial in the post-operative patient as it minimizes muscle atrophy and facilitates strength fains while staying within protocol parameters utilizing lighter loads.

- Post Operative Patients
- Acute Injury - ligament, tendon, muscle, bone
- Chronic Injury
- Deconditioning

BENEFITS

- Increase Muscle Mass & Hypertrophy
- Increase Strength
- Increase Endurance & Stamina
- Decreased Stress on Joint & Injured Tissue
- Minimize Muscle Atrophy in Post-Operative Patients While Staying Within Protocol Guidelines
- Accelerate Overall Recovery