MORNING SESSION

Blood Flow Restriction Training in Rehabilitation: The Science and Practical Applications

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Description of CE presentation:
Use of blood flow restriction training (BFRT) has gained widespread popularity for use with various patient populations (e.g. post anterior cruciate ligament reconstruction, lower extremity fracture, lateral elbow tendinopathy, sarcopenia, etc.) over the past decade. This course will address the mechanisms of action attributed to BFRT, indications and screening for safe use of BFRT, equipment considerations, application parameters and progression, age specific considerations, and an overview of outcomes following use of BFRT in patient populations.

CEUs: 3.5