

BFR

Blood-flow restriction training can help you to make greater strength training gains while lifting lighter loads, thereby reducing the overall stress placed on the limb. It's a concept with research dating back to the 1930s with published and ongoing trials to validate its efficacy and safety. BFR is most commonly performed with exercise, and the most established benefit is adaptations in muscle quantity and quality.

By applying the right amount of external pressure to an extremity, it's possible to maintain arterial inflow while occluding venous outflow distal to the occlusion site.

Blood flow restriction is a hot topic in the profession, and explorations of its potential benefits are expanding. Once a novel treatment, blood flow restriction or BFR, has rapidly become a standard of practice across clinics, health care systems, and professional and collegiate sports. BFR involves the application of a tourniquet cuff to the proximal portion of an extremity to partially restrict arterial blood flow.

<https://www.osteostrongfl.com/wp-content/uploads/2020/09/Blood-Flow-Restriction-Rehabilitation-for-Extremity-Weakness-A-Case-Series.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8329318/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8104249/>

https://www.physio-pedia.com/Blood_Flow_Restriction_Training