



WHEN STAFF IS LIMITED, SIMPLICITY WINS

Basketball programs don't have the luxury of large performance teams. Tools need to work fast, travel well and scale without extra staff burden.



With Dr Tyler Lesh,
Dave Snyder And Tom Cresswell

THE PROBLEM:

Small Staffs, High Demands

- Many basketball programs operate with 1-2 practitioners
- Constant travel and packed schedules limit hands-on time
- Complex tools create bottlenecks instead of solutions
- Staff time is often the limiting factor - not intent



BFR SOLUTION:

Perfect For Small Staff Teams

- Strap on and go - no setup, no supervision
- Proven safe for independent and autonomous use
- Works in locker rooms, buses, pools, hotels
- No charging, no cables, no bottlenecks
- One tool across prep, training, and recovery

UPSIDE:

Give Athletes Autonomy Without Losing Control

- Athletes self-administer protocols
- Staff can work elsewhere while recovery continues
- Consistency improves because tools actually get used
- Education → trust → long-term buy-in



Contact Hydro To Integrate BFR Into Your Performance System.

