
AUT SPORT RESEARCH
INSTITUTE NEW ZEALAND
PRACTICAL APPLICATIONS OF BLOOD FLOW RESTRICTION (BFR)
for Training Preparation and Recovery
20-min Practical Workshop
Presented by Jordan Boriel
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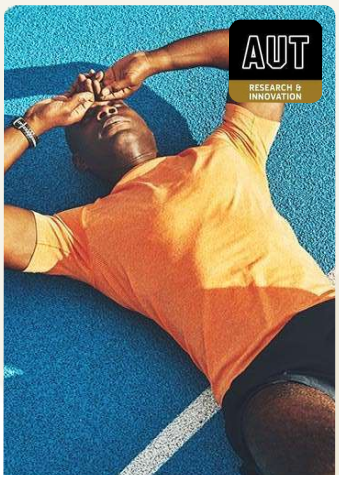
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STRESS AND RECOVERY
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Coaches are constantly challenged with balancing training stress and recovery.
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Athletes are exposed to increasing stress from:
• Competition demands
• Sport-specific training
• Gym-based loading
• Conditioning
• Travel and lifestyle stressors
The challenge:
As training and competition demands increase, the margin between adaptation and maladaptation becomes smaller.
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IS BFR THE SOLUTION?

PRE-BFR	POST-BFR
Potential justifications: • Tissue priming • Increased perceptual readiness • Low mechanical stress strategy • Session preparation	**Potential justifications** • Recovery support • Low-load recovery strategy • Portable and time-efficient • Minimal equipment required
Potential use cases: • Before field sessions • Before gym training • During congested schedules	**Potential use cases:** • Post-training recovery • Travel and competition • Tournament environments

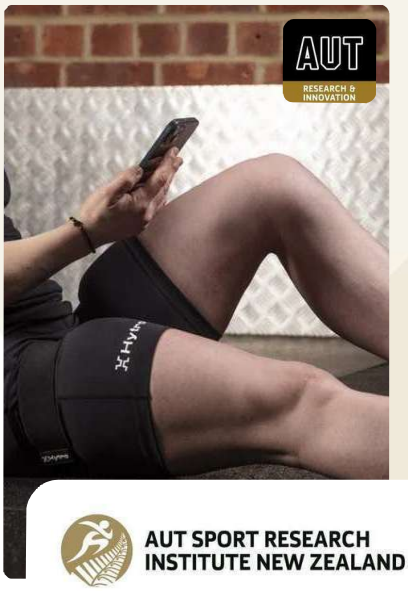


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PRACTICAL GUIDE TO BFR

	PRE-BFR	POST-BFR
Goal	Readiness and tissue priming	Recovery support
When?	~30 - 45 min before training	Immediately post-training
Why?	Potential increase in physiological & perceptual readiness with minimal mechanical load	Low-load recovery strategy during congested schedules or travel
Protocol	3 x 5 min occlusion 3 - 5 min reperfusion	3 - 4 x 5 min occlusion 3 - 5 min reperfusion
Application	Passive or integrated into warm-up	Passive recovery
Considerations	Individualise pressure and monitor tolerance	Screen contraindications and monitor discomfort



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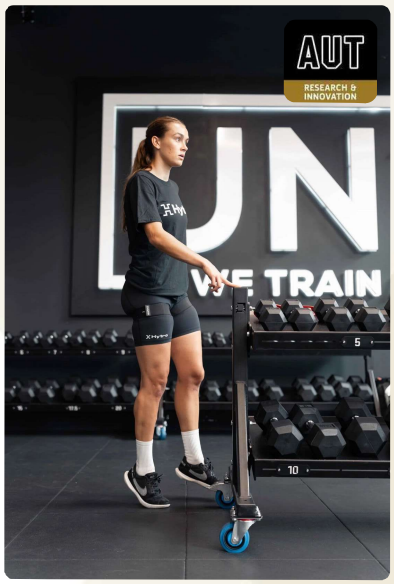
BFR PRACTICAL

Experience how BFR may be applied:

- Passively
- During warm-up activities
- In preparation and recovery settings

STATION 1	STATION
Passive BFR	**Warm-Up**
5 min occlusion	Dynamic n
Discuss comfort and tolerance	Discuss pr
Explore recovery applications	Explore pr

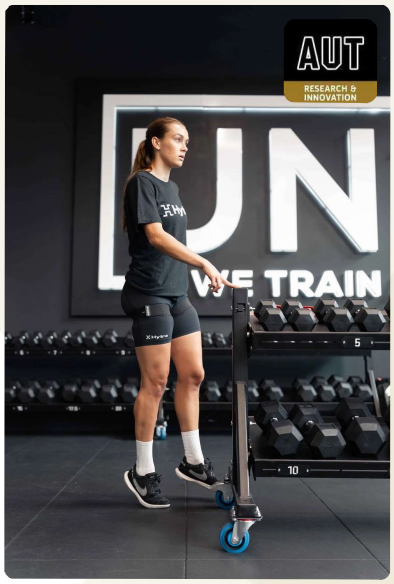
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BFR PRACTICAL





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