

## **BFR for the Rehabilitation Setting**

**Course Summary** - BFR (Blood Flow Restriction) exercise is an emerging field that is creating new opportunities for all levels of Health Care Professionals in the USA.

B3 Sciences is leading the way in BFR with BFR Bands called B3 Bands. 11,000+ health care professionals, athletes, teenagers, adults and seniors are experiencing excellent results with B3 BFR Bands.

Learning how to use and implement BFR will be an important skill needed by health care professionals in today's world of exercise and rehabilitation.

B3 Sciences will present a 6-hour training course designed to give the health care professional a solid foundation and understanding to implement BFR into their treatment protocols.

The training course will consist of discussing history and sciences of BFR, practical applications, contraindications, and then a 1 hour hands on training session.

Following the course, the professional will be ready to implement BFR with B3 Bands into their treatment protocols.

### **Course Price:**

\$249.99

### **Program Agenda -**

Hour 1:

History of BFR  
How BFR Works  
BFR Studies & Research

Hour 2:

B3 Bands Multiple Air Bladder Technology Differences in other BFR Bands Dangers of using BFR Bands Pre-Cautions and Contra-indications to BFR

Hour 3

How to apply BFR Bands  
Exercise Protocols with BFR Bands  
Rehab Protocols with BFR Bands

Hour 4-5:

Practical Application Testing, must be able to:

- Take history for and know the BFR contraindications
- Apply B3 Bands, and pump to correct pressure
- Check for Blood Flow, Capillary Filling Response
- Assess fatigue level during exercise & rehab
- Recognize contraindications to continuing BFR session
- Make band pressure adjustments based on patient, client response

Hour 6:

How to educate Patients about BFR

How to educate and refer non patients to BFR

Q&A

**Instructor Background/Expertise -**

Dr. Mike DeBord, President and CEO of B3 Sciences

- Former Certified Sports Chiropractor 1988 - 2003

- 4 Years of use, research, and experience using and applying BFR

- 4 years of reviewing over 300 papers, studies, and reviews of BFR

- Vast knowledge of all the BFR bands on the market today

- 11,000 Current Customers & Clients using B3 BFR Bands

- 2 years of educating Clinics, PTs, Doctors, and ATCs on how to implement BFR

- BFR Consultant to many Sports HS, Collegiate, Olympic, and Professional sports teams

**Location of Program -**

Onsite in State, and Online via Zoom

**Contact Information of Course Sponsor -**

Dr. Mike DeBord, President and CEO of B3 Sciences

(937) 829.6655

**Next Course Date**

See Online Schedule

**Method of Certifying Attendance-**

Sign-in sheet (In person)

Pre and Post Attendance Taken (online)

Post Course email (In person and online)