Blood Flow Restriction for Rehabilitation

Preprofessional Development | POSTPD | Online 0.6 CEUs

Course Highlights
- Introduction to Blood Flow Restriction (BFR)
- Applications of BFR in the rehab setting
- How is it performed?
- What is Blood Flow Restriction (BFR)?
- Mechanics of Blood Flow Restriction
- Best Practices for Selecting Tourniquets and Cuffs
- Hands-on lab to learn the safe application of BFR
- Clinical examples for PT and OT
- Adding NMES to isometric exercise application
- Application protocol and algorithm
- Physiological adaptations
- Determining limb occlusion pressure
- Setting cuff pressure for treatment
- Hands-on lab
- Treatment progression

Who Should Attend
- Athletic Trainers
- Physical Therapists

Course Outline

I. Introduction to Blood Flow Restriction (BFR)
- What is Blood Flow Restriction (BFR)?
- How is it performed?
- Benefits of Blood Flow Restriction
- Best Practices for Selecting Tourniquets and Cuffs
- Hands-on lab
- Application protocol and algorithm
- Physiological adaptations
- Determining limb occlusion pressure
- Setting cuff pressure for treatment
- Hands-on lab
- Treatment progression

II. Mechanics of Blood Flow Restriction
- Muscle energy training
- Hand power
- Torso strength
- How is it performed?
- Benefits of Blood Flow Restriction
- Application protocol and algorithm
- Physiological adaptations
- Determining limb occlusion pressure
- Setting cuff pressure for treatment
- Hands-on lab
- Treatment progression

III. Effective Patient Application
- Application of Blood Flow Restriction
- What is Blood Flow Restriction (BFR)?
- How is it performed?
- Benefits of Blood Flow Restriction
- Application protocol and algorithm
- Physiological adaptations
- Determining limb occlusion pressure
- Setting cuff pressure for treatment
- Hands-on lab
- Treatment progression

In-Person CE Course

6-Hour

Live course is offered at 0.6 CEUs (6.0 contact hours) [Intermediate, Noncreditable]

Summit Professional Education is an AOTA Approved Provider of Live course is offered at 0.6 CEUs (6.0 contact hours) [Intermediate, Noncreditable]

Proven Addition to Industry Standards

Continuing Education Credits

Accreditation

Summit Professional Education (BOC AP# P3785) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. The approval period is from 01/01/2021 to 12/31/2023. The credit you receive in this event will not exceed the number of hours advertised in the course description.

- AOTA program
- Board of Certification, Inc.
- National Strength and Conditioning Association
- American Council on Exercise
- American Massage Therapy Association
- National Athletic Trainers’ Association

Continuing Education for Athletic Trainers

Post-Professional Development

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Registration

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