

Blood Flow Restriction Therapy (BFRT)

Improve muscle strength with less stress on the body

Blood Flow Restriction Therapy (BFRT) is limited occlusion of arterial and venous blood flow by applying a tourniquet to the upper or lower extremity during movement. It helps with skeletal muscle adaptation, systemic body changes, and cardiovascular benefits when applied at rest, with low intensity endurance exercises, or low load resistance training, allowing for improved muscle strength and aerobic capacity with less stress on the body. BFRT can help in most scenarios where a patient needs to preserve or improve strength, but is unable to tolerate the heavy loads required for traditional strength training due to pain or postoperative status.

BFRT has been widely adopted in recent years by major medical systems, professional sports teams, and countless physical therapists. The volume of research on BFRT has grown significantly over the past decade, as the US military began to experiment with BFRT as treatment for soldiers injured in Afghanistan and Iraq and in 2018, the American Physical Therapy Association declared that BFRT is part of the professional scope of practice for physical therapists.

Common post-operative conditions where BFRT can be applied include recovery of ACL reconstruction, total joint replacement, achilles repair, meniscectomy, and rotator cuff repair. Indications for non-operative application of BFRT include sprains, osteoarthritis, pre-surgical strengthening, and generalized atrophy or muscle weakness. Contact us today to learn more about how we can help your patients recover from injuries with BFRT.

Read more at [Therapydia.com](https://www.therapydia.com) | 800-842-2896

About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

PATIENT SATISFACTION



4.9 OUT OF 5

Therapydia is committed to the highest levels of customer satisfaction with an average of 4.9 stars (out of 5) and more than 20,000 reviews.

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NEW PATIENTS**

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