

## Outline

### Implications for Clinical Settings

- Physiological mechanisms
  - Effects on strength, hypertrophy and cardiovascular function
  - Arterial vs venous occlusion
- Mechanical vs metabolic hypertrophy
- Current evidence in research
- Broader implications
  - Avoid muscle loss after surgery
  - Lower intensity effort that results in improvement

### Differences in Stimulus: The Various Tools of BFR

- Occlusion application
  - Compression wraps and BFR bands
  - Cuffs and tourniquet systems
- Application zones

### Who Should Attend

- Physical Therapists
- Physical Therapy Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Strength and Conditioning Coaches
- Personal Trainers

### What to Wear

- Please wear comfortable and loose clothing for labs. Shorts are recommended.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

**Questions?** Visit our FAQ page at [www.pesirehab.com/faq](http://www.pesirehab.com/faq) or contact us at [www.pesirehab.com/info](http://www.pesirehab.com/info)

### What are the Magic Numbers?

- Modifiable Variables
  - Load vs Reps vs Occlusion
- Compression scale
  - Relative vs absolute pressure
  - Limb circumference and occlusive pressure

### Practical Applications

- Considerations for exercise stimulus
- Upper extremity exercises
- Lower extremity exercises
- Elderly and post-surgery
- Healthy and athletic populations
- Increasing aerobic capacity
  - VO<sub>2</sub> Max

### Treating Your Patients

- Which diagnoses respond best to treatment?
- Atrophy, sarcopenia
- Limitations, safety and contraindications

### What to Bring

- Yoga mat or massage table (if applicable)

### Live Seminar Schedule

**7:30:** Registration/Morning Coffee & Tea

**8:00:** Program begins

**Lunch:** 70 minutes (on your own)

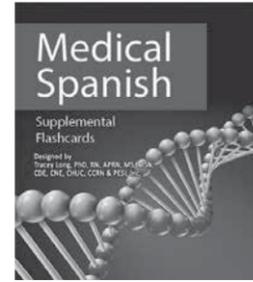
**4:00:** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



## FREE Flashcards

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# Blood Flow Restriction Training Certification



- Drastically improve post-surgical recovery time
- Treat muscle atrophy in acute and chronic pain patients
- Increase muscle mass with lower loads
- Improve aerobic capacity and VO<sub>2</sub> max

**Silver Spring, MD**

Wednesday, April 22, 2020

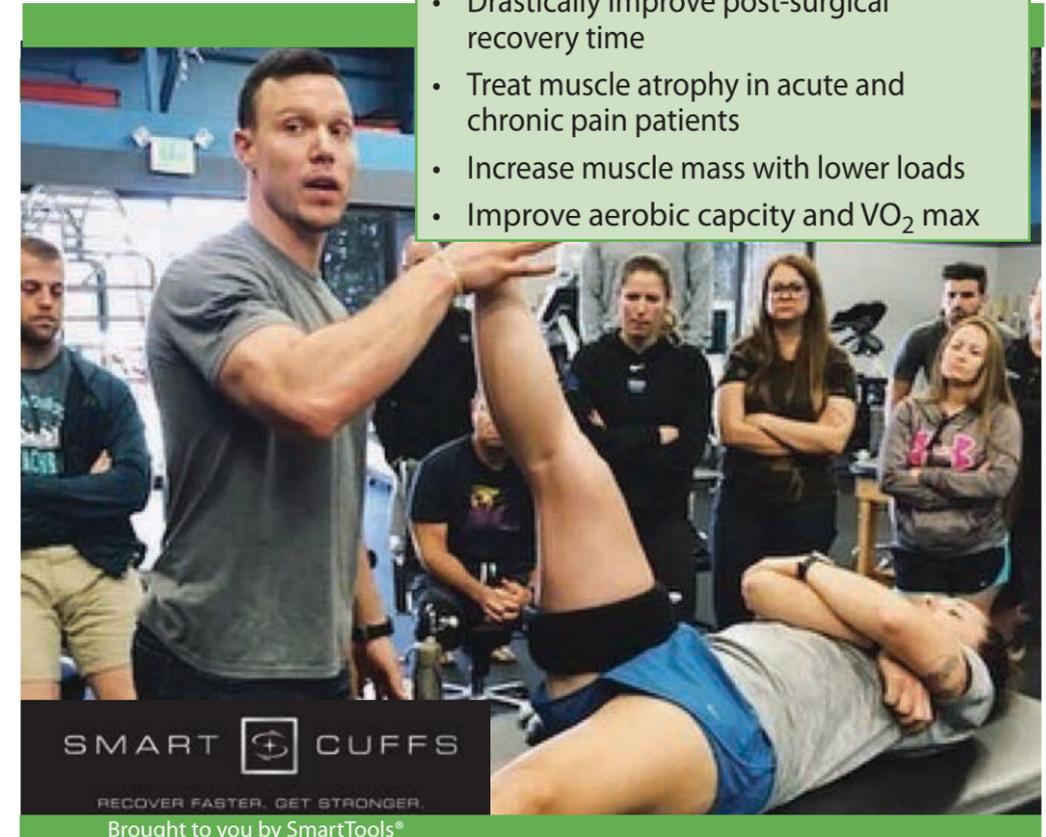
**Fairfax, VA**

Thursday, April 23, 2020

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

## Blood Flow Restriction Training Certification

The physical limitations of your patients lead to significant muscle loss during recovery. What if your patients had the ability to increase strength and hypertrophy early in the rehabilitation process without re-injury? With this treatment, they can. Blood flow restriction (BFR) is taking the rehabilitation world by storm.

This Certification Training will build the core competencies you need to bring BFR into your clinical practice and effectively use it with a wide range of client types. You'll be given a roadmap to treat individuals using the skills and techniques from BFR so you can help your most challenging clients reach new levels of healing:

- Drastically improve post-surgical recovery time
- Greater strength gains with lighter loads
- Increase aerobic capacity and VO2 max
- Decreased risk of injury and healing time during immobilization

Transform your practice with this SmartCuffs® BFR Certification that will provide several hours of hands-on experience. You'll feel confident in your BFR skills and will be able to implement this technique into your practice immediately and speed up recovery for your patients.

## Speaker

**Dr. Yordan Ascanio, DPT, Cert. BFR, Cert. DN**, is a Cuban native who completed a Doctorate of Physical Therapy from Florida International University in Miami. He is the owner of Healthy Body Physical Therapy in Lake Norman, NC where they have spearheaded Blood Flow Restriction Training for rehab and performance. He is also owner of bfrtraining.co, a company focused on helping providers maximize their success with BFR training.

He works closely with physicians and surgeons in the area on the implementation of BFR for rehabilitation, whether surgical or non-surgical. Having logged many BFR training hours with patients and athletes, he seeks to help clients, trainers, coaches and clinicians on the significant impact this technology can have.

Dr. Yordan has been recognized by the United States Olympic Committee for working with athletes in preparation for the 2014 National Swimming Championships and the 2016 Olympic Games. He is also the physical therapist for Queens University Swimming, 2019 NCAA Champions.

Speaker Disclosure:  
Financial: Yordan Ascanio is the owner of Health Body Physical Therapy. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Yordan Ascanio has no relevant non-financial relationship to disclose.

## Objectives

1. Examine the benefits of blood flow restriction (BFR) training.
2. Identify indications and contraindications of BFR training.
3. Demonstrate safe and effective placement of BFR cuffs.
4. Compare various uses of BFR on the spectrum of rehabilitation and performance.
5. Analyze the utility of BFR in the rehabilitation setting.
6. Develop a training program for a potential patient or client.

*"The presenter was extremely knowledgeable about the subject matter and was able to deliver the information in a way that the practitioners in the room could immediately apply. The content was a perfect blend of evidence with real world experience. The amount of information I was able to take away from a one day course was amazing and I highly recommend this course to people working in all areas of the human performance field."*

~ Chase Phelps, MS, RSCC, Director of Sports Science, Stanford University



The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Ryan Bartholomew at [rbartholomew@pesi.com](mailto:rbartholomew@pesi.com) or call 715-855-8225.

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**Kit Includes:**

2 cuffs (size 2 and 4)  
Standard hand gauge  
Travel case

MSRP ~~\$350~~ **\$315\*** sale price  
NBA086230



### SmartCuffs® Clinical Set with Doppler

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10 cuffs (two of each size)  
Doppler  
Premium hand gauge  
Travel case

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NBA086235

Limb Size (inches)	6-11"	11-16"	16-22"	22-29"	29-38"
SmartCuff® Size	1	2	3	4	5

\* Price with seminar registration

REHAB SUMMIT

LAS VEGAS

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[rehabsummit.com](http://rehabsummit.com)



PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

### Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**Athletic Trainers:** PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.25 hours of Category A continuing education.

**Personal Trainers:** This course has been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.



**Physical Therapists & Physical Therapist Assistants:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**Maryland Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

**Virginia Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the Virginia Physical Therapy Association. Credit is pending.

**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

## REGISTRATION FORM

### BLOOD FLOW RESTRICTION TRAINING CERTIFICATION

**SAVE TIME! Express Register Online: [pesirehab.com/express/78293](http://pesirehab.com/express/78293)**

**1 Please complete entire form if sending by mail** *please print legibly*

\*Email address \_\_\_\_\_  
**\*Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name \_\_\_\_\_ Profession \_\_\_\_\_

Billing Address \_\_\_\_\_  Home  Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_  
**\*Required for event updates**

**2 Select Location** (make copy for your records)

**SILVER SPRING, MD • April 22, 2020** (78293SLV)  
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**3 Select Tuition**

**TUITION** including seminar manual  
**\$249.99** – choose one of the options below:  
 per person for 2 or more preregistering together —OR—  
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**\$279.99** standard

**ADD-ON PRODUCTS** — Save on Shipping! — Products Distributed at Seminar

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**4 Select Payment Method**

**All registrations must be prepaid.**  
 Check enclosed payable to **PESI, Inc.**  
 Purchase order enclosed (Fed ID # 26-3896894)  
 MC 16 digits  VISA 13-16 digits  AE 15 digits  Discover Novus 16 digits  
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#### ADA NEEDS

We would be happy to accommodate your ADA needs; please email [info@pesi.com](mailto:info@pesi.com) or call 1-800-844-8260 at least two weeks prior to the seminar date.

#### SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

#### TUITION OPTIONS

*Advance registration required. Cannot be combined with other discounts.*

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students (on live seminar and live video webcast tuition). *Advance online registration required.*

#### QUESTIONS

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#### OTHER WAYS TO REGISTER

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Mail: PESI Rehab  
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Eau Claire, WI 54702-1000

Phone: 800-844-8260  
Online: [pesirehab.com/express/78293](http://pesirehab.com/express/78293)

#### CAN'T ATTEND THE SEMINAR?

##### Blood Flow Restriction Training Certification

— **Online Digital Seminar\***  
\$219.99 (POS063985) (Email required)  
— **Seminar on DVD\*\***  
\$219.99 (RNV063985)

Product total \_\_\_\_\_  
Shipping - \$6.95 (DVD only) \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
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\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IA, IL, IN, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.

\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR  
CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.