|  |  |
| --- | --- |
| sptlogo, web and ph.jpgBlood-Flow Restriction Training *A way to increase your strength with less strain to your joints*Loss of muscle or difficulty restoring muscle bulk and strength often occurs after an injury or surgery. And this lack of strength may be your barrier to returning to work or to your favorite activities. This is commonly addressed in Physical Therapy with a specific exercise program. **You may benefit by adding Blood *Flow Restriction Training* to your fitness routine.** Blood Flow Restriction works by temporarily limiting the oxygen available for muscle to use thus creating a similar chemical environment to that of high intensity resistance training. This in turn stimulates muscle hypertrophy but the amount of weight being lifted is 20-30% of that of power lifting. A wonderful benefit to the muscles with less strain on the joints!This technique was pioneered in the 1960s, and is now commonly being used to in PT clinic and rehabilitation centers, as well as by professional sprots teams and the military. Your PT’s firm foundation in anatomy and physiology, combined with clinical reasoning will decide if BFRT will be helpful and safe for you. This technique is firmly supported by numerous research studies. Marcia – we have a photo of a patient using our BFRT cuff to use with this card.  | Sound Physical Therapy is a locally owned physical therapy practice with an experienced, skilled staff committed helping you achieve your maximum level of recovery and wellness. Blood flow restriction training (BFRT) may be included in your care along in combination with of hands on manual techniques, therapeutic exercise, movement training, and guided progression of activity or sport.**Research supports the use of BFRT:**● To prevent the loss or change of muscle fiber composition due to injury, surgery, or being required to rest or while non-weight bearing● To build muscle strength while using lower weights which protects joints, tendons and ligaments●To support muscle health while doing aerobic activities at a lower intensity and durations which protects joints, tendons and ligaments.BFRT may be of benefit for:+ surgical repairs of ligaments and tendons+ surgeries which require rest or limited use while recovering such as rotator cuff repairs, foot surgeries and joint replacements+ muscle, ligament and joint sprains that do not tolerate high loads while healing+muscle atrophy and weakness that is not responding to exercise alone+ surgical repair or debridement of meniscusStephen D. Patterson, et al: Blood Flow Restriction Exercise: Considerations of Methodology, Application, and Safety. Front. Physiol., 15 May 2019Daniel S. Lorenz, Lane Bailey, Kevin E. Wilk, Robert E. Mangine, Paul Head, Terry L. Grindstaff, Scot Morrison; Blood Flow Restriction Training. J Athl Train 1 September 2021; 56 (9): 937–944.  |