

Blood Flow Restriction Training: What is it and does it work?

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Figure 1: Cross-sectional area of muscle cells before and after both training programs. High load resistance training resulted in bigger fast type II (black) muscle cells whereas the BFR training did not show a significant increase in the size of the fast or the slow type I cells (blue) ².

In conclusion, BFR exercise could be a potentially safe training intervention for clinical populations to obtain some of the adaptations seen in heavy resistance training. As previously mentioned, there are some benefits such as an increase in satellite cell content and a decrease in myostatin. However, whether these benefits result in increased muscle size and function remains unclear. Therefore, it is important to continue research on how the muscle adapts to BFR training across the lifespan and in different clinical populations.

References

- 1.