



# BLOOD FLOW RESTRICTION COURSE

March 23, 2024 8:00 am- 5:15 pm  
Stapleford Health and Rehab Centre

Blood Flow Restriction Training (BFR), a revolutionary technique that is transforming the fields of physical therapy, injury rehabilitation, and bodybuilding. By partially restricting blood flow to muscles using specialized cuffs or bands, BFR offers a range of benefits from muscle activation to rehab training. Whether you're an athlete looking to enhance your performance or a healthcare provider aiming to offer innovative solutions, BFR is the future of strength and endurance training. This course is open and applicable to all rehab practitioners.

## Why Blood Flow Restriction Training?

- Enhanced Cardiovascular Performance
- Time Efficient Workouts
- Improved Endurance
- Faster Recovery
- Increased Muscle Size and Strength
- Improved Injury Rehab
- Increased Muscular Strength

**\$699**

EARN 19.5 CEUs



Register for Course  
[cnightingale@staplefordhealth.ca](mailto:cnightingale@staplefordhealth.ca)



Learn More About Course  
[www.bfrtraining.com](http://www.bfrtraining.com)

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