

Cory Keirn DPT Explains Rehabilitation and Recovery Protocols for the online KAATSU Education Program

The former Major League Baseball and World Wrestling Entertainment trainer offers insights and instructions how to optimally use KAATSU equipment

Huntington Beach, California (May 30, 2021) – Dr. Cory Keirn is the KAATSU Chief Educator at KAATSU Global and is featured in the new online KAATSU Education Program and CEU course.

Cory Keirn, DPT, OCS, CSCS, TSAC-F, earned a Bachelor of Science degree in Applied Physiology and Kinesiology from the University of Florida and a Doctorate in Physical Therapy from the University of Central Florida. After graduation, Dr. Keirn was accepted into the Veterans Affairs residency program to become an Orthopedic Clinical Specialist. He is a Certified Strength and Conditioning Specialist (CSCS) and a Tactical Strength and Conditioning Facilitator (TSAC-F) through the NSCA. Dr. Keirn has experience coaching and treating a wide range of patients including orthopedic surgeries, joint replacements, professional athletes, young adolescents, and U.S. Special Operations Command (USSOCOM) soldiers, sailors, and airmen. Dr. Keirn has worked for the World Wrestling Entertainment industry and the Philadelphia Phillies of Major League Baseball as a strength coach.

Dr. Keirn's passion to help others stems from his upbringing. His grandfather, Col. Richard "Pop" Keirn, is 1 of 2 men who have been a POW in 2 wars. On September 11, 1944, at age 19, Col. Keirn was the co-pilot of a B-17 that was shot down he spent 237 days as a POW in a German prison camp during WWII. Keirn returned home to start a family, however, on July 24, 1965, he was shot down while flying a F-4C Phantom fighter plane and was taken prisoner by the North Vietnamese the next day. He had broken both ankles, sustained burns during the ejection, and was presumed Killed In Action (KIA). Keirn spent the next 2,760 days in captivity and finally came home on February 12, 1973. Col. Keirn lived a great life after returning home until he passed on May 25, 2000, and was buried on Memorial Day, May 29, 2000, with full military honors.

"I remember seeing my grandpa struggle to walk more than 50 ft. He had such bad COPD that he could barely breath and after years of starvation, he developed diabetes when he returned home. We went to the golf course when I was 12, and when he tried to hit the ball, he lost his balance and fell. I remember the look on his face when he was too embarrassed to try again. This man, my grandfather, had the mental toughness to survive 8 years of starvation and torture. I watched his body deteriorate from the secondary effects of COPD, Diabetes, and PVD. His mind outlived his body."

When Dr. Cory first met Dr. Sato, Cory presented Sato with his grandfather's POW bracelet. Dr. Cory explained to Dr. Sato his mission in life is to help those who help others. As Dr. Cory explains: "As a physical therapy doctor, I treat those who cannot move well, and if you can't move, life becomes stagnant. My goal in life is to help people move better as they age... so they can enjoy those golden years."

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Today, Dr. Cory primarily works with active duty soldiers and retired military veterans, but he also loves to coach kids. He is the father of 2 young children and he is on the field with them as much as possible. He is currently researching how to integrate KAATSU protocols with physical therapy to improve rehabilitation techniques for the aging population and high level USSOCOM forces including Navy SEALs and Army Special Forces.

“There are so many men and women that sacrifice their body to put food on the table, whether it’s military, police, firefighters, manual labor, or even long hours sitting at a desk job without moving. When the day’s work is done, parents have to find the energy to play and interact with their kids when they get home, and that’s not easy. With KAATSU and some proper guidance, you can slow down and possibly reverse early aging and the onset of secondary diseases related to lack of exercise.”

The online KAATSU Education Program and CEU course is a comprehensive introduction of the myriad physical therapy protocols most widely used by orthopedic patients.

“Dr. Keirn is featured in hundreds of short videos that explain KAATSU and demonstrate effective multi-function movements and exercises for users of all ages and abilities,” explains KAATSU Global CRO and former Navy SEAL captain John Doolittle. *“As the pioneer and global leader in the emerging Blood Flow Restriction (BFR) market, KAATSU significantly reduces the time required for injury rehabilitation, shortens post-exercise recovery time, improves athletic performance, and enables healthful longevity – all goals that Dr. Cory knows extremely well.*

Dr. Keirn is also featured in the original KAATSUfit app where he showcases how to use KAATSU with TRX® equipment while either undergoing physical therapy or training at home or on the go. KAATSUfit is available for download on both iOS and Android from their respective app stores.”

KAATSU was originally invented in Japan in 1966 by Dr. Yoshiaki Sato who mentored Dr. Keirn in Tokyo.

KAATSU is the world’s leading automated BFR system for exercise, rehabilitation, and recovery. The patented pneumatic bands and algorithms modify blood circulation in the arms and legs which results in a cascade of positive physiological effects and hormonal release. The proprietary program is supported by decades of research at top academic institutions and hundreds of peer-reviewed published studies. Its efficacy has been proven in over 20 million KAATSU sessions across 49 countries.

Steven Munatones, Co-Founder & CEO, KAATSU Global, expressed further, *“Dr. Cory combines personality and charisma that augments his knowledge and experience with KAATSU. In the KAATSUfit app and in the CEU course, he demonstrates how best to use KAATSU’s patented products for medical professionals and anyone seeking improvements in their rehabilitation,*

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recovery, fitness, and performance. He makes it easier and more understandable to effectively use KAATSU products.”

“I’m a real proponent of the KAATSU training, especially for the elderly and those recuperating from an injury,” said Dr. Joseph Mercola, an osteopathic physician and best-selling author. “After careful review, it is clear to me that the KAATSU equipment is the best BFR equipment on the market. The bands are just tight enough to allow arterial blood flow but not venous flow. This gives you the same benefit as heavy lifting without the dangers associated with heavy weights. With KAATSU, you can build muscle faster, safer, and easier. It is also a wonderful tool for post-surgical rehabilitation, allowing you to regain physical function in a fraction of the time that one would normally anticipate.”

ABOUT KAATSU GLOBAL

KAATSU Global is a Southern California-based health tech company that has transformed how athletes, military personnel and Baby Boomers can utilize their body’s own biochemical processes to improve their performance levels, accelerate healing, and reduce pain. KAATSU Global pioneered the Blood Flow Restriction market and continues to be the world’s leading BFR company with a line of patented BFR equipment and proprietary protocols for the military, competitive athletes (collegiate, Olympic, professional), hospitals, physical therapy clinics, as well as for consumers to use at their homes, offices and during travel. KAATSU is safely used by people from every walk of life in 49 countries, of every age and ability (up to 104 years old), anywhere and anytime, for recovery, rehabilitation, and performance. www.kaatsu.com

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