

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 Schedule

- 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.



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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 VO₂ max

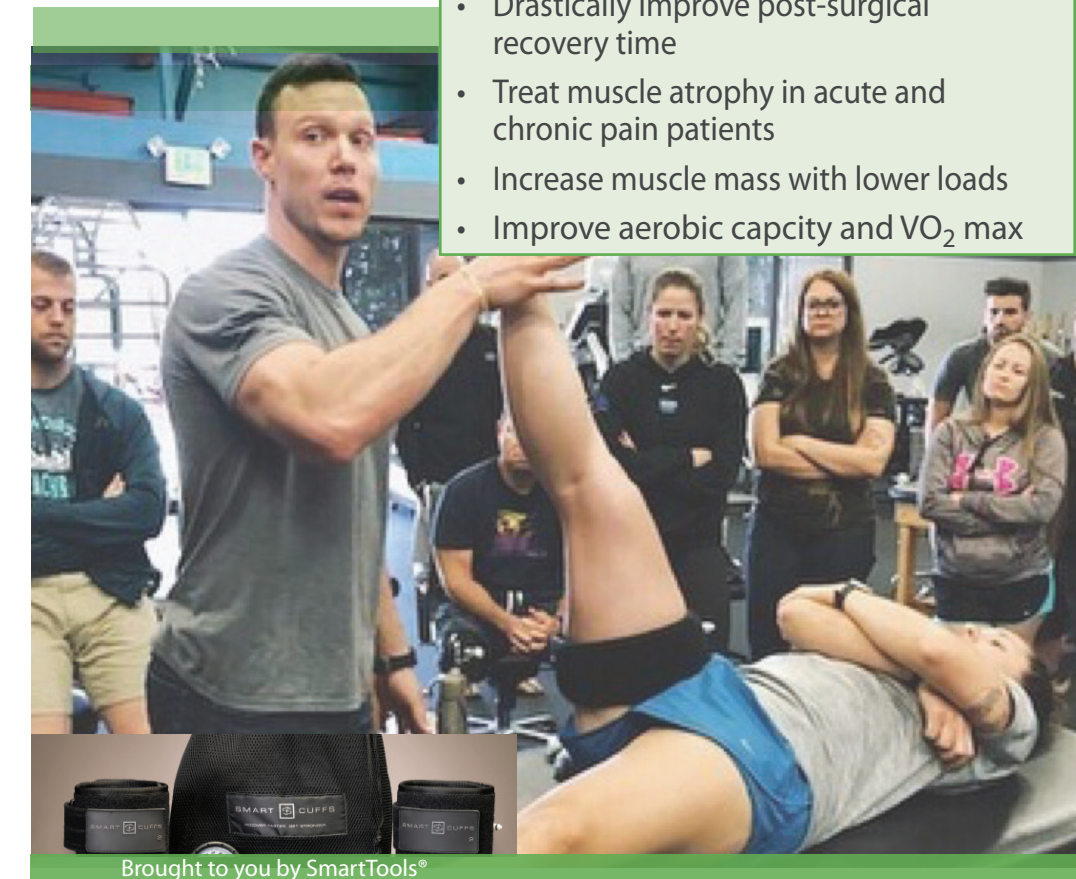
DEDHAM, MA
Friday
March 18, 2022

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Blood Flow Restriction Training Certification



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DEDHAM, MA
Friday, March 18, 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.

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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!
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MSRP ~~\$399~~ **\$349*** sale price
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- Carrying Case
- Mesh Bag
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Meet Your Speaker

Paul Colosky, Jr., has been changing his patients' lives with a wide range of innovative and personalized treatment techniques to speed the body's natural healing process for over 20 years. Paul is an entrepreneur, physical therapist, and instructor in the physical therapy, wellness, and fitness industries and is the owner of Valeo Human Performance, LLC. Paul believes strongly in both patient and physical therapist education, and that the PT-client partnership is critical to effectively getting past pain and back to function.

After completing enlistment in the US Air Force, Paul graduated from Colorado State University with undergraduate and graduate degrees in Exercise and Sport Science with an Athletic Training concentration and was focused on working with elite athletes. Soon after, he moved to Houston and completed his Masters of Physical Therapy degree in 2006 at the University of Texas Medical Branch in Galveston. He opened Valeo Physical Therapy in 2007, an outpatient physical therapy, wellness, and fitness clinic that served his community until the fall of 2018 before relocating to the Washington, DC area with his wife and daughter for a new adventure.

Paul's background in exercise science, cryogenic healing, nutrition, athletic training, strength and conditioning, and even NASA microgravity research keeps him looking for new and innovative techniques to help his clients get better faster. He enjoys teaching and speaking to the physical therapy community as a way to share evidence-based revolutionary techniques with the greatest reach. His specialties include Sports Medicine, Instrument Assisted Soft Tissue Mobilization (IASTM), Injury Prevention, Orthopedic Rehab, Shoulder, Knee and Spine Rehab, Kinesiology Taping, Multifunctional Movement Specialist (MFMS), Functional Movement Systems, ML830 Laser Certified Clinician, Whelton Myofascial Referral Technique Trained, Whole Body CryoTherapy Techniques, Trigger Point Dry Needling (TDN), and Blood Flow Restriction Training (BFRT).

Speaker Disclosure:

Financial: Paul Colosky is the owner of Valeo Human Performance, LLC/DBA Valeo Physical Therapy. He has an employment relationship with Medical Minds in Motion; and Smart Tools. Mr. Colosky receives a speaking honorarium from PESI, Inc.

Non-Financial: Paul Colosky is a member, Board of Directors for Higher Orbits Foundation.

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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Physical Therapists & Physical Therapist Assistants: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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Blood Flow Restriction Training Certification

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