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Blood Flow Restriction: Simple guidelines for improving clinical outcomes in general population patients

Presenter: Donald C. DeFabio, DC, DACRB, DABCSP, DABCO

2 Contact Hours

Blood flow restriction (BFR) training is a method of exercise that uses low loads and short duration workouts (10 minutes) making it ideal for the Chiropractic office. BFR increases muscle strength, hypertrophy and VO2Max by creating a relative hypoxia during exercise. Ideally suited for the deconditioned and recently injured patient, it can also benefit recreational and elite level athletes striving for performance enhancement. Attendees will learn the types of BFR systems, indications, contraindications and how to program exercises for use Monday morning.

First Hour: Introduction of blood flow restriction therapy, BFRT. The different cuff systems available and determining cuff inflation pressure. A review of the proposed mechanism of action and physiological effects of BFRT.

Second Hour: Application of BFRT including volume, repetitions, load, rest intervals and tempo. Understanding the indications and contraindications for BFRT. Presentation of case studies in the general Chiropractic patient population.

Learning Objectives:

- Understand BFRT and the different cuff systems available
- Establishing the appropriate cuff inflation pressure
- Learn dosing guidelines for BFRT
- Indications and contraindications for BFRT
- Realize the application of BFRT in a chiropractic office
- Coding and billing considerations utilizing BFRT

References

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