

## **Blood Flow Restricted Therapy Protocol**

### **Precautions:**

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

### **Protocol:**

- Starting s/p 2 weeks from surgery initiate protocol
  - Continuous monitoring for DVT
- Interventions should be performed during the last 10-15 min of the 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 (level 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, 30<sup>th</sup> visit