



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 25, 2022

### **Time:**

8:30 am—4:30 pm

### **Location:**

County Physical Therapy

82 Sylvan Rd. Bangor, ME 04401

**BOC CEUs: 8 Category A** (pending approval)

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

***\$325 Before 5/9/22***

***\$350 After 5/9/22***

*\*lunch included*