

## **Kaatsu Seminar program, Inspireconvention**

Saturday 26 of August 10:00-12:00

Kaatsu training in fitness. BFR is the new in strength training and muscle power

Moderator: Mark Abildhauge, A-fys, Solrød

1. Jeremy Loenneke, Assistant Professor, Mississippi university, USA  
Practical Blood Flow Restriction Training: Lessons from the laboratory
2. Danny Christiansen, ph.d. candidate, Department of Nutrition, Exercise and Sports, University of Copenhagen  
How can we improve the training response and intense exercise performance using BFR training?"
3. Michael Schewitsch, Fitness instructor, Copenhagen  
BFR in a fitness setting, Is there only one way to do Kaatsu training?

Saturday 26 of August 13:00-15:00

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scientific rational for Kaatsu training

1. Jeremy Loenneke, Mississippi university, USA  
Blood Flow Restriction in Rehabilitation: The Basics of Getting Back
2. Kaatsu training as Rehab after Hip surgery  
Nikolai Waaben, Fysioterapeut, Omsorg og Velfærd, Aarhus Kommune
3. Kaatsu Training in sport rehabilitation  
Mads Nygård, Fysioterapeut, Back2sport, Vejle
4. Panel discussion for both workshops  
Moderator: Mark Abildhauge