



BFR Certification Day Itinerary

Topics

- Registration/Welcome
- **Introduction**
 - o Experience & use of BFR modality, devices, research, practitioner over the past 10+ years
- **History of BFR**
 - o Where did BFR originate?
 - o How did the modality grow to where it is today?
 - o Discuss BFR development through the past 5 decades
- **Muscular strength and hypertrophy review**
 - o Review of muscle physiology
 - Muscle fiber types and activation
 - Review of key musculoskeletal principles
 - o Strength training and hypertrophy mechanisms
- **BFRT Modality**
 - o What is it? Detailed description and explanations
 - o BFR physiology
 - Hemodynamic patterns
 - Mechanisms of activation
 - Local and systemic responses
- **Efficacy, Safety and Application of BFR**
 - o Studies
 - o Efficacy
 - o Safety
 - o Myths, common questions
- **Active Sessions and Demonstrations**
 - o Demonstration and use of various BFR devices
 - Rigid devices, rigid pneumatic devices, elastic devices, elastic pneumatic devices
 - Pros, cons, efficacy, and safety of each
- **B Strong System**
 - o Upper body work-out
 - o Lower body work-out
 - o Full body work-out
- **Summary review and Q&A**
- **Application activity**

*Lunch included in all in-person certifications