

KEEP IT INJURY FREE

BALANCE IN FAST BOWLERS

Static and dynamic balance ability, lumbo-pelvic movement control and injury incidence in cricket pace bowlers

B. Olivier, A.V. Stewart, S.A.S. Olorunju, W. McKinon; Journal of Science and Medicine in Sport 18 (2015) 19–25

FACT #1

The fast bowling action places a lot of force on to the lower back, especially when attempting to increase ball release speed. This can make fast bowlers more prone to injuries.

FACT #2

There is link between poor lower limb balance and a higher incidence of injuries in sports participants in general, however, before this study, this link was unclear among fast bowlers specifically.

THE RESEARCH...

WHO

32 healthy, injury free, male premier league fast bowlers between 18 and 26 years of age participated in this study.

HOW

Each bowler completed a pre-season testing regimen. Once a month, each bowler were required to complete a questionnaire to record any injuries.

WHY

The researchers aimed to investigate whether a link exist between lower limb balance and injuries in fast bowlers.

HOW TO KEEP THE BALANCE

1

Pre-participatory musculoskeletal screening

Get screened for balance impairments pre-season

2

Single leg balance

Improve your ability to balance on one leg

3

Star excursion balance test

Use the star excursion balance test components to retrain balance



Did you know?
Half of all fast bowlers will sustain a non-contact injury during a cricket season