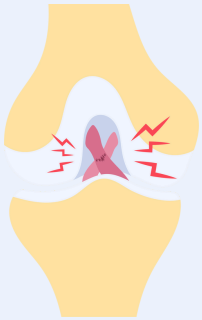
COMMON CRICKET INJURIES

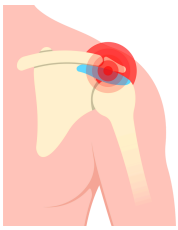


MEDIAL MENISCUS TEAR

Pain on inner part of the knee, especially when bending knee and swelling is another symptom. Develops with overuse or from an acute injury. A Physiotherapist can help you manage it

ROTATOR CUFF INJURIES

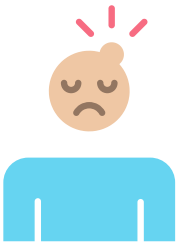
Refers to the group of muscles in the shoulder. Affects Bowling, Batting and Fielding. Tendon Injuries are the most severe and painful. Pain in the upper arm and lack of flexibility.



ANKLE SPRAIN

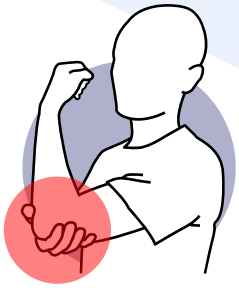
Twisted Ankle so it's common in batsmen and bowlers. Ligaments and soft tissue affected. POLICE Principle and physiotherapy can help with recovery





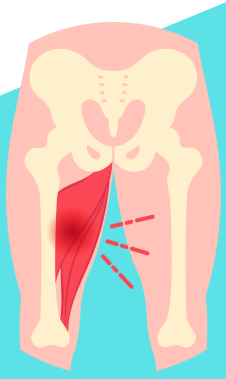
CONTUSIONS

Caused by impact from the ball, damage to the muscle and symptoms include swelling and bruising. Easily treatable and little recovery time



THROWER'S ELBOW

Caused by bowling/throwing technique, pain felt on the inner part of the arm around the elbow. Treatment is simple unless pain persists

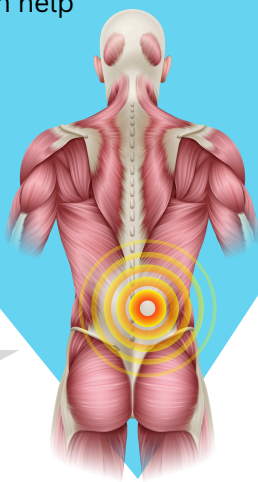


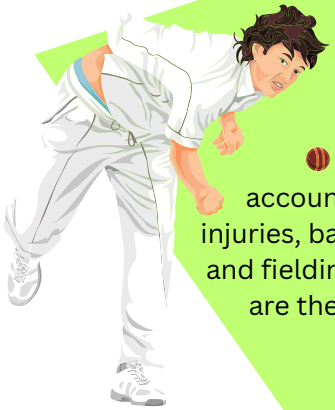
HAMSTRING

injuries are the most common injury followed by back, shoulder, quad and hand injuries.

LOWER BACK PAIN

More common in Bowlers, difficult to diagnose properly due to the complexity of the lower back and spine. Physiotherapy and Pilates can help



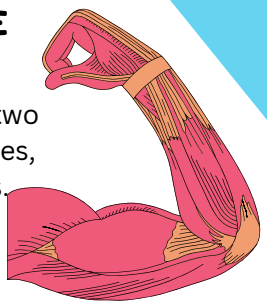


BOWLING

accounts for 41.3%, of all injuries, batting makes up 30.1% and fielding and wicket keeping are the remaining 28.6%.

MUSCLE

or joint overuse and muscle imbalance are two of the main injury causes, especially in bowlers.

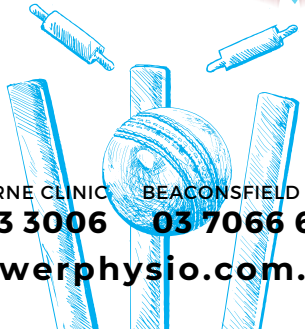


WHY INJURY OCCURS

Poor technique, lack of flexibility, inadequate warm up, lack of strength training, and high workload.

PREVENTION

A program including interval training, strength, conditioning, stretching and power training can help injury prevention.



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