BStrong BFR

Goal: set up a mismatch between the blood flow the muscles need to sustain work and the blood flow the muscle can actually get.

Safe, effective, comfortable and easy to use, elastic, intermediate width cuff so as not to impede movement or be uncomfortable or susceptible to nerve compromise or arterial occlusion, pneumatic to control pressure

Based on the material properties and design elements, and the "elastic" nature of this product, it operates differently than and inelastic Tourniquet device or blood pressure cuff