



## Blood Flow Restriction (BFR) Certification Seminar

Instructor: Brett Burton, PT, DPT, SCS, ATC, CSCS

### Participant Release Wavier

I, \_\_\_\_\_ acknowledge that I am in good health to exercise and don't have any contraindications to B Strong BFR training shown below.

**Contraindications:**

- Medical emergency
- Pregnancy
- Sickle cell anemia
- Existing untreated deep venous thrombus (DVT)
- Untreated hypertension
- Fever
- Indwelling catheter
- Causing pain to an injury

**Avoid using a band on an extremity (other 3 extremities can be used) that:**

- Would cover a fresh wound
- Lymphedema
- Vascular access

I knowingly and freely assume all risks involved with participating in B Strong BFR Certification Seminar and One Harmonic Motion shall not be liable for any injuries, damages, or losses that occur as a result of B Strong BFR training.

I also agree to allow One Harmonic Motion use any photos from the seminar for promotion of further events and/or included in future presentations.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*The exchange of scanned or facsimile copies of this instrument and of signature in .pdf or electronic format through DigiSigner or other means, shall constitute effective execution and delivery of this instrument as to the parties and may be used in lieu of the original for all purposes.*