Blood Flow Restriction Training

The goal of Blood Flow Restriction Training (BFRT) is to reduce blood flow just enough to create positive changes. It is performed with tourniquet pressure monitored with Doppler ultrasound during low-load exercise to create the same resistance training adaptations which typically only occur at very high loads/resistance. This modality is highly suited for rehabilitation to safely and quickly increase strength and muscle size without overly stressing healing tissues. In other words—BFRT enables patients to make greater strength gains while lifting lighter loads, thereby reducing the overall stress placed on the limb.

BFRT is not limited to rehabilitate athletes recovering from injury. Postoperative individuals may also benefit from this type of therapy. To learn more, contact any of the Makovicka Physical Therapy clinics and speak with one of our specialists.
The Makovicka Difference

Makovicka Physical Therapy is locally owned and operated by physical therapists who are leaders in their profession. We strive to forge relationships with our patients and advocate for their care. Our clinics have board-certified specialists on staff, meaning you get the highest level of care to maximize your recovery to get you back in the game.

Convenient Locations Close to Your Home and Where You Work.

OMAHA LOCATIONS
- North 90th Street 90th & Boyd 402.934.0045
- Aksarben 63rd & Center 402.884.7453
- Bellevue Cornhusker & Ft. Crook 402.614.4300
- West Maple 168th & Maple 402.502.2290
- Midtown Crossing 32nd & Farnam 402.932.9300
- Millard 157th & Harrison 402.933.5448
- West Omaha/Elkhorn 178th & Pacific 402.933.3036
- Papillion 72nd & Giles 402.991.2745

LINCOLN LOCATIONS
- West Pine Lake 25th & Pine Lake 402.420.4545
- University Place 48th & Huntington 402.325.6341
- 70th & L 333 South 70th 531-500-4160
- Waverly Cornhusker Hwy & Guildford 402.786.0476

SURROUNDING AREAS
- Valley N. Spruce & W. Church 402.934.3345
- Wahoo W. 15th & N. Locust 402.443.4555
- Yutan 2nd & Vine 402.625.2030

Please Come and See One of Our Specialists Today!