



NEW ENGLAND FUNCTIONAL FITNESS The Gym Rag

CLOSURE ALERT

We will be **closed** both Thanksgiving Day **Thursday, Nov. 23** and **Friday, Nov. 24** - probably because we will all be too stuffed to move. If you have any sessions scheduled on those days please be sure to communicate with your coach on when to reschedule.

Happy Thanksgiving!



MONTHLY TRIVIA

LAST MONTH'S ANSWER:
Blood flow restriction signals the brain to send out **ANABOLIC** hormones.

THIS MONTH'S QUESTION:
What three exercises are performed in a powerlifting competition?

HEART AND SOLE

NEFF client Myrta Groeneveld cut the sleeves off her NEFF shirt like a boss and smashed the Eversource Hartford 5K on Oct. 14. She finished first in the women's 55-59 age group with a time of 24:21 and finished 95th overall out of 1,808 participants and 17th out of all 1,079 females.



Congratulations Myrta, we are so proud of you! And **THANK YOU** for representing us!

THERE'S ABOUT TO BE A NEW COACH IN TOWN

Coach Matt, his wife Ty, and little Grayson are excited to announce the newest addition to the NEFF team. River Parker Caron is scheduled to make his debut June 5, 2024!



IS ARTIFICIAL TURF INCREASING THE LIKELIHOOD OF INJURY?

By Julie Quintero

Aside from the turkey and your uncle passing out on the couch in a food coma, inarguably the biggest tradition on Thanksgiving now is gorging on football. Unfortunately, another strong likelihood is that we'll see someone get injured while playing. This has always been the smashmouth nature of football and movement professionals have been tirelessly tasked with finding ways to prevent injury as much as possible. Lately, artificial turf surfaces have been brought into the conversation as to whether or not they are causing more **non-contact** lower body injuries.

It seems like not all that long ago, professional teams and schools were clamoring to get their old, cruddy grass fields replaced with new, easy-to-maintain and weather-resistant synthetic turf. And because of the large number of variables that influence how an injury happens, it would be impossible to confidently say that turf is solely responsible for a lot of these lower body injuries. That being said, as the seasons go on, if certain patterns start to emerge, it has to be evaluated.

I've been poring through meta-analyses that have compiled data of injuries that happen on artificial turf compared to grass and there's been some interesting points. Overall, the evidence seems to suggest a higher likelihood of injury on an artificial surface. There have been many studies done over the years, and they've taken a broad look at different variables from the type/brand of artificial turf, to the biomechanical interactions between the turf and cleats, and different sport and athlete demographics.

Biomechanically, a couple studies have found that turf does not release the cleat as well as grass does, causing a larger amount of torsion on the lower extremity. Grass has shown to be more malleable, thereby allowing those forces to be absorbed into the ground and not through a player's leg. One study examined 19 different football cleats on both artificial and natural surfaces and found the natural surface gave way and created a divot; visible evidence of the grass absorbing force from the leg. That didn't happen on the artificial surface, and it created higher force and torsion. The other study performed similar tests, but had a larger variety of surfaces as opposed to footwear. The results were similar, with the grass deforming and creating less force and the turf doing the opposite.

Currently, there are 15 NFL stadiums that use artificial turf. But even the turf itself is different at each stadium, being manufactured and installed by different companies. One study found a particular *brand* of turf was more likely to cause injury and suggested that perhaps exposing players to artificial surfaces earlier might help mitigate the risk of injury. So again, lots of variables.

Over the years, the NFL Players Association has lobbied for teams to switch back to natural grass because of this emerging pattern of increased injuries - as if the constant turf burn isn't enough of a reason. The debate has kicked up a bit more dirt again lately after super-important, high-profile player Aaron Rodgers tore his Achilles tendon in the first game of the season after he was sent to rescue the perennially lost-cause New York Jets...oops. Oh yeah, and the same injury happened to some other guy that week, but that's not important.

What is important is that you enjoy Thanksgiving with your family, whether you watch a bunch of dudes chase an oblong-shaped ball around a field or not. This is the time to eat, and then maybe join your uncle for a post-Thanksgiving food coma on the couch. Or maybe you *are* that uncle...

Happy Thanksgiving from all of us here at NEFF. We are so thankful for ALL of you!

Artificial turf around the NFL

Mercedes-Benz Stadium (Atlanta Falcons)
Highmark Stadium (Buffalo Bills)
Bank of America Stadium (Carolina Panthers)
Paycor Stadium (Cincinnati Bengals)
AT&T Stadium (Dallas Cowboys)
Ford Field (Detroit Lions)
NRG Stadium (Houston Texans)
Lucas Oil Stadium (Indianapolis Colts)
SoFi Stadium (Los Angeles Rams/Chargers)
U.S. Bank Stadium (Minnesota Vikings)
Gillette Stadium (New England Patriots)
Caesars Superdome (New Orleans Saints)
MetLife Stadium (New York Giants/Jets)
Lumen Field (Seattle Seahawks)
Nissan Stadium (Tennessee Titans)