

Blood Flow Restricted Therapy Protocol

- Dr. Van Thiel/Team will identify pt. for study and state under special instruction section of PT script. Utilize Blood flow restricted therapy protocol or BFRT protocol

Precautions:

- DVT
- Peripheral vascular disease
- Hypertension
- Cardiovascular disease
- Blood thinners

Protocol:

- Starting s/p 2 wks from surgery initiate protocol
 - Continuous monitoring for DVT
- Interventions should be performed with last 10-15min of session.
- Start at 120-160mmHg (per patient tolerance)
 - Progress 10mmHg every visit until 220mmHg
 - Progress only if pt. can tolerate
- Perform 1x30 reps and 3x15 reps of 1 exercise or 7min of total exercise before cuff is released based on pt. tolerance.
- Select interventions based on protocol status
 - When able assess comparative 1RM on uninvolved LE and build up to 20-30% 1RM on involved LE
- Once able to walk with normalized gait pattern begin walking program
 - 50M/min pace x2 min x5 bouts with 1min rest and cuff released following last bout
 - 32min mile (lvl 3.0 on treadmill)
- Document cuff location, pressure and interventions, and duration under pressure.

Progression assessment:

- EVAL
 - Take limb circumference of involved and uninvolved LE
 - 6cm above superior patella and 16cm above superior patella
 - Assess 1RM on uninvolved LE
 - Once able assess involved LE 1RM
- Reassess every 6, 12, 18, 24, 30th visit
- Keep pt. name and DOB in master file on secure R-drive>ROA Rehab>BFRT, for greater ease of comparing data for research.