

Outline

Implications for Clinical Settings

- Physiological mechanisms
 - Effects on strength, hypertrophy and cardiovascular function
 - Arterial vs venous occlusion
- Mechanical vs metabolic hypertrophy
- Current evidence in research
- Broader implications
 - Avoid muscle loss after surgery
 - Lower intensity effort that results in improvement

Differences in Stimulus: The Various Tools of BFR

- Occlusion application
 - Compression wraps and BFR bands
 - Cuffs and tourniquet systems
- Application zones

What are the Magic Numbers?

- Modifiable Variables
 - Load vs Reps vs Occlusion
- Compression scale
 - Relative vs absolute pressure
- Limb circumference and occlusive pressure

Practical Applications

- Considerations for exercise stimulus
- Upper extremity exercises
- Lower extremity exercises
- Elderly and post-surgery
- Healthy and athletic populations
- Increasing aerobic capacity
 - VO₂ Max

Treating Your Patients

- Which diagnoses respond best to treatment?
- Atrophy, sarcopenia
- Limitations, safety and contraindications

Live Seminar & Webinar Schedule *(Time listed in Pacific)*

- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 11:50-1:00** Lunch *(on your own)*
- 4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Objectives

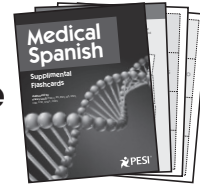
1. Examine the benefits of blood flow restriction (BFR) training.
2. Analyze indications and contraindications of BFR training.
3. Demonstrate safe and effective placement of BFR cuffs.
4. Assess various uses of BFR on the spectrum of rehabilitation and performance.
5. Analyze the utility of BFR in the rehabilitation setting.
6. Develop a training program for a potential patient or client.



If you are not satisfied, please contact our customer service team at www.pesirehab.com/info or 800-726-3888 and we will make it right.

FREE BONUS OFFER!

Spanish for HealthCare Flashcards



ACCESS THESE PRINTABLE TOOLS AT pesihc.com/SpanishFlashCards

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesirehab.com/inhouse

NON-PROFIT ORGANIZATION U.S. POSTAGE PAID EAU CLAIRE, WI PERMIT NO. 32729

PESI Rehab
P.O. Box 1000
Eau Claire, WI 54702-1000
A Division of PESI, Inc.

Blood Flow Restriction Training Certification



- Drastically improve post-surgical recovery time
- Treat muscle atrophy in acute and chronic pain patients
- Increase muscle mass with lower loads
- Improve aerobic capacity and VO₂ max

Lynnwood, WA
Thursday, March 17, 2022

Tacoma, WA
Friday, March 18, 2022

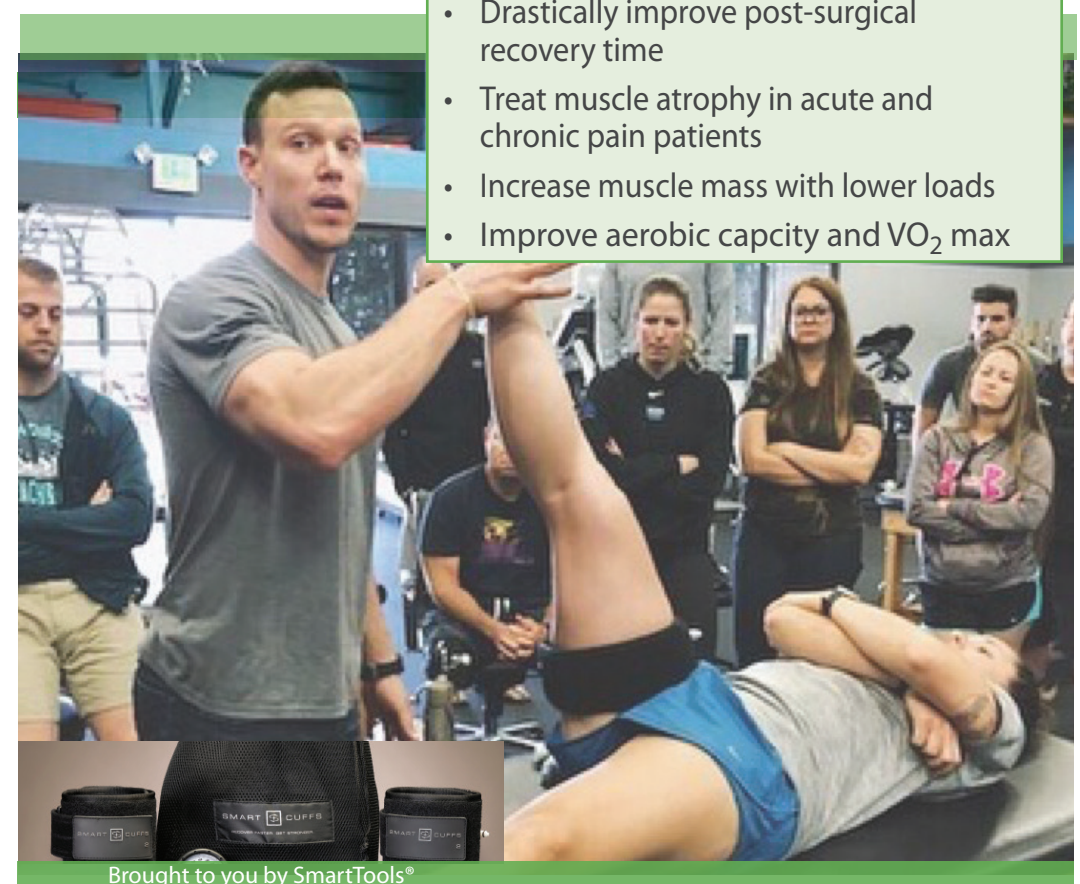
Live Interactive Webinar
Friday, March 18, 2022

REGISTER NOW: pesirehab.com/express/85688



We Are Back! Join In Person or Online!

Blood Flow Restriction Training Certification



- Drastically improve post-surgical recovery time
- Treat muscle atrophy in acute and chronic pain patients
- Increase muscle mass with lower loads
- Improve aerobic capacity and VO₂ max

Brought to you by SmartTools®

Lynnwood, WA
Thursday, March 17, 2022

Tacoma, WA
Friday, March 18, 2022

Live Interactive Webinar
Friday, March 18, 2022



REGISTER NOW: pesirehab.com/express/85688

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Blood Flow Restriction Training Certification

The physical limitations of your patients lead to significant muscle loss during recovery. What if your patients had the ability to increase strength and hypertrophy early in the rehabilitation process without re-injury? With this treatment, they can. Blood flow restriction (BFR) is taking the rehabilitation world by storm.

This Certification Training will build the core competencies you need to bring BFR into your clinical practice and effectively use it with a wide range of client types. You'll be given a roadmap to treat individuals using the skills and techniques from BFR so you can help your most challenging clients reach new levels of healing:

- Drastically improve post-surgical recovery time
- Greater strength gains with lighter loads
- Increase aerobic capacity and VO2 max
- Decreased risk of injury and healing time during immobilization

Transform your practice with this SmartCuffs® BFR Certification that will provide several hours of hands-on experience. You'll feel confident in your BFR skills and will be able to implement this technique into your practice immediately and speed up recovery for your patients.

SAVE! ORDER TODAY [FREE SHIPPING WHEN ORDERED WITH YOUR SEMINAR REGISTRATION]
Use promo code **BFRSHIP**



SmartCuffs® PRO Elite Clinical Set

Kit Includes Six SmartCuffs:

- A pair of cuffs at each size to perfectly fit your patient
- Industry-leading automated electronic pump system – includes TWO for bilateral regulation
- Pump can be disconnected which reduces the risk of damage and allows for so much more flexibility!!! You can take your athletes outside, or in the pool!
- Capable of 100% occlusion for ischemic preconditioning

MSRP ~~\$1499.99~~ **\$1299.99*** sale price
NBA086235



SmartCuffs® Full Body Personal Set

Kit Includes Four Cuffs:

- Two for upper extremity (17" or less) and two for lower extremity (23.5" and over)
- Industry-leading automated electronic pump system
- Get the exact pressure you need without the guesswork!
- New safety features so that you can feel confident! Air will automatically release, and the device will shut off if over inflated

MSRP ~~\$399~~ **\$349*** sale price
NBA086230

Both Sets also include:

- Carrying Case
- Mesh Bag
- Consultation via the SmartCuffs Academy App – included for no additional charge!

Questions? Visit our FAQ page at www.pesirehab.com/faq or contact us at www.pesirehab.com/info.

Can't attend in person? You can still join us!

Watch live webinar from your home or office – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) OR **Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours and approvals may vary from live event, visit pesirehab.com for availability).

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Matt Anderson** at manderson@pesi.com or call **715-855-8174**.

Meet Your Speaker

Dr. Joey Glenn DC, CSCS, is a Sports Chiropractor and Certified Strength and Conditioning Specialist. He studied exercise physiology at the University of Iowa and earned his Doctorate at Palmer College of Chiropractic West Campus. Joey has experience as a performance specialist with world renowned athletic development company EXOS and as an athletic trainer with various Bay Area high schools. Clinically, Joey has worked at the Martinez Veterans Administration Hospital and Water and Sport Physical Therapy working with our nation's heroes and professional athletes. He now owns and operates Engineered Per4mance in Ankeny, Iowa. Joey has a passion for blending performance training and high level sports rehabilitation to help active people achieve optimal performance.

Speaker Disclosure:

Financial: Dr. Joey Glenn is the owner of Engineered Per4mance. He receives a speaking honorarium from Smart Tools, Brookbush Institute. Dr. Glenn receives a speaking honorarium from PESI, Inc.
Non-financial: Dr. Joey Glenn has no relevant non-financial relationship to disclose.

"The presenter was extremely knowledgeable about the subject matter and was able to deliver the information in a way that the practitioners in the room could immediately apply. The content was a perfect blend of evidence with real world experience. The amount of information I was able to take away from a one day course was amazing and I highly recommend this course to people working in all areas of the human performance field." ~ Chase Phelps, MS, RSCC, Director of Sports Science, Stanford University

Target Audience:

Physical Therapists • Physical Therapist Assistants • Occupational Therapists
Occupational Therapy Assistants • Athletic Trainers • Strength and Conditioning Coaches
Chiropractors, Other Health and Fitness Professionals • Personal Trainers

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live, webinar can be downloaded after completing the webinar and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.



Athletic Trainers: PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved

for a maximum of 6.25 hours of Category A continuing education.

Exercise Physiologists: ASEP members will earn 5.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

For all credit approvals and details, visit: www.pesirehab.com/express/85688

SIGN UP TODAY!

Blood Flow Restriction Training Certification

SAVE TIME! Express Register Online: pesirehab.com/express/85688

1 Please complete entire form if sending by mail please print legibly ©2021

*Email address _____ ***Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
***Required for event updates**

2 Live Training Options (make copy for your records)

A SELECT LOCATION

- LYNNWOOD, WA • March 17, 2022** [85688LYN]
Embassy Suites Lynnwood
20610 44th Ave • 98036 • (425) 775-2500
- TACOMA, WA • March 18, 2022** [85688TAC]
Greater Tacoma Convention Center
1500 Commerce St • 98402 • (253) 830-6601
- LIVE VIDEO WEBINAR • March 18, 2022** [PWZ85688]
Broadcast LIVE to your computer!

B SELECT TUITION includes downloadable seminar manual

- \$249.99** – choose one of the options below:
 - per person for 2 or more preregistering together —OR—
 - single registration postmarked 3 weeks prior to seminar date
- \$279.99** standard
Add tax in HI & NM for Webinar

3 Home Study Options

- On-Demand Digital Seminar \$249.99*** [POS065115]
- DVD \$249.99**** [RNV065115]

* plus applicable sales tax, visit www.pesirehab.com/faq for more information

4 Recommended Products

- ~~\$1499.99~~ **\$1299.99**** **SmartCuffs® PRO Elite Clinical Set**
[NBA086235]
- ~~\$399~~ **\$349**** **SmartCuffs® Full Body Personal Set**
[NBA086230]

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

5 Select Payment Method

All registrations must be prepaid.

- Check enclosed payable to **PESI, Inc.**
- Purchase order enclosed (Fed ID # 26-3896894)
- MC VISA AE Discover Novus

16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

IN-PERSON SAFETY

As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

ADA NEEDS
We would be happy to accommodate your ADA needs; Please notify us at time of registration.

SAME DAY REGISTRATION
Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS
Advance registration required. Cannot be combined with other discounts.

- **Get a Group Discount!** Contact us at pesirehab.com/info to save for groups of 5 or more
- **FREE Military Tuition:** Free live seminars for veterans and active duty military, limited seats available, advanced registration online required
- **\$50 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job description, first come, first serve.
- **Discounted Student Rate:** 50% off standard tuition on live events for students. Current student schedule with registration form required or visit www.pesirehab.com/students for details.

QUESTIONS
Visit pesirehab.com/faq or contact us at pesirehab.com/info

TAXES AND SHIPPING
Taxes and shipping apply where applicable, see website for details

OTHER WAYS TO REGISTER

Fax: 800-554-9775
Mail: PESI Rehab
PO Box 1000
Eau Claire, WI 54702-1000
Phone: 800-726-3888
Online: pesirehab.com/express/85688

Total Payment: _____