

Blood Flow Restriction Training

What is it?

Think of it like **altitude training for your muscles**. Under the supervision of a Physical Therapist with a certification in Blood Flow Restriction Training, we partially constrict blood flow with special cuffs to a specific percentage. We then perform very light exercises, around 20-35% of your one-rep maximum for strength (high load strength training utilizes 65-90%), or light aerobics equivalent to a brisk walk.

What does it do?

The lack of oxygen to the tissues and the build-up of metabolites forces the body to rapidly create adaptations as if you were doing high intensity exercise with minimal load through the body. The effects include **stronger muscles, quicker recovery, springier tendons, healthier vasculature, denser bones, production of growth hormone, increased aerobic capacity, and much more**. BFR pretty much amplifies all the positive effects of exercise, but with less need for muscle breakdown and heavy loads through the joints.

How Effective is it?

The research is robust and positive in support of BFR being an extremely effective training tool whether you are recovering from an injury or trying to boost your results. The real question is: is it more effective than traditional strength and traditional cardio training. It is **clearly superior to traditional cardio training in increasing aerobic capacity in a third the time without the hypertrophy and strength blunting effects** (in fact, it can even improve hypertrophy and strength). Traditional strength training **requires over twice as much load to get close to the same result as BFR training**.

How Safe is it?

It is very safe as long as you are not categorized as a high risk, you apply with the proper parameters, and you are monitored properly.

