

# NEFF

## FEBRUARY NEWSLETTER

### 2025 IS FLYING BY

HI NEFF FAMILY!

I hope everyone is still working hard on those new years resolutions. Going into month 2 I would ask you to reflect on the habits you chose and whether they are working for you and your long term goals. Here are some question ask to evaluate your progress:

**What successes did I achieve last month, and how can I build on them?**

**Which habits challenged me the most, and what adjustments can I make to improve?**

**How well did my current habits align with my long-term goals?**

### NEW PRICING UPDATE

We value each and every members contributions to keeping New England Functional Fitness open and thriving. But there comes a time to where we have to make adjustments to keep the lights on. We are still one of the most affordable options for training, pre and rehab in the area so bear with us folks.

1 on 1: 12x25min Sessions 480.00 | 12x60min Sessions 930.00

Semi-Private: 12x25min Sessions 300.00/person | 12x55min Sessions 545.00/person

Group Semi Private: 12x25min Sessions 185.00/person

Mobile App Training: 12 Sessions 260.00

Adult Strength & Conditioning: Unlimited Sessions 70.00/mo

Let us know if you have any questions. Continued thanks to our NEFF family.





# The Best Mobility Drills for Everyday Athletes: Evidence-Based Approaches to Injury Prevention

Mobility is an essential component for any strength athlete striving to improve performance and reduce injury risk. Research published in the *Journal of Strength and Conditioning Research and Sports Medicine* indicates that restricted range of motion can lead to compensatory movement patterns, increasing the likelihood of musculoskeletal injuries (Behm & Chaouachi, 2011). By incorporating dynamic stretching, targeted mobility drills, and self-myofascial release into your training routine, you can enhance flexibility, neuromuscular coordination, and movement efficiency (Behm & Blazevich, 2017; Wilke et al., 2019).

Below are a few specific mobility drill suggestions for three primary movement patterns—squat, press, and hinge. These drills can be included in your warm-up or performed on active recovery days to maintain proper joint function:

## Squat Pattern

- **90/90 Stretch:** Sit on the ground with legs in a 90/90 position. Lean forward over the front leg to target the hip capsule. This stretch helps improve external hip rotation for deeper, more stable squats.
- **Wall Ankle Stretch:** Stand facing wall with foot of the stretching leg a few inches away. Gently drive your knee forward to touch the wall while keeping your heel down. Improved ankle dorsiflexion supports a more upright torso and stable base during squats.

## Press Pattern

- **T-Spine Rotation:** Kneel on all fours. Place one hand behind your head and rotate your torso, bringing your elbow toward the ceiling while keeping your lower back stable. This increases upper back mobility, essential for overhead lifts.

## Hinge Pattern

- **Hip Airplanes:** Start by balancing on one leg. Hinge forward at the hips, and rotate your torso open (away from the support leg), then rotate it closed. This challenges and improves hip stability and mobility, which are vital for deadlifts and other hinge-based lifts.

These drills target key areas often associated with limited range of motion and common strength-training injuries. For more detailed guidelines and programming tips, consult resources like the *Journal of Sports Sciences* or the National Strength and Conditioning Association (NSCA). By integrating evidence-based mobility work into your regular routine, you can improve lifting mechanics, reduce injury risk, and enhance overall performance.