

Blood Flow Restriction Training (BFRT)

09.00-09.15h: Overview, What is BFRT?

09.15-09.45h: Etiology/ history of BFRT, Future of BFRT

09.35-10.30h: Demo: LOP ASSESSMENT

10.30-11.00h: Effects of BFRT, Indications of BFRT

11.00-12.00h: Discussing interesting articles about musculoskeletal pathologies: upper & lower extremity

12.00 – 12.45h: Lunch Break

12.45 – 13.30h:

Safety

- Discussing medical screening proces: relative and absolute contra-indications
- Discussing research about side effects
- Discussing safety on musculoskeletal, neurologica land cardiovascular systems.
- When to apply post operatively + what to consider?
- Strategies to reduce risk on side effects

13.30-15.30h: ACLR & BFR – Criterion Based Progression System

15.30 – 17.00h:

Cases: Success stories & non-success stories, Cuffs & devices

Theory LOP Assessment + practical session (different cuffs/ devices and positions)

Theory about application of BFR strength and endurance training + practical session

→ Cell swelling/ BFR Aerobic Training/ BFR Resistance Training

Write an exercise program

You will create excercise programs in small groups for different cases. They will be discussed in group.