



# Blood Flow Restriction Training

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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!*

