



GLASS TRAINING & EDUCATION

Blood Flow Restriction Training Certification

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

Details

Date:

June 5, 2022

Time:

8:30 am—4:30 pm

Location:

Jacked and Jilled/SoPo Physical Therapy
184 Main St. South Portland, ME 04106

Instructors

Susie Lachowski-Glass PhD, CSCS
Paul Marquis, PT

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

Included: Full BFRT Cert, t-shirt, instructor BIOs, BFR studies, BFR Reviews, BFR general info sheets, and references for clients/patients.

Special Discounted Rate***

\$325 Before 5/9/22

\$350 After 5/9/22

**lunch included*

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

Contact: Glasstrainingandeducation@gmail.com for questions