

HawkGrips
Using BFR in the Mid to Late Stages of ACL Rehabilitation
Course Syllabus

I. Primary Instructor(s): Laura Ramus, PT, ATC

Laura Ramus is a physical therapist and athletic trainer with over 30 years of experience in sports and orthopedics. She currently serves as the Medical Director for the WNBA Las Vegas Aces.

[CV](#)

II. Financial Disclosures: The authors and presenters of this content are consultants of HawkGrips. Instructors are compensated for teaching HawkGrips courses/webinars. Instructors do not receive reimbursement for the sale of HawkGrips instruments or products at any time.

HawkGrips instruments and products are used for demonstration purposes. Demo instruments and products are also provided for lab-based instruction during live courses. Participants are under no obligation to use or purchase HawkGrips branded instruments or products at any time.

The sole purpose of all course content is for education and HawkGrips does not intend to endorse or oppose any specific products, brands, or manufacturers within their educational content.

III. Post Professional Learning Level: Beginner

IV. Statement of Non-Discrimination: This course is made available to all physical therapist and physical therapist assistant licensees on a non-discriminatory basis.

V. Verification of Attendance: Attendance will be verified through Zoom. Following the course, all attendees who have viewed the session in its entirety will be given instructions to move on to the post-course quiz and course evaluation in order to obtain credit & receive a completion certificate. All attendees who did not attend in its entirety will be given instructions on how they can watch the recorded webinar & will then be prompted to complete the same steps.

VI. Statement of Relevance to PT Practice: ACL Injuries are an extremely common and multi-faceted injury that many physical therapists will treat. This webinar discusses how Blood Flow Restriction can be implemented in mid-stage and late-stage ACL reconstruction rehabilitation.

VII. Differential Diagnosis content: This course contains < 0.1 hours of differential diagnosis content.

VIII. Mode of Instruction (select all that apply):

MODE	Definition	Place X, if applicable
Live, In-Person	Interactive, in-person (same physical space)	
Live, Virtual	Interactive, virtual classroom, synchronous*	X
Online Self-Paced	Asynchronous**, online, self-paced	X
Not Online Self-Paced	Asynchronous, text/workbook, self-paced	
Hybrid	Mixed synchronous and asynchronous instruction. <i>Please spell out the format in your course description/schedule as if you were explaining it to a prospective student.</i>	

IX. Course Description: This 1-hr livestream webinar (and then on-demand, recording) will explore using Blood Flow Restriction Training as a rehab intervention and performance tool for the ACL reconstructed athlete. BFR taps into the body's natural systems of stress and recovery; utilizing the same concepts as that of traditional exercise alone. We will demonstrate how to incorporate this concept into the mid and late stages of ACL Rehab.

X. Course Outline:

On-Demand:

Module #	Module Title/Description	Reading Time/ Video Run Time
1	Recording of live presentation	1 hour
2	Quiz	
Total contact hours (rounded down to nearest 0.25 hr)		1

Live Course Schedule:

7:30-7:35 PM - Introduction & review of course objectives

7:35-8:20 PM - Live lecture (video demonstrations are embedded within the lecture)

8:20-8:30 PM - Live Q & A

Post Course Quiz - 5 Minutes

Post Course Evaluation - 5 minutes

XI. TOTAL Course Contact Hours Requested: 1

XII. Materials/Resources: N/A

XIII. Course Objectives:

1. Understand limb asymmetry during functional tasks among patients with a history of an ACL reconstruction and what your role is in the rehabilitation process to address this issue.
2. Understand the correlation between ACL injury and development of Osteoarthritis.
3. Demonstrate an understanding of the physiology of muscle hypertrophy and strength.
4. Understand the scientific evidence for using Blood Flow Restriction training for muscle strengthening in the rehabilitation of Post Operative ACL Injuries.
5. Understand the mechanisms of Blood Flow Restriction training specific to muscle strength and collagen synthesis.
6. Understand how to develop an individualized, comprehensive, rehabilitative plan for post operative ACL patients that includes Blood Flow Restriction Training.

XIV. Competency Demonstration: At the conclusion of the course, students must demonstrate a minimum of 80% proficiency in the following course assessments to achieve a passing grade. The assessments will demonstrate that the student has met the objectives listed in Section IX:

Assessment	Description	Points
<i>Written Quiz</i>	<i>online quiz</i>	100
Possible Points	-----	100

[Quiz & Answer Key](#)

***Can you please include the quiz in the certificate form

XV. Course Evaluation:

Example:

https://docs.google.com/forms/d/e/1FAIpQLSeMRilrD4BpKcX4nUB7hw1CR9pkPuoqZ7IER_yXktCovUHCLw/viewform?usp=sf_link

XVI. Complete Reference List: [Linked Here](#)
