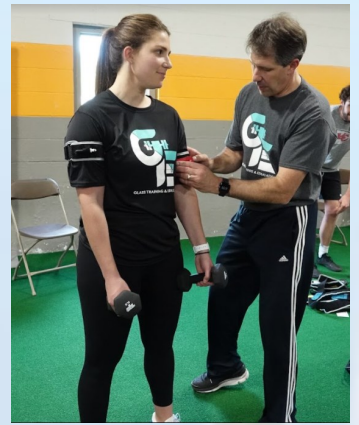




GLASS TRAINING & EDUCATION



# ***Blood Flow Restriction Training & Therapy Certification Course***

## **Who Should Attend?**

*PTs, PTAs, ATCs, Strength & Cond. Coaches, Personal Trainers, OTs, OTAs, & other Sports Performance Professionals*

## **Details**

### **Date:**

April 1, 2023

### **Time:**

8:30 am—4:30 pm

### **Location:**

Stephens Memorial Hospital  
Bob and Sandy Bahre Health Center  
159 Main St Norway, ME 04268

**CEUs: 8** (Inquire per state)

## **Instructors**

Susie Lachowski-Glass PhD, CSCS

Paul Marquis, PT

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

Contact: [Glasstrainingandeducation@gmail.com](mailto:Glasstrainingandeducation@gmail.com) for questions

## **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\*\*\***

***\$350 Before 3/1/2023***

***\$375 After 3/1/2023***

*\*lunch included*