



GLASS TRAINING & EDUCATION

Blood Flow Restriction Training Certification

@ Virginia Tech

*Are you a PT, OT, AT, or S&C
professional interested in BFR, but
not sure where to start or how to
apply it to patients/clients?*

This full day comprehensive
certification course will answer all
your questions about BFR

Location and Details

Date:

April 23, 2022 ; 8:30 am—4:30 pm

Location:

Virginia Tech

Hahn Hurst Basketball Practice Center

605 Washington St.

SW Blacksburg, VA 24061

What you will learn

- ◆ History of BFR
- ◆ Review of muscular strength/
hypertrophy physiology
- ◆ BFR mechanisms and physiology
- ◆ Safety and Efficacy of BFR
- ◆ BFR Devices
- ◆ Research and Practical Applications
- ◆ Demonstrations and active sessions
throughout course — lunch included

Instructors

Susie Lachowski-Glass PhD, CSCS

Paul Marquis, PT

Visit: www.glasstrainingandeducation.com to sign up for the course (click site)

Contact: Glasstrainingandeducation@gmail.com for questions