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Effects of Activation Drills Combined with Dynamic Warmup on Performance Field Tests

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The neuromuscular activation techniques incorporated in Reflexive Performance Reset® (RPR) may have benefits to athletic performance, such as flexibility, agility, strength, power, and speed. **Purpose:** To analyze the impact of RPR on athletic performance when used in addition to a standardized dynamic warm-up. **Methods:** Fourteen Division III male collegiate football players (age 19.43 ± 1.016 years, weight 201.18 ± 46.028 lbs.) completed a randomized crossover study consisting of three performance testing sessions following a control condition (dynamic warm-up + 5-minute brisk walk at a 3 mile per hour pace (DWU)), and two experimental conditions 1) dynamic warm-up + RPR (RPR) and 2) dynamic warm-up + sham (SHAM). Performance testing consisted of sit & reach, pro-shuttle, handgrip strength, vertical jump, and 40-yard dash with a two-minute rest between each. Following the completion of the performance testing subjects were asked to complete a survey inquiring about the interventions' perceived effectiveness. **Results:** There were no significant differences between the three interventions for the sit & reach ($p = 0.310$), pro-shuttle ($p = 0.821$), right handgrip ($p = 0.504$), left handgrip ($p = 0.239$), vertical jump ($p = 0.508$), and 40-yard dash ($p = 0.500$). The RPR and SHAM condition each had six subjects perceive that it was the best condition on their performance. Furthermore, when asked if they felt ready to perform after the interventions, more subjects reported feelings of readiness with the RPR (13) and SHAM (14) conditions than the DWU (10) alone. **Conclusion:** RPR is a new breathing and acupressure technique that is used as part of a warm-up modality for athletes. Although there was no acute benefit to the addition of RPR to a standard warm-up, there appears to be perceptual benefits for readiness prior to competition/practice. Additional research is needed to explore the potential benefits on athletic performance.

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