



**Lifestyle**  
**Physical Therapy**  
*Improving Quality Of Life*

*“Committed to Improving Quality of Life”*

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### **What is blood flow restriction training (BFR)?**

It's a novel treatment protocol that involves the application of pneumatic cuffs to a targeted limb. **A doppler ultrasound is used to determine the precise amount of pressure needed.** Once the cuffs are applied at the appropriate pressure to *reduce (not cut off)* blood flow to the targeted limb, the individual wearing them then exercises with the cuff on. This reduction in blood flow allows someone to gain muscle while exercising with minimal intensity which allows someone to recover from an injury faster.

### **How does it work?**

Typically to build muscle, you have to exercise at a high intensity. If someone is limited after surgery or simply has pain, it can be difficult or impossible to reach this intensity. However, with blood flow restriction training, exercising at a low intensity causes a significant increase in growth hormone, along with IGF-1 and MTORC1. These are important in the process of increasing muscle mass thus allowing us to build muscle at low intensities. This reduces how much muscle damage is done during exercise thereby allowing for a quicker recovery.

### **Who can use it?**

Most people can benefit from blood flow restriction training. It's been used by athletes such as LeBron James, Dwight Howard, Ryan Fitzpatrick and more but that doesn't mean it's just for pro athletes. Anyone who is looking for an additional way to get stronger can benefit from BFR even if they are not in pain. Your physical therapist will evaluate you and determine if you are an appropriate candidate based on your medical history.