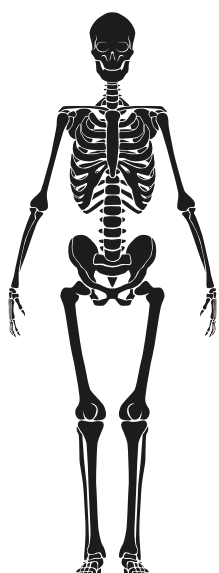


B STRONG™ BLOOD FLOW RESTRICTION (BFR) TRAINING

BONE HEALTH



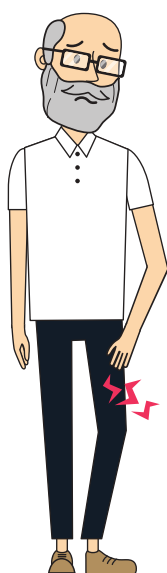
Does BFR impact bone health?

Biomarkers can be assessed with blood draws following use of BFR. Elements that reflect bone cells being active have shown to be greatly elevated when compared to similar activity without BFR. Markers that reflect resorption of bone are also shown to decrease. BFR can stimulate bone building and minimize bone break down.



Can BFR be used in a cast?

B Strong BFR bands are placed at the upper part of the arm and/or legs, so in most instances it doesn't interfere with a cast. Even if a cast is covering where the band should be placed, bands can be used on the unimpaired extremities. With safe exercise, this can effectively stimulate bone healing.



Can BFR help with arthritis?

Yes. Two separate studies have been conducted on nearly 50 women who had knee osteoarthritis and rheumatoid arthritis. Both studies demonstrated an improvement in muscle strength, size, and significant reduction in pain in the group who conducted BFR training. BFR promotes movement with light loads which put less stress on the joints.



What type of exercise is performed?

Increasing bone mineral density to improve bone health typically comes from high intensity strength training. Older adults and individuals in pain may be limited by loads that can be used. With BFR, strength training with light loads and aerobic exercise (such as treadmill walking) have shown positive results.



What makes B Strong™ BFR unique?

B Strong is affordable and can be used anywhere. This is very helpful for someone who desires to improve their bone health as it provides an opportunity to use independently or can supplement formal rehabilitation. It allows for more frequent use and fewer barriers to produce the desired stimulus.