HOW TO TRANSFORM YOUR CLINICAL PRACTICE WITH BLOOD FLOW RESTRICTION TRAINING

COURSE OUTLINE

## Online course 1.5 Contact Hours/ 0.15CEU's

Duration (in minutes)

| TIME | TOPIC |
|---|---|
| 6:34 | Introduction |
| 12:00 | BFR Science |
| 9:00 | Safety: indication and contraindication for Blood flow Restriction Exercise |
| 12:00 | BFR Tourniquet: precaution, device recommendations |
| 7:00 | Isquemic Preconditioning |
| 13:00 | BFR with resistance exercise |
| 6:00 | BFR with active exercise |
| 4:00 | BFR with electrical simulation |
| 5:00 | Bone Healing |
| 4:00 | Tendon Healing |
| 3:00 | Proximal, distal and contralateral gains |
| 4:00 | BFR Othobiologics |
| 6:00 | Rehab Guidelines |
| 6:00 | Assessment: The lecture module is followed by 6 assessment questions. The last assessment question is followed by a Course Evaluation Survey |