

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





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)	☐ HKD\$300		
2	9	GSBE Global Academy Member Registration	☐ HKD\$2,480		
		Non-Member Registration	☐ 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

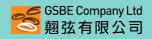
Standard Chartered Account: 570-1-1041762

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.





Tel: 2709 3800 Fax: 2709 3828 / 3020 0190

Email: INFO@GSBE.COM.HK