

## Blood Flow Restriction: Managing the Risk

**Red = High Risk**

**Orange = moderate risk**

**Green = low risk**

Intrinsic Risk factors	Extrinsic Risk Factors	Variables to Monitor
<b>Blood disordered clotting</b>	<b>Low current training load</b>	Training load & muscle soreness
<b>DVT/PE</b>	<b>Lack of resistance training history</b>	Sudden increases in pain
<b>Vascular trauma</b>	<b>Environmental (heat)</b>	Vaso-vagal symptoms
<b>Traumatic nerve injury</b>	<b>Recent long journey/flight (&gt;4 hours)</b>	Blood pressure (individualised cuff pressures)
<b>Haemorrhagic stroke</b>	<b>Exposure time (intermittent v continuous)</b>	Urine colour ( <b>Rhabdomyolysis</b> )
<b>Diabetes</b>	<b>Cuff Pressure &amp; Size (@10cm limit to 150mmHg)</b>	
<b>Hypertension</b>		
<b>Smoking</b>		
<b>Spinal cord injury</b>		
<b>Amputee</b>		
<b>Medication (oral contraceptive)</b>		

### Pre training screening questionnaire:

1. Do you have a personal or family history of clotting disorders (e.g. SLE (lupus), haemophilia, high platelets)?
2. Do you have a past history of DVT or pulmonary embolus?
3. Do you smoke?
4. Are you on any medication including the contraceptive pill?
5. Do you have a history of injury to your arteries or veins?
6. Do you have a history of injury to any of your nerves (including back or neck injury)?
7. Do you have diabetes? Does anyone in your family have diabetes?
8. Does your current or previous training include resistance training?
9. Do you have any history of high blood pressure?

### References:

Clark et al., (2010) SJMSS

Fry et al., (2010) JAP

Iversen & Røstad (2010) CJSM

Kacin & Stanzar (2011) SJMSS

McEwen et al., (2002) The Surgical Technologist