

**Aktuelles**

Bielitzki, R., Behrendt, T., Behrens, M., Schega, L. (2021). Current Methods for Practical Blood Flow Restriction Training: A Systematic Review *Journal of Strength and Conditioning Research*. DOI: > 10.1519/JSC.0000000000004104 ([https://journals.lww.com/nsca-jscr/Abstract/9000/Current\\_Techniques\\_Used\\_for\\_Practical\\_Blood\\_Flow.93931.aspx](https://journals.lww.com/nsca-jscr/Abstract/9000/Current_Techniques_Used_for_Practical_Blood_Flow.93931.aspx)). [IF<sub>2020</sub>: 3.77!]



Bielitzki, R., Behrendt, T., Behrens, M., Schega, L. (2021). Time to save time: Beneficial effects of blood flow restriction training and the need to quantify the time potentially save by its application during musculoskeletal rehabilitation. *Physical Therapy & Rehabilitation Journal*, DOI: > 10.1093/ptj/pzab172 (<https://academic.oup.com/ptj/advance-article/doi/10.1093/ptj/pzab172/6315163>). [IF<sub>2020</sub>: 3.021]

