

INSIDE A SESSION

Your Delfi PTS BFR session, *step by step.*

Blood Flow Restriction (BFR) training with the FDA-cleared Delfi Personalized Tourniquet System lets you build real strength using very light loads — protecting recovering joints while still loading the muscle. Here's exactly what to expect.

01 Measure LOP

~30 SEC

The Delfi PTS auto-inflates briefly to find your personal Limb Occlusion Pressure — the exact pressure where arterial flow stops. Measured every session, per limb.

02 Fit & calibrate cuff

~1 MIN

Cuff is placed high on the limb and set to a safe percentage of your LOP (typically 50% upper body, 80% lower). Snug and firm — never pinching or burning.

03 Low-load exercise

~5–8 MIN

Four short sets — usually 30, 15, 15, 15 reps — at just 20–30% of your normal load. Brief rests, cuff stays inflated. A strong, deep muscle pump is expected.

04 Release & recover

~1 MIN

Cuff deflates immediately. A warm rush returns as blood flows back. We check color, sensation, and how you feel. Most patients feel normal within 60 seconds.

AT A GLANCE**TOTAL TIME**

~10–15 min block

LOAD USED

20–30% of 1RM

PRESSURE

% of your LOP

YOU'LL FEEL

Deep muscle pump