

## 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
  - VO<sub>2</sub> 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.

### What to Wear

- Please wear comfortable and loose clothing for labs. Shorts are recommended.

## Objectives

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



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# 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 VO<sub>2</sub> max

**Lynnwood, WA**  
Thursday, March 17, 2022

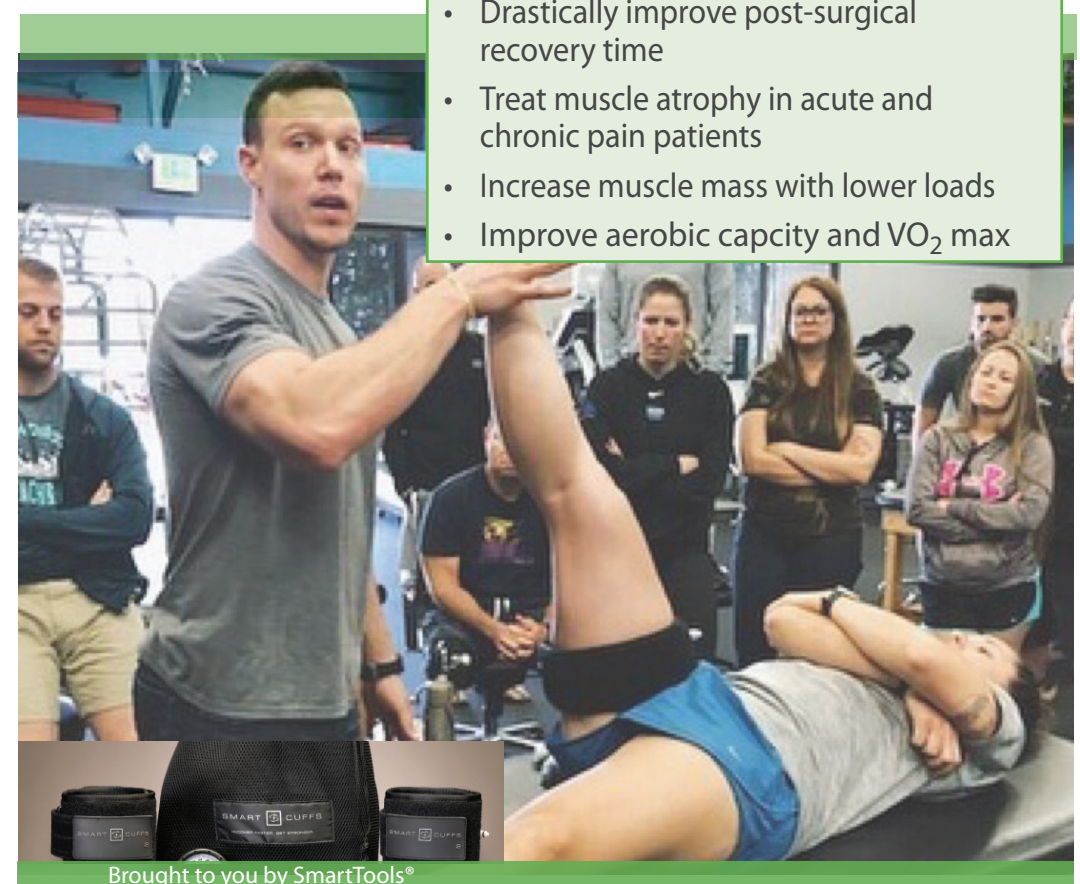
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# Blood Flow Restriction Training Certification

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  
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## 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  
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### Both Sets also include:

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

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# 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

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# Blood Flow Restriction Training Certification

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