

Personalized Blood Flow Restriction (PBFR) Certificate Training Workshop 2023

Personalized Blood Flow Restriction Rehabilitation (PBFR) is a paradigm shifting intervention for the rehabilitation professional with over 200 peer-reviewed articles in the scientific literature. By applying a tourniquet briefly and intermittently to an exercising limb you can induce significant and substantial strength, hypertrophy and endurance changes while using a very light load. By attending the course clinicians will:

- *Understand the science and history of Blood Flow Restriction Training*
- *Communicate the physiology behind mechanical tension compared to metabolic accumulation training and the downstream effects.*
- *Manipulate blood flow restriction protocols to create a local or systemic response within the soft tissues.*
- *Differentiate limb occlusion pressures objectively for each individual athlete/patient.*
- *Translate appropriate tourniquet safety measures to the outpatient/training room setting.*
- *Recommend and implement a rehabilitation blood flow restriction protocol for patients after injury or surgery.*



Trainer Profile:

Dr Stephen Patterson, Ph.D

Stephen is an Associate Professor in Applied Exercise Physiology & Performance. He is currently the Director of the **Centre for Applied Performance Sciences** at St Marys University, London. He has published > 60 research papers. He joined St Marys in 2009 having previously graduated with a BSc in Sport and Exercise Science from Napier University, Edinburgh (2005) before completing an MSc in Medicine and Science in Sport and Exercise from Strathclyde University in Glasgow (2006). He then moved to Loughborough University where he completed his PhD specialising on the responses and adaptations to exercise with blood flow restriction.

Stephens's research fits into two main themes of Health and Sports Performance with significant overlap between the two. He works with external stakeholders and industry partners to address questions and research that meets their needs. His main research focuses on the following:

- * *Blood flow restriction training for rehabilitation and performance*
- * *Ischemic Preconditioning*
- * *Physiology of team sports*

Training Content:

Basic Science (adaptations to BFR resistance training)

Mechanisms of action

Aerobic BFR

Other BFR applications

Clinical Research and applications

Safety

Ischemic preconditioning



Course Details

Date: 17 June 2023 (SAT)

Time: 3:00pm to 7:00pm

Venue: By ZOOM Meeting at your place

Fees : HKD\$2,580

(Apply for GSBE Global Academy Membership and get immediate discount on Registration Fees reduction!)

Member Discount Price: HKD\$2,480

YOUR BENEFITS AFTER SIGNING UP 2-YEARS MEMBERSHIP (HKD\$300):

1. Purchase of educational books and materials with 10% discount.
2. **10% Discount** on taking ALL further workshops and certificate programs.
3. Get e-copies for training materials after participating course

Application Form for Personalized Blood Flow Restriction (PBFR) Certificate Training Workshop 2023

Name (CAPITAL LETTERS): Mr. / Ms. _____

Tel. (Mobile, for whatsapp acknowledgement): _____

Email (For email updates on workshop details): _____

Facility (Hospitals/ Company Name): _____

Facility Address (For posting Certificates): _____

GSBE Global Academy Member, Membership No.: _____

		Unit Price
1	GSBE Global Academy Membership Fee (Valid for 2 years)	<input type="checkbox"/> HKD\$300
2	GSBE Global Academy Member Registration	<input type="checkbox"/> HKD\$2,480
	Non-Member Registration	<input type="checkbox"/> HKD\$2,580
Total:		HKD\$

Please make cheque payable to GSBE COMPANY LTD and send to

GSBE COMPANY LTD

Flat 10A, King Palace Plaza, 55 King Yip Street, Kwun Tong, Kowloon, Hong Kong

OR deposit payment to our

Standard Chartered Account: 570-1-1041762

Account Name: GSBE COMPANY LTD

FPS Account No.: 161958210

Please email/ fax your deposit payment slip together with this form to our office for registration.