

FOR ALL HEALTH AND
FITNESS PROFESSIONALS

GET BFR CERTIFIED!

CHANGE THE WAY YOU
APPROACH:

STRENGTHENING
REHABILITATION
TENDON MANAGEMENT
POST-OP PROTOCOLS
PROGRAM DESIGN
SPORT RECOVERY
ACL MANAGEMENT
ROTATOR CUFF REPAIRS
VO2 MAX TRAINING
ECCENTRIC LOADING
EXERCISE PRESCRIPTION
ATROPHY MANAGEMENT
NEUROLOGIC DISORDERS

BFRseminars.com

TESTIMONIALS

"THIS COURSE WAS
ENGAGING FROM START
TO FINISH, WITH THE
PERFECT AMOUNT OF
SCIENCE TO MAKE IT EASY
TO APPLY SOUND
CLINICAL REASONING"

"THE LAB PORTION OF
THIS COURSE REALLY
ALLOWS YOU TO FEEL THE
DIFFERENCES BETWEEN
THE DIFFERENT BFR
UNITS, AND WHAT WOULD
WORK BEST FOR MY
CLIENTS."



**Blood Flow
Restriction Training:
"What The Cuff"**
From Rehab to
Performance

HOSTED BY



DEPARTMENT OF
PHYSICAL THERAPY &
REHABILITATION SCIENCE

September 11, 2022
6.5 CEU contact hours

UCSF Physical Therapy
Sunday, September 11th

8:30 AM - 3:30 PM

1500 OWENS ST, SUITE 400, MISSION BAY
SAN FRANCISCO, CA, 94158

ABOUT THE COURSE

Blood flow restriction training (BFR) is an invaluable tool to improve strength, mobility, and performance that is becoming increasingly available and supported by research.

This course combines strong evidence-based foundations with interactive labs to prepare the professional to safely and effectively implement BFR. Our labs will include 9 different BFR units for practice. By the completion of this course, participants will be prepared to perform a comprehensive assessment of BFR safety, implement multiple use applications, and program the appropriate exercise prescription for a wide range of populations.



COURSE OUTLINE

ONLINE PRE-COURSE BACKGROUND (45')

8:30-9:45 EVIDENCE-BASED APPLICATIONS

9:45-10:30 THE VARIOUS BFR UNITS LAB

10:30-11:30 LAB ON OCCLUSION CHOICES

11:30-12:00 MANUAL VS AUTOMATIC

12:00-1:00 LUNCH

1:00-1:30 SPECIALTY POPULATIONS

1:30-2:30 SPECIALTY POPULATIONS LAB

2:30-3:30 PROGRAMMING AND MULTI-MODAL APPLICATIONS

ABOUT US

Ivan Arriaga PT, DPT, OCS, CSCS, MFDc received his BS in Physiology and Neuroscience from UC San Diego and his DPT from UCSF/SFSU. Dr. Arriaga's research interests include the implementation of blood flow restriction training and myofascial decompression in the management of orthopedic conditions, as well as conservative treatments for patients with thoracic outlet syndrome. His culminating doctoral project was a systematic review and meta-analysis on The Effectiveness of Blood Flow Restriction Therapy in Attenuating Muscle Atrophy and Increasing Strength Following Knee Surgery. He is also a Certified Strength and Conditioning Specialist and is an assistant instructor for continuing education courses in myofascial decompression.

Christopher DaPrato, DPT, SCS, CSCS, MFDc obtained his Master's degree in physical therapy from CSULB, and his clinical doctorate in physical therapy from Temple University. DaPrato was an Associate Professor appointment in the PT and Orthopedics departments, & works primarily with the sports orthopedic population. He currently is a team PT for Div. 1 athletes at Cal Berkeley, and works extensively with their current and graduates at the pro level. DaPrato has been teaching CE courses over the last several years in the areas of athlete return to play, specialty concepts related to the LE, endurance athlete management, and unique manual therapy applications for injuries & athletes. He has presented nationally and internationally on fascial mechanics and the use of negative pressure in sports medicine.

for **ONLINE REGISTRATION**,
please go to:

BFRseminars.com

6.5 CEU contact hours

REGISTRATION FORM

Sunday, Sept 11, 2022

8:30 am - 3:30 pm

UCSF Physical Therapy Mission Bay
1500 Owens St, San Francisco, CA, 94158

NAME: _____

FACILITY: _____

ADDRESS: _____

EMAIL: _____

PHONE: _____

DISCIPLINE: PT | ATC | PTA | CPT | OTHER
List: _____

TUITION

- Price per participant = \$275
- Student discount price = \$95
- Group Discounts available > 3 = \$175 each
- University of California affiliates = \$95

Total: _____

Method of Payment: _____

- Online Registration:
BFRseminars.com

This form must be received at least 5 days prior to course.
May be scanned & emailed to: christopher.daprato@ucsf.edu
Or mailed to:
UCSF Physical Therapy, Attn: C DaPrato
1500 owens, suite 400 SF, CA, 94158

Confirmation for the course and other correspondence will be given via EMAIL, so please print legibly. Please bring clothing appropriate for lab. CEU's will be granted from the California Physical Therapy Association, and the Board of Certification for ATCs. All course cancellations must be submitted in writing and received at least 7 days prior to the course. Refunds or transfers may incur a \$50 fee for processing. We will not be responsible for other expenses refunded other than course tuition. No refunds given after 7 days prior to the course. We reserve the right to cancel a course up to 2 weeks prior to course for circumstances beyond its control, with only tuition being fully refunded. UCSF Mission Bay Campus location can be found on Google maps.