

## Blood Flow Restriction Therapy Effects on Function and Pain in Adults with Lower Leg Pathology

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# Objectives

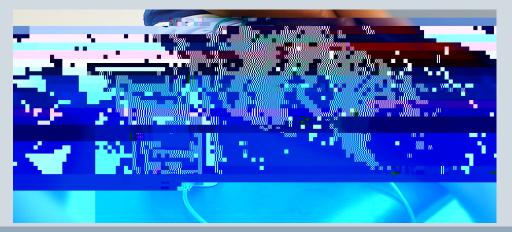
#### Overview

```
B u OCEBML v S s
Pu s StuyL t t
M t s M t s C us
R suts C R v
PRISMAF w C t A w ts
```

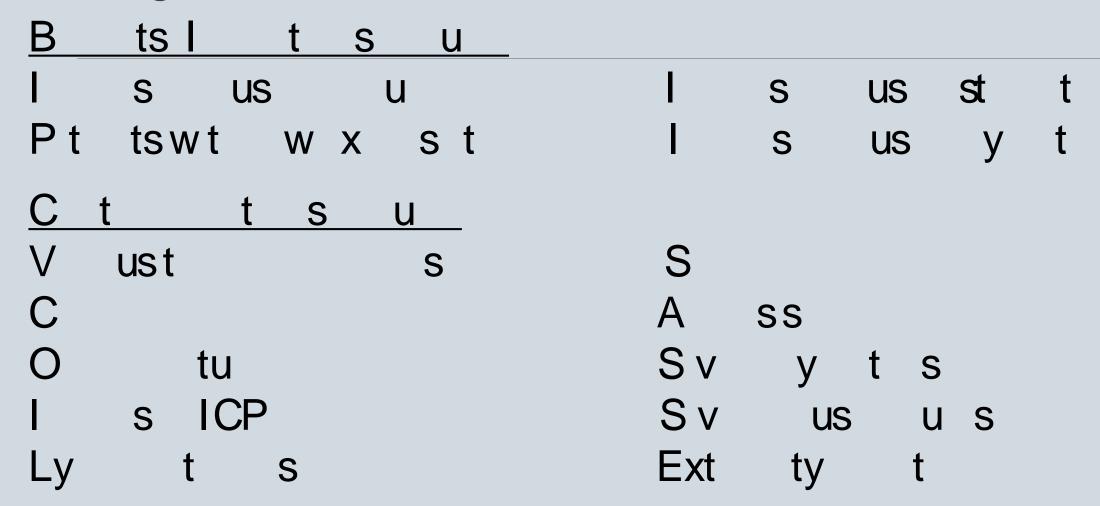


### Background

```
BFRTs tvy w t v t t ts tuyu st
T t yst tBFRT tst vy t
x s us sus tu u t u w y
t t t s us st t u
y t yt t us us y uy su y
```



### Background Continued



### Background Continued

```
BFRT
P v usstu
          SX
                                US
                                                W
                    sACL
            u ssu
                                             ts
SU
                                     us u s
          SU
                                t syst
            WV
                                               W
                 BFRT wt
           US
```



### Purpose

```
Tus tssyst t vwstsyts u ttut t BFRTss tv
tvt t s vut
vuswt w t s
```



#### Materials/Methods

```
At tus 2 22 ws ut us C EBSCO st S PED P Qu st Pu M t sswts t s
```

```
B w st t ORKAATSUORvs u us
ORBFR AND L w t sOR u sOR st
su AND P ys t y ORt OR
t t OR v y OR t v t sOR
st t AND E tsOR ts
```



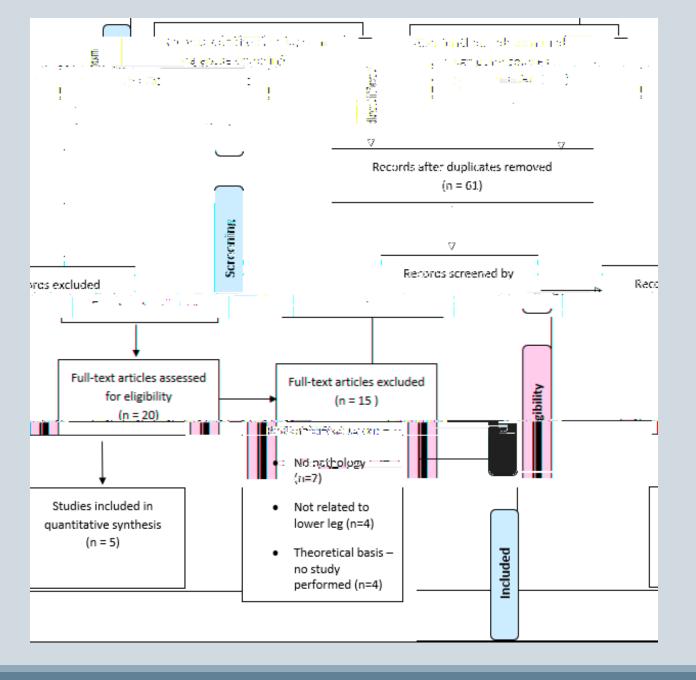
### Materials/Methods

S ts Es u u su ts

#### Search Results

```
Sxty v
     t sw
            SS SS
A t
     s stu
            s t u s t
     t 2 s s s s s s v stu y s
OCEBM
                        24 S
      V S V
                             SS
            tt su tswt w
wt
          ts
       SU
```

# PRISMA Flow Chart



### Scores

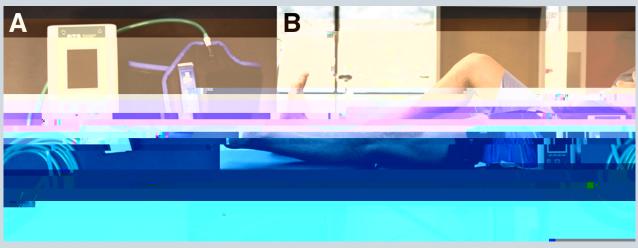
Articles	Level Of Evidence	Design	Pathologies	Outcome Measures
D L t 22	L v 4	CsR t	N s t us tu	B P I v t y BPI L w Ext ty Fu t S LEFS L u
K t 2 2	L v 2	C ss v stu y s	A st ty	Su EM us tvt S O2 RPE u x s s
L wt	Lv2	S B RCT	A u y	Mus Hy t y CSA v u su ts  Mus St t RM xt s sst st  Is t xt s y t E u MSLT  B Y t st P VAS
Hy t	L v 4	CsS s	T t u tu	Av w
Ywt 2	L v 4	CsR t	A st u tu	

#### Results

```
Syst
      t sus t D
                         t 4s ts 3
                         3 4 s tw
       s wt stt
v 33 s s
Fustu sut
               ut t t6
     US
O stuyus t H s A u sut s u
                      u us 4 s t s u t
 u wt 3 s
            tw
               st st
             2 yst 6w
Du t
```

#### Results

```
Pyut sus ut u
Vsu A S VAS
B P I v t y BPI
L w Ext ty Fu t S LEFS
```



#### Results

```
Tw stu s^{23} L v 2 < s w ut 66 t ts VAS t u ut t t v t BPI t t t v t 3 ts

O stu y^4 L v 4 u v t us t D Syst t w us t LEFS tw 4 ts vs w 2 4 ts
```

# Key Findings Summary

Articles	Findings
D L t 22	BPI ss ss t s LEFSs v
K t 22	Su EM us tvt v S O2 s RPE s
L wt 2	Mus y t y s us st t s s t xt s s us u s
Hy t 2	Av w s
Ywt 2	Pw tus

### Study Limitations

```
us u s
t ut
        SU SUS
stu s
                     sst
                            tw
```

#### Conclusion

```
S yt u us tt st swt
t v su t us BFRT uts
w v w t st s
```



#### Future Research

```
t s
            wt t
        S
          wu s
                                 USV
                              BFRT wt
          su st t
                           US
Ot
             utu
       S
                   S
         S S
      sst
```

#### Clinical Relevance

```
A vtvt ut tvt su sBFRT y us t s VASMCID=3 wt y LEFS MCID= ts

Bs v ys t stss u s t us
```

### Acknowledgements

R H PT P D NCS

Pt L PT P D OCS

#### References

```
Ftus J Ows J Ht CTtt ts w stttt l st ty
t stttt 2 33 26 2663 st2 2
2 KL st BP L uv JD D v L ts us J T ts w stt us tvt y x
v u swt st ty 222 633 63 23 s
```

# Questions?

### Appendix

```
B w st t A ssu w t t us t u u t t t w t t s us s u x s w u v us ut w t us s st t t us s t
```