

**PBATS AND PBSCCS EDUCATIONAL CONFERENCE -  
WINTER MEETINGS 2019**

**WHAT ARE THE PRACTICAL APPLICATIONS FOR BFR?**

Brendan Verner  
Houston Astros  
Major League Strength and Conditioning Coach



# WHEN?

- Rehab / Return to play
- De Load Periods
- Training



# REHAB

- **Three Phases of Progression**
  - **Passive (cell swelling) BFR**
    - 1-2x per day
    - Location – Athletic training room
  - **Body weight, Aerobic exercise BFR**
    - 2-3x per week
    - Increase frequency and duration as the individual progresses
    - Location – Athletic training room / Weight room
  - **Low load resistance training BFR**
    - 2-3x per week
    - Location – Athletic training room / Weight room
- **\*Location\*** - Always important with the mental side of the rehab process



# DE LOAD PERIODS

- **De Load Periods**
  - Crucial to utilize during the course of the year to manage training & playing stress
    - Planned due to tough travel schedule
    - Planned for the end of a training cycle
    - Reactive due to abnormally high on field volumes (yes, this happens at times in baseball)
      - Plan B!!!
- **De Load Periods typically consist of**
  - Emphasis on recovery modalities
  - Emphasis on proper eating / sleeping habits
  - Low volume mobility / corrective circuits
  - Low volume, low intensity resistance training



# DE LOAD PERIODS

- Utilizing BFR during De Load Periods can help maximize this time when high intensity exercise is not warranted.
- Every day Position Player
  - Ex.1
    - M – LB low load resistance training with BFR
    - W – Low volume UB Lift
    - F – Mobility circuit
  - Ex.2
    - M – Post game LB passive BFR
    - W – Low volume FB Lift
    - F – Post game LB passive BFR



# DE LOAD PERIODS

- **Starting Pitchers**
  - 5 day during de load periods
  - **Ex.1**
    - Day 1 – Recovery modalities
    - Day 2 – Side / BFR bike intervals 10min, low volume UB work
    - Day 3 –
    - Day 4 –
    - Day 5 - Pitch
  - **Ex.2**
    - Day 1 – Low intensity BFR bike 15min
    - Day 2 – Side / Mobility circuit
    - Day 3 – BFR bike intervals 10min
    - Day 4 –
    - Day 5 - Pitch



# TRAINING

- Resistance training w/BFR should not be the sole training method when looking to increase size and strength with healthy players.
  - Still need to lift
  - Still need to move heavy loads
  - Still need to work absolute strength
  - Still need to create neural stress



# TRAINING

- To achieve the greatest benefits, it is recommended to combine a traditional heavy load resistance training session with a low load BFR session at the end.
- Most common BFR set/rep scheme in the research
  - 30,15,15,15 at 20-30% 1RM with :30-:60s rest between sets
- Example LB Off Season workout (gpp/hyp phase)
  - Main lift - squat
  - Secondary lifts (2-3)
  - Finisher with BFR
    - Goblet Squat x30,15,15,15 (adjust accordingly)





# ASSISTED NORDIC HAMSTRING



# **KB GOBLET SQUAT**



# BANDED HIP THRUST



# KB STEP UP



# BUY IN

- With any exercise or workout program, player buy in is key and what we have seen with BFR training is positive.
  - Players understand the benefits of using it
    - Increase Growth Hormones
    - Increase Strength
    - Optimize muscle growth
    - Tissue remodeling
  - Their bodies don't feel taxed after using it compared to conventional resistance training
  - Its fairly new in most settings



**THANK YOU**

