

Neck Coupling Strength

Testing what matters in contact sport

Gavin Pratt, MSc | Senior Director of Strength and Conditioning, UFC Performance Institute



Neck performance continues to gain relevance in physical preparation, especially in sports with **frequent head accelerations or heavy isometric loads**.

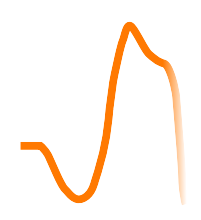
To minimize injury risk and severity, **neck coupling strength is prioritized**, contextualized and categorized through:



 **Neck training** history

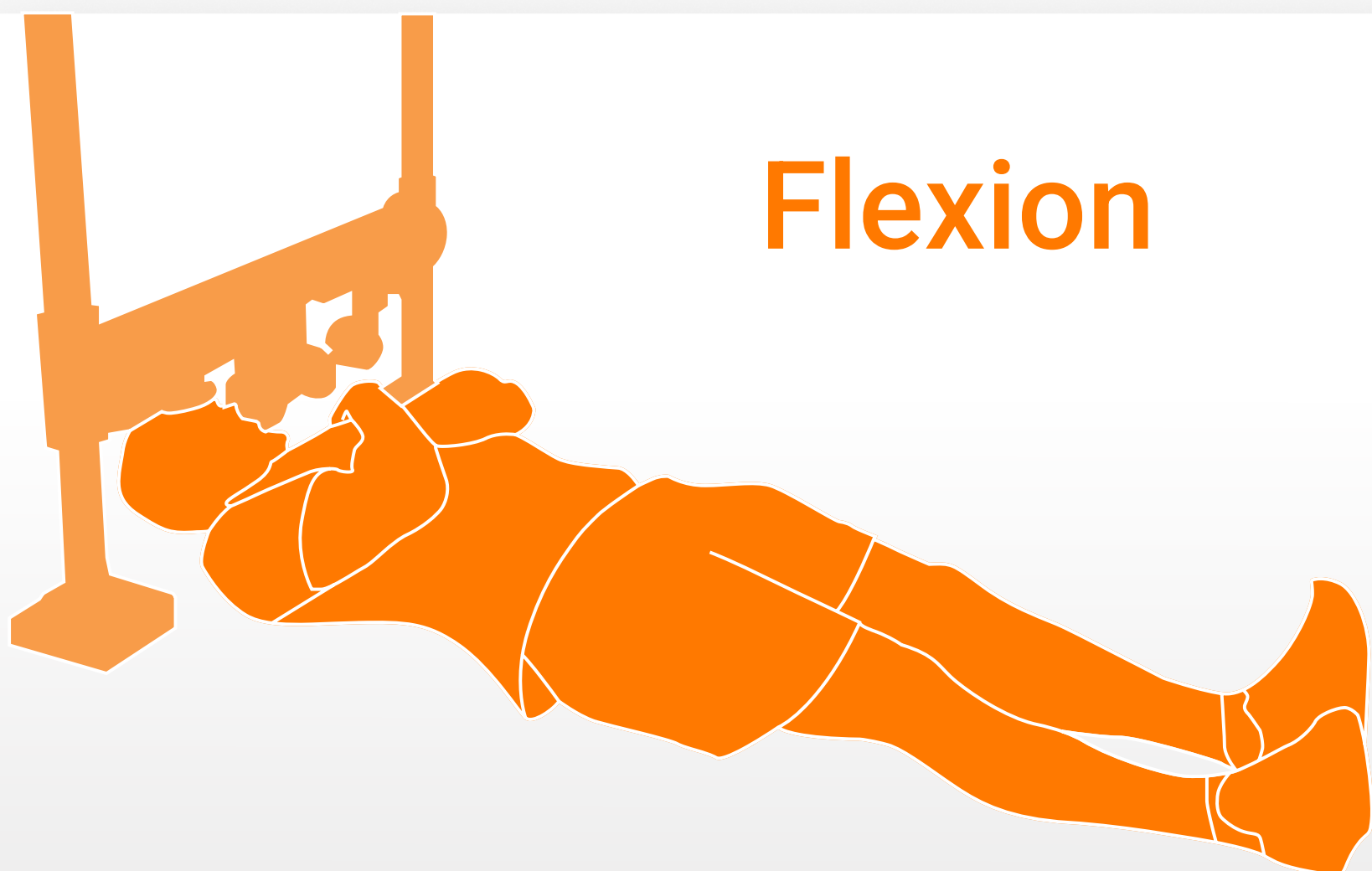
 **Weight Class** or Position

 **Injury** history

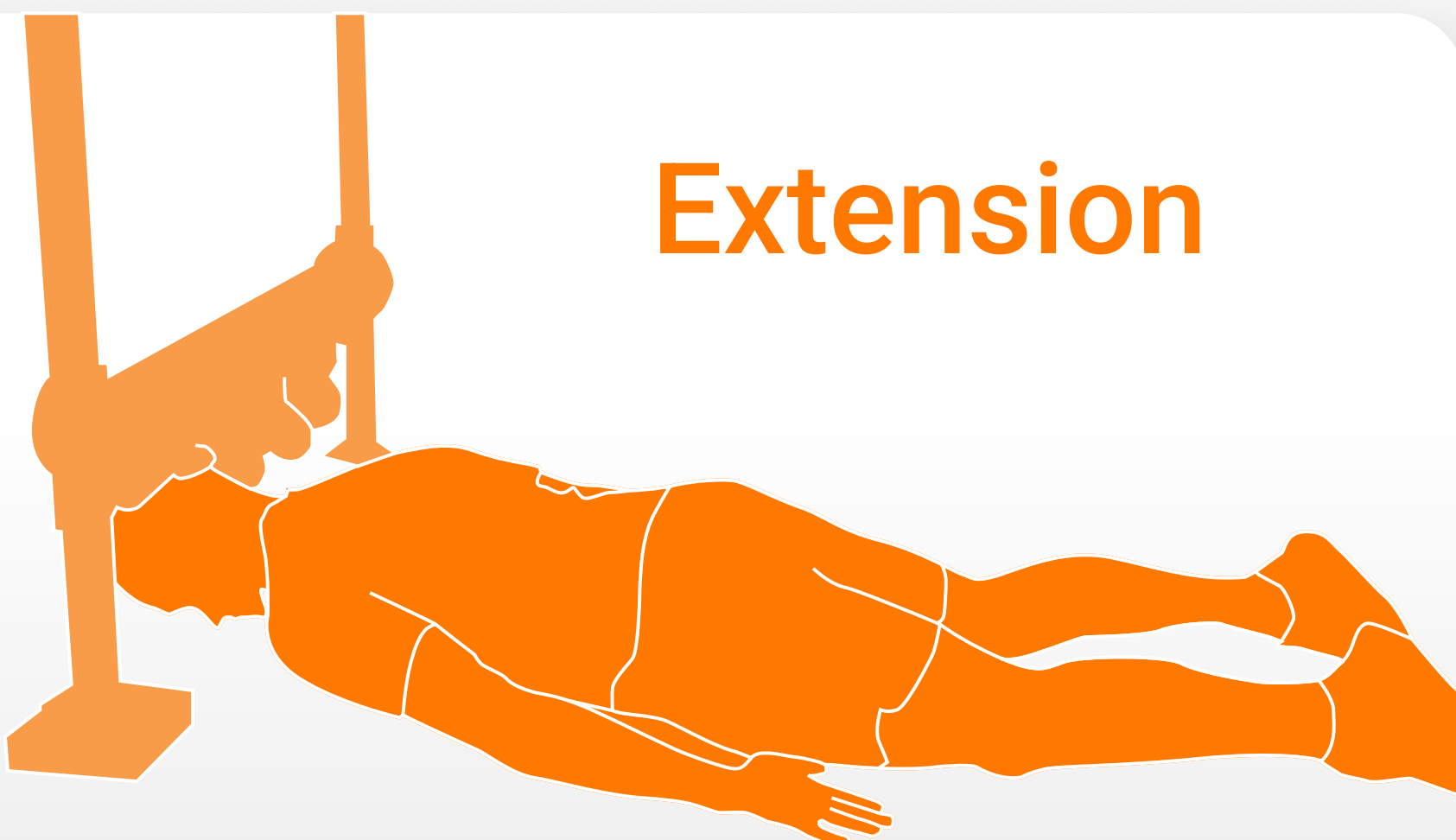
 **Force** output

 **Strength** ratios

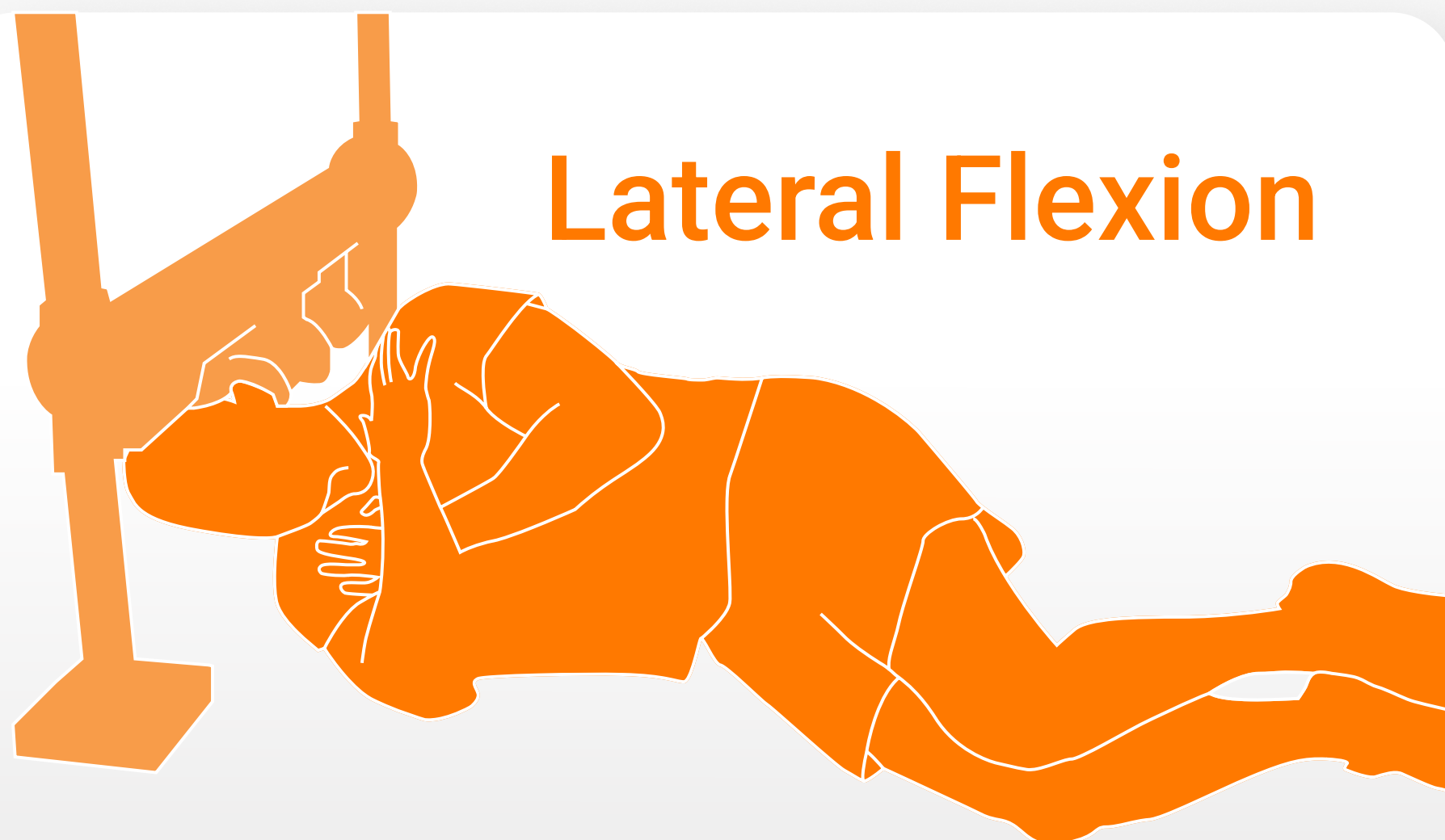
The Neck Coupling **Strength Assessment**



Flexion



Extension



Lateral Flexion

Neck Coupling **Strength Benchmarks**

1 Flexion

Sex	Mean $\pm$ Standard Deviation
Male	242N $\pm$ 68.3
Female	144N $\pm$ 27.7

2 Extension

Sex	Mean $\pm$ Standard Deviation
Male	310N $\pm$ 67.4
Female	199N $\pm$ 26.8

3 Lateral Flexion

Sex	Laterality	Mean $\pm$ Standard Deviation
Male	Right	350N $\pm$ 75.7
	Left	340N $\pm$ 74.1
Female	Right	207N $\pm$ 37.5
	Left	207N $\pm$ 35.4