

BLOOD FLOW RESTRICTION (BFR) TRAINING: THEORY & APPLICATION

Presented by Dr. Sten Stray-Gundersen, PhD

DATE November 12th	TIME & VENUE 12:00 PM - 4:00 PM MT Live Face-to-Face Presentation
REQUIREMENTS Target Audience: Athletic Trainers (Level: Essential) Required Materials: None	COST FREE

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COURSE OBJECTIVES

- **Discuss** the history and evolution of BFR training.
- **Explain** the benefits of Blood Flow Restriction Training.
- **Discuss** the local and systemic mechanisms of Blood Flow Restriction Training.
- **List** the indications and contraindications for BFR Training for Elastic versus Rigid BFR systems.

CONTINUING EDUCATION

B STRONG (BOC Approved Provider #: [Insert Number]) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of **4 Category A hours/CEUs**. ATs should claim only those hours actually spent in the educational program.

POLICIES

- **Cancellation:** This is a free course. If cancelled, participants will be notified electronically via their registration email.
- **Non-Discrimination:** B STRONG does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, or age in any of its continuing education activities.