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**Blood Flow Restriction Training & Therapy Certification Course  
Live Stream  
How to Prepare**

\*We are excited to have you attend our live stream BFR Training and Therapy Certification Course. Before attending, please read below on how to prepare prior to the course.

**To receive the full 8 contact hours and certificate from course completion, the following items/tasks must be completed or obtained before the course:**

**Need for course preparation:**

- Brachial Blood Pressure Cuff
- Elastic Pneumatic BFR System (Suggested B Strong System)
  - If you have another BFR system, please contact the instructors for prior approval
  - \*Must be a multi-limb system (Upper and Lower extremity bands/cuffs)
  - If you would like to order an elastic pneumatic system prior to course, please contact instructors for a discount → must give a minimum 2-week leeway to course start (choice of free t-shirt or hat comes with purchase of bands)
  - If multiple colleagues are taking the course together, you can share the BFR systems with one another during the course
- Computer and a strong WiFi connection
  - Video, sound, and microphone on computer for interaction with instructors and attendees
- Open space where physical activity can be performed
- \*Suggested to have some light weights or exercise bands/equipment for active BFR portions
- \*Suggested to have another person/partner present during active portions on applying the BFR system to patient/client. They do not need to be present for the full course.
- Each attendee must have registered and paid for the full course in order to attend and receive certification
  - This course is worth 8 contact hours (continuing education credits)
- Upon course completion, each attendee will take a short quiz as well as fill out a course evaluation form in order to receive the certificate
  - Quiz and Evaluation form will be provided on day of

\*The live course will not be recorded for later use and/or distribution