Blood Flow Restriction (BFR) Therapy is an innovative approach to rehabilitation that uses controlled blood flow restriction during exercise to promote strength gains while reducing the stress placed on joints. BFR can help patients safely build strength and support their return to function. Performing exercises with blood flow restriction promotes quicker strength gains with less stress on joints.



Images provided by: Delfi Medical Innovations Inc.

BLOOD FLOW RESTRICTION THERAPY

Patient populations may include:

- Athletes post surgery and to prevent surgery
- THA
- TKA
- Sarcopenia
- Aging
- Central Nervous System disorders
- Generalized weakness of the extremities
- Soft tissue injuries
- Promote strength during non-weight bearing periods

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Contraindications:

- Vascular compromise
- Severe hypertension
- Cancer
- Wounds/infections
- Open fractures
- Pregnancy
- Sickle Cell Anemia
- Lymphedema



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Frequency and duration: 2-3x/week for 8-10 weeks for best results

Blood Flow Restriction (BFR) Therapy helps promote faster strength gains with less stress on the joints. This innovative rehabilitation technique can support post operation recovery, improve general strength, and even help maintain muscle strength during periods of limited or non-weight bearing.

IF YOU OR SOMEONE YOU KNOW COULD BENEFIT FROM THIS PROGRAM PLEASE CALL

580.251.8460

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