

BFR for the Rehabilitation Setting

Course Summary - BFR (Blood Flow Restriction) rehab exercise, promotes muscle growth and strength. It accelerates the recovery process, leading to faster progress and improved mobility with reduced loads and strain.

Conventional resistance training has limitations in a rehabilitation setting. BFR helps address and overcome the universal challenge of how to create positive adaptation in extremities, joints and tissues that cannot tolerate heavy loads or stress following injury or surgery.

B3 Sciences is leading the way in educating and supporting Doctors of Chiropractic by sharing peer-reviewed research and methods, as well as practical tips, high-level care applications and developments to assist in optimizing results across diverse patient populations.

Learning how to use and implement BFR in today's dynamic world of rehabilitation and exercise is not only an important clinical skill, but a skill set that will distinguish qualified providers in the business marketplace. Accelerating rehabilitation and recovery timelines is a WIN-WIN for both patient and provider.

B3 Sciences will present a 6-hour training course designed to give Doctors of Chiropractic a solid foundation and understanding on how to safely, efficiently and effectively implement BFR into their rehab protocols and exercise programs for optimal outcomes and results.

The training course will consist of the following topics: history and science of BFR, BFR band comparison, practical applications, contraindications, and 1 hour of hands on training.

Program Agenda -

Part I

What is BFR
History
Types of BFR Bands

Part II

Exercise with BFR
Live Demonstration
The BFR Mechanism
Systemic Effects

Part III

BFR Results
BFR Studies

Part IV

BFR Safety
Indications/Contraindications
BFR Protocols

Instructor Background/Expertise -

- Dr. Mike DeBord, President and CEO of B3 Sciences Inc
- Former Certified Sports Chiropractor 1988 - 2003
 - 7 Years of use, research, and experience using and applying BFR
 - 7 years of reviewing over 300 papers, studies, and reviews of BFR
 - Vast knowledge of all the BFR bands on the market today
 - 40,000+ Current Customers & Clients using B3 BFR Bands
 - 5 years of educating Clinics, PTs, Doctors, and ATCs on how to implement BFR
 - BFR Consultant to many Sports HS, Collegiate, Olympic, and Professional sports teams

Contact Information of Course Sponsor

Dr. Mike DeBord, President and CEO of B3 Sciences Inc, (937) 829.6655

BFR Course - Disclosure Policy

The policy of B3 Sciences Inc is to disclose all information that may be relevant to the overall learning experience of a course participant. This policy also provides information about disclosing information about materials that may be available for sale in courses.

It is the policy of B3 Sciences Inc to ensure that the sale or promotion of products is not the primary focus of the course and does not affect course content nor does it affect the instructor's delivery of the course content to the attendees. Rather, it is course content that drives the creation of the BFR learning materials and items that may be offered for sale during courses. B3 BFR Bands will be available to attendees who attend B3 BFR Certification courses. The B3 Bands will enhance the course attendees learning experience as well as provide them with BFR Bands for both professional and personal application. Other various BFR Bands will be discussed, and it will be made clear to attendees that they can utilize BFR Rehabilitation and Exercise with B3 Bands or other BFR Bands available on the market.

Reporting Procedure

Any person including but not limited to Independent Professional B3 Brand Partners, B3 Certified Coaches, Customers and Attendees of B3 Training or Certification Courses, or potential purchasers that have been approached by a B3 Brand Partner or company representative, who feels they have been harassed, discriminated against, or otherwise treated negatively because of their race, religion, gender, or other characteristics, should report the harassment to:

Michael Hermann via email at support@b3sciences.com

The Company will then conduct an investigation. This may take a considerable amount of time, depending on the situation. At the end of the investigation, the investigating party (Company Executive, or even an outside investigator) will issue a report to the person complaining and take any action

warranted.

B3 Sciences Inc Non-Discrimination Policy:

For: B3 Brand Partners, B3 Certified Coaches, Customers and Course Attendees

At B3 Sciences Inc (Hereinafter 'The Company'), we value all B3 Brand Partners, B3 Certified Coaches, Customers and Attendees participating in B3 Training or Certification Courses, and we welcome the variety of experiences they bring to our company. As such, we have a strict non-discrimination policy. We believe everyone should be treated equally regardless of race, sex, gender identification, sexual orientation, national origin, native language, religion, age, disability, marital status, citizenship, genetic information, pregnancy, or any other characteristic protected by law. If you feel that you have been discriminated against by anyone associated with B3 Sciences Inc, please report your complaint. Every complaint will be appropriately investigated.

Course Survey

Please take a few moments to answer the following questions, which will assist us in improving our teaching methods and practices.

<https://prob3.kinsta.cloud/wp-content/uploads/2021/05/BFR-Course-Survey-Form.pdf>