

Blood Flow Restriction Training: Is it a GAME CHANGER?

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Orthopedic

Pelvic Health

Balance

**What is Blood Flow Restriction Training and How Can it Aid My Recovery From Injury?**

When recovering from an injury, there are many tools and modalities that can help aid in your recovery. One of the more recent and exciting techniques that we have recently begun using at LifeMotion is called Blood Flow Restriction Training (BFRT). Essentially, BFRT is accomplished by placing a personalized tourniquet around your limb that reduces but not completely occludes blood flow while performing an exercise. **You may be asking, why would I want to limit my blood flow while exercising?** In short, when performed accurately and safely in a clinical setting, BFRT has been shown to allow someone to exercise with lower intensity loads but still have the benefits of high intensity training. By limiting blood flow during exercise, this causes a buildup of metabolites in your limb and creates a low oxygen environment resulting in increased muscle fatigue and activation. This fatigues your muscles without placing too much stress on your joints thus speeding up your recovery.

When utilizing a technique like BFRT, it is important to perform in a safe environment and under the evaluation and supervision of a trained expert.

At LifeMotion, we utilize a Personalized Tourniquet System from Delfi Medical that automatically calculates and maintains a safe amount of pressure being applied by the tourniquet. Before utilizing a technique like BFRT, assessment from a therapist is necessary. If you're interested in BFRT and would like to know more on how it can help you recover from injury or surgery, call or click to make an appointment with one of our physical therapists at LifeMotion today!

[Schedule an Appointment](#)**Service Highlight: Blood Flow Restriction**

There are a variety of injuries and conditions that can benefit from BFRT. Perhaps you've recently had surgery on your shoulder or knee, or maybe you've had an injury that doesn't require surgery but want to improve your function and reduce your pain. BFRT is a safe and effective technique that can aid in rebuilding muscle strength and healing in your recovery. For an example of what exercising with BFRT looks like, check out the video!

[WATCH VIDEO](#)**Your LifeMotion Spotlight: Garrett Field, PTA**

Diamonds may be a girl's best friend, but the baseball diamonds Stillwater-born Garrett Field ran at Penn State lost all their glitter—and that's a good thing. He recognized that baseball wasn't leading where he wanted to go. So, he came home to Oklahoma State and majored in Nutrition and Pre-Med. This change in course ultimately led him to his current Physical Therapy Assistant position here at LifeMotion.

But not before a five-year stint as an oil and gas landman working out of Edmond. While visiting courthouses and landing leases afforded him autonomy and freedom, it didn't bring the personal reward he wanted. That's why he entered Physical Therapist Assistant School in 2017. While there, he started working as a technician at LifeMotion. Two years later, after graduating, he joined our team full time.

"There's a lot of learning in this job every day," Garrett says. "Working side-by-side with great providers has helped me grow as a clinician."

Garrett has enjoyed exercising his whole life—starting in high school and then college baseball. During that time, he experienced the receiving end of physical therapy. That opened him up to the idea of physical therapy and all its challenges. At LifeMotion, you'll often find him working with many post-surgical cases.

"Once you go through something traumatic, you don't know if you'll be the same again," Garrett says. "It's super satisfying to help get them back to the person they were before, doing the things they enjoy."

What's next for Garrett? Because he's found rewarding work in physical therapy, he's set his sights on starting DPT (Doctor of Physical Therapy) school.

[Learn More About Our Team](#)**A Message from Ryan**

"It's a game changer," said Dr. McKay over and over to me in October 2020. He and Garrett had just finished up a continuing education course with Owens Recovery Science, the leader in Blood Flow Restriction education. They went on to share how it speeds up recovery after all types of orthopedic surgeries, improves outcomes after injury, and allows muscle training for many folks in our clinic who typically have a hard time tolerating enough load to change their functional strength. Of course my next question was, "What does it cost?" At nearly \$6k for the Delfi unit, I paused.

But they kept after me about the technology and more research came out including an endorsement from the American Physical Therapy Association. So a year later we added BFRT to our suite of treatment options at LifeMotion. They were absolutely right, it is a game changer for so many conditions - post-op joint replacements, ankle sprains, rotator cuff injuries, hamstring strains - the list goes on and on. And the thing I really like about the technology is that it speeds up healing by stimulating your body to use its own healing powers.

We tell our clients all of the time, tissues heal. You just have to be patient and disciplined enough to see your recovery all of the way through. By adding BFRT, we are providing one more way for our greater Tulsa area clients to get their bodies back in LifeMotion. Come give it a try!

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