ACCELERATE PERFORMANCE AND RECOVERY

Our mission is to help all populations accelerate their performance & recovery so they can continue to experience the joy of their favorite activities.

Dr. Nicholas Rolnick, PT, MS, CSSS
Director of Physical Therapy and Performance Science at PTS

Nick Rolnick, MD, The Human Performance Mechanic is a world-class Physical Therapist & Performance Enhancement Specialist and is quickly establishing himself as a leading international authority in Blood Flow Restriction.

He has had an interest in sports and performance from his days as captain of the college boxing team of Rutgers University, where he achieved all-conference honors, to his men’s rec center pursuits as a major in physics. Since graduating with an M.S. in Physical Therapy from the University of Pennsylvania, Nick has continued his love for fitness with passion to help athletes by earning a Doctorate in Physical Therapy from Columbia University with honors.

Nick teaches Kinesiology I & II at the MS Applied Exercise Science Program at Concordia University, Chicago and undergraduates Kinesiology at Lehman College, Bronx NY.

He helped found the BTS RPR to further his mission of making the world a better place by helping people get back to the lifestyle they love as quickly as possible and preventing or solving the joy of pain-free movement™ through evidence-based therapies like BFR Blood Flow Restriction.

Nick teaches BTS Workshops across Europe including France, Switzerland, Austria, and the Netherlands. Nick is available for his expertise as a speaker or in a BTS Blood Flow Restriction® course in your plant or clinic in London Nov 8-9, 2019, Paris June 26-27, 2019, and the USA in 2020.

Workshop Schedule: Accelerate Performance and Recovery/Renal

11:30 AM BFR Primary Renal Protection 11:45 AM BFR and Transplant Applications 12:30 PM Safety and Ethics 1:00 PM BFR and Neurologic/Orthopaedic Applications 1:30 PM Safety and Ethics 1:45 PM Hands-on Lab 2:15 PM Clinical Case Studies 2:30 PM Case Studies - Interactive Discussions 3:00 PM Wrap-up and Final Test Scores

BFR TRAINING ACCELERATE PERFORMANCE AND RECOVERY/Renal WORKSHOP OBJECTIVES:

1. Discuss evidence-based exercise science concepts for building muscle mass and muscle endurance. 2. Distinguish muscle and related fascial, vascular, lymphatic, and muscular problems. 3. Identify the benefits of BFR training for its primary mechanisms. 4. Identify inclusive and exclusionary criteria determining good candidates. 5. Demonstrate proper BFR equipment handling and BTS core protocols. 6. Access and implement the accelerated process BTS uses for safety and education. 7. Review case studies and design a BTS training program for injured and healthy populations.

PRIVATE WORKSHOP
BFR TRAINING ACCELERATE PERFORMANCE AND RECOVERY/Renal WORKSHOP OBJECTIVES:

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PRIVATE WORKSHOP
Blood Flow Restriction (BFR) TRAINING WORKSHOP
Workshop Description
As the BTS RPR, it is our mission to help clinicians, fitness & performance coaches grow your business by giving you the most enjoyable, unbiased evidence-based blood flow restriction (BFR) training workshop possible. We approach this through a standardized and customized education curriculum that includes active participation from all attendees. Each one-day workshop is divided into classroom instruction, 3 lab demonstrations with prearranged specific case studies.

Credit: 1 CEU available per instructor.

The BTS RPR
Blood Flow Restriction (BFR)
TRAINING WORKSHOP

Workshop Description
As the BTS RPR, it is our mission to help clinicians, fitness & performance coaches grow your business by giving you the most enjoyable, unbiased evidence-based blood flow restriction (BFR) training workshop possible. We approach this through a standardized and customized education curriculum that includes active participation from all attendees. Each one-day workshop is divided into classroom instruction, 3 lab demonstrations with prearranged specific case studies.

Credit: 1 CEU available per instructor.

We promise to deliver the most engaging, and comprehensive unbiased continuing education workshop in Blood Flow Restriction (BFR).
**WHAT IS BFR?**

Blood Flow Restriction (BFR) is a fast-growing evidence-based therapy and exercise that has been proven to improve performance and recovery in a variety of populations.

A well-validated technique, BFR can be used to safely enhance strength and muscle growth in a fraction of the time of traditional exercise. It’s a simple, safe, and effective way to improve muscle and strength gains in a shorter amount of time.

**CONFIRMATIONS & CANCELLATIONS**

Confirmation of registrations are sent up to 24 hours automatically following workshop registration. Visit our website at thebfrpros.com for more information. To cancel, please email us at cancel@thebfrpros.com. No cancellations can be accepted after the workshop begins.

**CONTINUING EDUCATION**

This workshop has been designed for:
- Physical Therapists
- Occupational Therapists
- Chiropractors
- Athletic Trainers
- Physicians
- Students at all levels of education.

Find more information on our website at thebfrpros.com.

**FIND OUT MORE AND REGISTER ONLINE AT:**

THEBFРPROS.COM

**BLOOD FLOW RESTRICTION TRAINING WORKSHOP**

PRIVATE WORKSHOP - YEAR 2020

**INCREASES MUSCLE ACTIVATION**

**INCREASES AEROBIC CAPACITY**

**INCREASES STRENGTH**

**IMPROVES RECOVERY TIME**

**INCREASES HORMONE RELEASE**

**INCREASES BONE HEALING**

**DECREASES MYOSTATIN LEVELS**