Mindluster Platform

About the course Blood Flow restriction applications

Blood Flow restriction applications course, in this course participants will explore the diverse applications of blood flow restriction (BFR) training. From its use in muscle hypertrophy and strength gains to its application in rehabilitation and sports performance enhancement, learners will gain comprehensive insights into the benefits and methodologies of BFR. Through theoretical discussions and practical demonstrations, participants will understand how to safely and effectively implement BFR techniques in various settings, optimizing outcomes for both athletes and rehabilitation patients.

Medical Category's Courses

Course Lesson(8)

Lesson 1 : **Blood Flow Restriction Training Podcast Part 2 with guest Susie Lachowski PhD CSCS**

Lesson 2 : **Blood Flow Restriction Training Application with the B Strong Bands**

Lesson 3 : **Blood Flow Restriction Exercise Prescription**

Lesson 4 : **Tennis Drills with Blood Flow Restriction Training**

Lesson 5 : **B Strong Blood Flow Restriction Band Valve Fix**

Lesson 6 : **FREE 1hr Intro to Blood Flow Restriction Webinar**

Lesson 7 : **Paul s BFRT Video for Susie 2021**

Lesson 8 : **BFRT Q A for Susie video**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
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