



## **BFR CONSENT & INFORMATION FORM**

### **What is Personalized BFR?**

Post injury or surgical procedure, most individuals are prescribed/recommended rest or immobilization to reduce the risk of further tissue damage. This reduction in activity or exercise stress to soft tissues (i.e. skeletal muscle, tendons, ligaments, and bone) has shown to have unwanted effects which often pervade beyond the normal time frame of healing; leading to common findings of decreased muscle strength, chronic joint pain and movement dysfunction. Evidence in the field of exercise science has demonstrated that these issues come about due to a drop in skeletal muscle protein production which we call atrophy. As we lose muscle mass due to atrophy, there is a respective drop in muscle strength and endurance. These changes do not come about over an extended period of time, in fact changes have been reported to occur in as soon as the 2<sup>nd</sup> week of post injury/post-surgery. The fix for these negative effects is exercise and dietary intake protein, but with exercise intensities being limited in the first weeks if not month of injury/surgery the reality for many patients is a steady decline in muscle health until they are able and permitted to return to moderate/heavy weight exercise.

This pervasive burden is what drove the US Military to research and further conclude the use of Blood Flow Restriction into the rehabilitation of their soldiers, and now why professional sports and College sports have sought the use of BFR as a premiere rehab tool that gets to the cause of the problem; allowing for safer and faster return to quality of life or sport. BFR has provided a pathway for many individuals already to safely increase in muscle metabolic health, muscle size, strength, and endurance; while demonstrating health benefits to tendon, ligament, and bone which require exercise (i.e. stress) to maintain function.

Personalized BFR is a safe, researched rehabilitation method that uses an FDA listed 3<sup>rd</sup> generation tourniquet that is placed around an arm or leg, in order to create the environment seen with high intensity exercise; without the need of heavy weights which is optimal for healing tissues.



## **Is BFR safe?**

BFR has demonstrated to be a safe medical treatment method when using appropriate medical grade systems such as the Delfi PTS II for BFR. These systems have the highest in safety which starts with how the tourniquet reads, monitors, and adjust its pressure dynamically during rehabilitation exercises. The Delfi PTS II system using a patented doppler and computer program to accurately read your blood pressure which it then uses to program your prescribed and evidence based personalized tourniquet pressure (PTP). Once the system has recorded your PTP it will then use a timer to block the allotted time under pressure where you will rehabilitate with exercises that are appropriate for your diagnosis and condition.

Evidence in the field of BFR has shown that individuals participating in rehab post injury or surgery noticed no increased risk of clotting, not inflammation and or tissue damage.

Lifters Clinic is a certified ORS BFR provider using the Delfi PTS II for BFR system, and is a clinical instructor/Researcher in the field of BFR.



**Is there anything your practitioner needs to know?**

1. Have you ever fainted or experienced a seizure? YES / NO
2. Do you have a pacemaker or any other electrical implant? YES / NO
3. Are you currently taking anticoagulants (blood-thinners e.g. aspirin, warfarin, coumadin)? YES / NO
4. Are you currently taking antibiotics for an infection? YES / NO
5. Do you have a damaged heart valve, metal prosthesis or other risk of infection? YES / NO
6. Are you pregnant or actively trying for a pregnancy? YES / NO
7. Do you suffer from metal allergies? YES / NO
8. Are you a diabetic or do you suffer from impaired wound healing? YES / NO
9. Do you have hepatitis B, hepatitis C, HIV, or any other infectious disease? YES / NO
10. Have you eaten in the last two hours YES / NO

Single-use, disposable needles are always used in this clinic.

**STATEMENT OF CONSENT**

I confirm that I have read and understand the above information, and I consent to having dry needling treatments. I understand that I can refuse treatment at any time.

Printed name:

Signature:

Date: