

Now accepting in person and Telehealth appointments.
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ADI REHAB



BLOOD FLOW RESTRICTION

What is BFR?

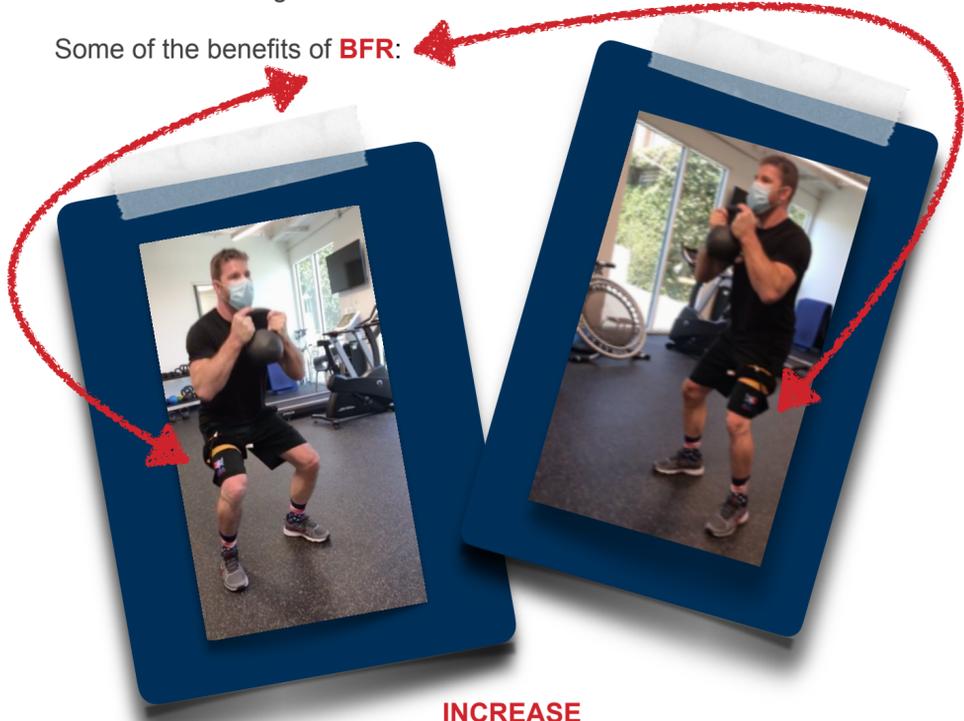
Blood Flow Restriction BFR training is a type of compression assisted strength training that uses a monitored and regulated band system which is similar to a tourniquet, or a blood pressure cuff to partially restrict blood flow while strength training or recovering from an injury or surgery.

This heavily studied and validated training allows you to work out with 1/3 less weight, 1/3 less time and 1/3 less stress or resistance on the limb, while still benefiting from increased muscle growth, endurance and strength.

At **ADI Rehab** a therapist will apply a compression band on your arm(s) below the shoulder for the upper extremities or below the hip(s) for your legs, in order to limit the blood returning out of the arm/leg and back to your heart, while still allowing arterial blood to carry oxygen to your muscles.

Normally weightlifting without **BFR**, you would have to work out using 60-70% and even 100% of your one-rep max for your muscles to grow bigger and stronger. By using **BFR**, you can reduce the weight, time and force to 1/3 and still get a faster metabolic response without the extra load on your muscles, joints, ligaments, bones and cartilage that you would have with normal training.

Some of the benefits of **BFR**:



INCREASE

- strength with only 30%
- Muscle hypertrophy with only 30% load
- Muscle endurance/strength in 1/3 the time
- Growth hormone production

IMPROVE

- Strength and limit atrophy post surgically
- Muscle activation
- Muscle protein synthesis in the ageing

Strength Training Program



Reaching health and fitness goals takes a multifaceted approach. While it may seem like getting healthier is as simple as a commitment you have to make, everyone has experienced that there is a lot more to it than that.

The time you have to invest whether it be short term or long term is extensive when you consider travel time to and from and the time it takes to accomplish the workout, it can be up to 1.5- 3 hours a day at 2-3 times a week you will be looking at a time investment per week of 4.5- 9 hours a week. Once you have committed to some proportion of your week to spending this time on your personal development and health, you can quickly realize that you need the most efficient and effective workout you can find. The scientific knowledge that is granted to trainers currently can leave not only you but also your trainer at a loss of how to effectively reach your goals.



At **ADI Rehab's** fitness and strength program we are constantly researching and developing an effective workout to reach your **SPECIFIC** goals in a class format.



Everyone is anthropometrically different and has unique traits that do not fit a one size fits all approach to your fitness in a class structured environment. Offering a customizable approach in a class structure requires a scientific approach and a large complex knowledge base as well as a specific protocol designed for you and your health.

Join **ADI Rehab's** fitness program designed for you.

A tailored program for you and your family in a friendly class structure that conveniently permits you to get the most out of your time investment with our human performance specialists and team of medial professionals.