



RESTORING FUNCTION ONE PATIENT AT
A TIME

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Blood Flow Restriction Training (BFR)

The concept of BFR originated in Japan in the 1960s following a skiing accident. Initially BFR was referred to as KAATSU training. The intent of BFR is to apply external pressure around a limb to occlude venous return but allow arterial in flow.

The cuff is worn for several minutes while the individual performs 3-4 set of a particular exercise while the cuffs are inflated, then the cuffs are deflated. This process can be repeated for a few exercises in a session.

Benefits of BFR include:

- Improved bone density
- Improved muscle strength
- Improved muscle size
- Increased blood vessel density
- Increased tolerance to ischemic conditions



*The benefits of BFR are comparable to standard heavy resistance training but can be observed with weights as little as 30% a 1 repetition max

**Heavy load resistance training is still the gold standard for these adaptations

***BFR should not be done without the supervision of a trained professional!!!! Do not try to attempt this on your own. If you have any questions call your therapist or trained medical provider.