

BFR Physical Therapy Protocol –Phase I (Day 2 – Week 2 Post-Op)

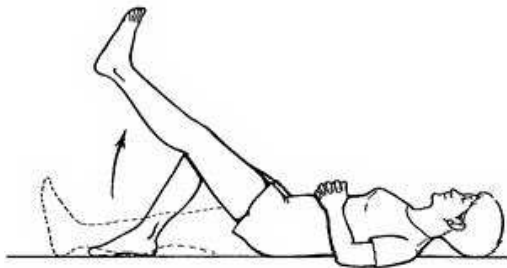
1. Straight Leg Raises

- Tourniquet inflated for 5-7 minutes
 - 4 sets: 30,15,15,15 reps – 30 second break between sets
- Tourniquet deflated for 1 minute rest
- **REPEAT SERIES – 2x TOTAL**

2. Side Lying Leg Raises

- Tourniquet inflated for 5-7 minutes
 - 4 sets: 30,15,15,15 reps – 30 second break between sets
- Tourniquet deflated for 1 minute rest
- **REPEAT SERIES – 2x TOTAL**

Post-Operative BFR Physical Therapy Phase I Exercises (Day 2-Week 2)



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Straight Leg Raises

1. Lie on back with knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it up to the other knee, slowly lower

4 sets: 30, 15, 15, 15 reps – 30 second break between sets, tourniquet deflates for 1 minute after 4 sets

Repeat series (2x total)



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Side Lying Leg Raises

1. Lie on side with straight leg on top, lower leg bent, abdominals engaged.
2. Lift the top leg straight up and then slowly lower

*Do not crunch at your waist

4 sets: 30, 15, 15, 15 reps – 30 second break between sets, tourniquet deflates for 1 minute after 4 sets

Repeat series (2x total)