



# FOOTHILLS Physical Therapy

**Delfi Personalized Blood  
Flow Restriction Therapy**



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## How it works?

Blood Flow Restriction mimics the effect of power lifting by using a tourniquet system to restrict blood flow and create anaerobic (low oxygen) benefits while using light resistance. Rounds of hypoxic stress have shown significant benefits in building lean muscle mass, preventing muscle break down, improving healing of tendon and bone, as well as reducing pain.

## Why Delfi?

Delfi Personalized Tourniquet System uses a Doppler to read and manage blood flow, just like with their surgical tourniquets. This has been proven to be very safe. In fact, the Delfi system is the only FDA approved blood flow restriction device.

## Benefits of Blood Flow Restriction

- Improves strength and muscle mass
- Prevents atrophy post injury / surgery
- Promotes healing
- Decreases pain
- Helps with Osteoarthritis



**FOOTHILLS**  
Physical Therapy

**One-on-One**

**Expert**

**Quality**

**Care**

[foothillspt.com](http://foothillspt.com)