OMT TRAINING



BLOOD FLOW RESISTANCE (BFR)

PRACTITIONERS CERTIFICATE

BFR for the clinical application of MSK exercise and rehabilitation

Ayoub Zahedian

Has, in a satisfactory manner completed a 10hr Online course in,
"OMT Blood Flow Resistance (BFR) Training"

Covering neurophysiological mechanisms of BFR, Application and Practical Safety, Clinically and Rehabilitation Processes for the use in MSK Hypertrophy, Aerobic Training, Post Injury Rehabilitation and Post Operative Rehabilitation. The participant additionally covered exercise protocols and prescriptions, exercise selection and practical applications for the use of BFR in a training or clinical environment for either personal use or for the use on patients or clients.

Total CPD hours for this course: 10hrs

OMT TRAINING
OFFICIAL COURSE COMPLETED
UK COMPANY NO. 07603582

Instructors

- Mr. Jimmy Michael,
  BSc (Hons) Osteopathy,
  BSc (Hons) Sports Science
- Mr. Giles Gyer,
  BSc (Hons) Osteopathy,
  Dip. MA, Dip. SM

02/04/2026

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