



## ASSESSMENT FOR PERSONALIZATION

This assessment will test for proper adjustment of occlusion, resistance, and duration.

### EQUIPMENT NEEDED

- One upper body strap
- Two dumbbells 2.5, 5, or 7.5 lbs. equivalent straps

### THREE MINUTE ASSESSMENT – PAGE 3 – 3-MINUTE ASSESSMENT

- Hydrate the patient
- Tighten the strap on the dominant arm – refer to **PAGE 4 - TIGHTNESS**
- Hand the patient 2-dumbbells – refer to **PAGE 5 - RESISTANCE**
- Begin with one set of 30 reps followed by three sets of 15 reps
- Rest 30-seconds between sets
- Verify that there is no numbness or tingling
- Check for capillary refill
- Observe – Early fatigue – patient fatigues prior to the 8<sup>th</sup> rep in the final set
- Observe – Late Fatigue – patient does not fatigue prior to the 15<sup>th</sup> rep

### ADJUSTMENT – PERSONALIZATION – PAGE 6 - PERSONALIZATION

- Early Fatigue – Reduce the strap pressure by 2-clicks of the weight by 1 lb.
- Late Fatigue - Increase Pressure by 2-clicks or weight by 1 lb.

### WARNING

If the patient shows signs of early fatigue before the final set of repetitions, stop the test, and loosen the strap or reduce the weight. Patients that “power through” to the end after experiencing early fatigue risk amplified delayed onset muscle soreness-DOMS.

ATTACHMENTS BELOW

# 3-MIN ASSESSMENT



Step 1 – On the dominant arm, measure the circumference above the bicep.



Step 2 – Install one strap on the dominant arm and tighten per the “Tightening” chart.



Step 3 – Using a dumbbell or strap\*, do 30 – 15 – 15 – 15 reps with 30-seconds rest between sets.

\*2.5 lbs. – Older, low exercise  
\*5.0 lbs. – Typical  
\*7.5 lbs. – Athlete

## Step 4 - Adjust

### Tighten +

Tighten the strap 2-clicks if you do not experience fatigue during the final set.

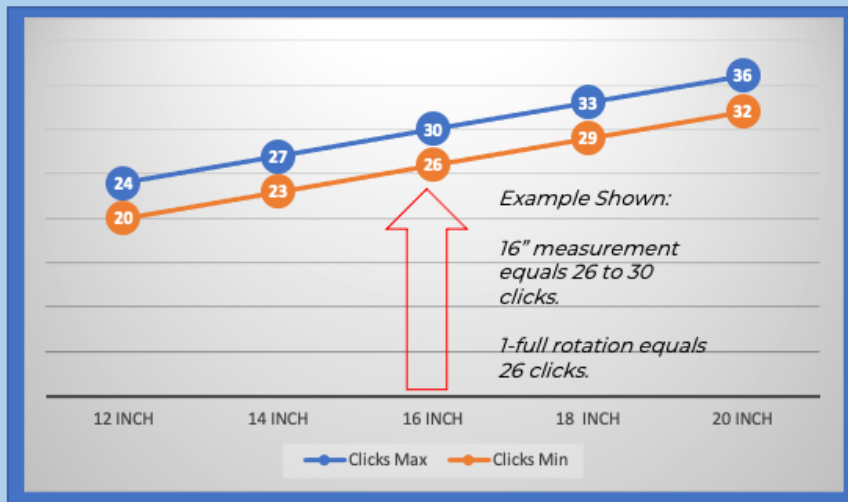
### Loosen -

Loosen the strap 2-clicks if you experience fatigue prior to the 8<sup>th</sup> rep in the final set.

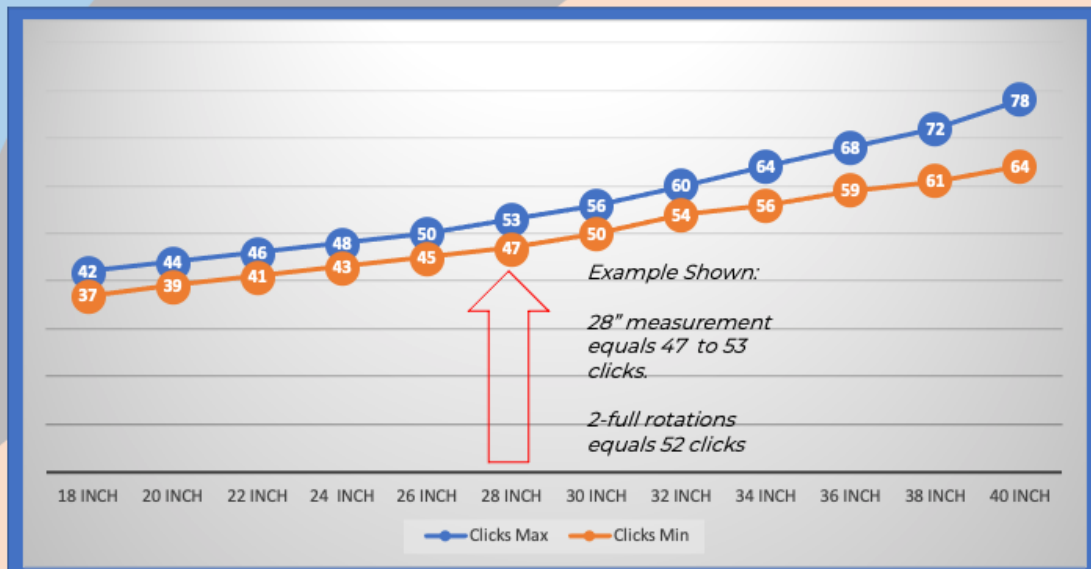
# TIGHTENING

These charts provide general tightening guidelines for the RockCuff strap. Done properly, once tightened the pressure applied by the strap will be approximately 85 mmHg\* or 50% of the pressure required to fully occlude arterial flow on the upper limb when measured under load. \*These measurements apply ONLY to RockCuff!

## Upper Body



## Lower Body



# RESISTANCE

2.5 lbs

**INACTIVE - OLDER**

Inactive, injured, older

5.0 lbs

**FEMALE - MALE**

Active females and most males.

7.5 lbs

**MALE - FEMALE**

Active fit males and female athletes

10 lbs

**ELITE ATHLETES**

Elite athletes, bodybuilders,



# PERSONALIZATION

*Based on the results of the 3-MINUTE ASSESSMENT, calibrate the strap for your personal setting using the guidance below.*

**-2**

## EARLY FATIGUE

If you experience fatigue prior to the 8<sup>th</sup> repetition in the last set of 15 reps, loosen the strap two (2) clicks.

**+2**

## LATE FATIGUE

If you DO NOT experience fatigue prior to the 15<sup>th</sup> repetition in the last set of 15 reps, tighten the strap two (2) clicks.

**STOP**

## EXTREME FATIGUE

If you experience fatigue prior to the beginning of the final set of 15 reps, STOP – reduce resistance by 20%

**STOP**

## NUMBNESS – TINGLING - PAIN

If you experience numbness or tingling in the limb, STOP and loosen the strap 2-clicks.

# PRE SCREENING

## PRE-SCREENING QUESTIONS FOR THE USE OF BLOOD FLOW RESTRICTION THERAPY (BFRT)

Name (Print) \_\_\_\_\_ Date \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_ Provider \_\_\_\_\_

*Please answer the following questions to the best of your ability. If you require help or explanation, please ask for assistance.*

Do you currently have, or have you been diagnosed with any of the following?

	<u>Yes</u>	<u>No</u>
1. Untreated high blood pressure (>140 mmHg)?	[ ]	[ ]
2. An active cancer diagnosis?	[ ]	[ ]
3. Sickle Cell Anemia?	[ ]	[ ]
4. Currently pregnant?	[ ]	[ ]
5. Less than 6-months post-partum?	[ ]	[ ]
6. Uncontrolled diabetes mellitus?	[ ]	[ ]
7. Peripheral vascular disease?	[ ]	[ ]
8. Deep-vein thrombosis (DVT)?	[ ]	[ ]
9. Hemophilia?	[ ]	[ ]

**A**

10. Hypercoagulable states?	[ ]	[ ]
11. Silent myocardial ischemia?	[ ]	[ ]
12. Varicose veins?	[ ]	[ ]
13. Marfan syndrome?	[ ]	[ ]
14. Vascular endothelial dysfunction?	[ ]	[ ]
15. Left ventricle dysfunction?	[ ]	[ ]

**B**

16. Recent muscle trauma or crush injuries?	[ ]	[ ]
17. Postsurgical excess swelling?	[ ]	[ ]
18. Open fractures?	[ ]	[ ]
19. Open soft tissue injuries?	[ ]	[ ]
20. Skin graft?	[ ]	[ ]
21. Extremity with dialysis access?	[ ]	[ ]
22. History of DVT or Stroke?	[ ]	[ ]

**C**

23. Age > 60?	[ ]	[ ]
24. BMI > 32?	[ ]	[ ]
25. Severe Dehydration?	[ ]	[ ]
26. Type 2 Diabetes	[ ]	[ ]
27. Low blood sugar?	[ ]	[ ]
28. Dizzy or fainting spells?	[ ]	[ ]
29. Activity <2 times per week?	[ ]	[ ]
30. List current medications	[ ]	[ ]

**D**

A – Consult Physician   B – With Caution   C – Careful Application   D – Modifiers

