



STAYING ON THE PARK

Injury Prevention in Cricket

Movement is our Medicine

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Little bit of background...



INJURY PREVENTION IN A NUTSHELL

- ▶ 1) Physical Conditioning
- ▶ 2) Appropriate Training methods
- ▶ 3) Rest and Recovery
- ▶ 4) Appropriate Equipment
- ▶ 5) Psychological Factors

INJURY PREVENTION: Physical Conditioning

- ▶ A) Strength
- ▶ B) Balance/Agility
- ▶ C) Flexibility
- ▶ D) Fitness/Endurance

INJURY PREVENTION:

Appropriate Training Methods

- ▶ A) Sport specific
 - ▶ Cricket specific- bowling, batting, throwing, fielding, catching
- ▶ B) Conditioning aspects of each of the above
 - ▶ Bowling- trunk and lower body strength, endurance
 - ▶ Batting- power, concentration/endurance, sprinting, change of direction
 - ▶ Throwing- shoulder and trunk strength, distance
 - ▶ Fielding- sprinting, change of direction, sliding, diving
 - ▶ Catching- diving, concentration/endurance

INJURY PREVENTION:

Rest and Recovery

- ▶ 1) Sleep!
 - ▶ < 8 hours = 1.7x more likely to get injured
- ▶ **Chronic lack of sleep is associated with increased sports injuries in adolescent athletes (2014)**
- ▶ [Matthew D Milewski](#)¹, [David L Skaggs](#), [Gregory A Bishop](#), [J Lee Pace](#), [David A Ibrahim](#), [Tishya A L Wren](#), [Audrius Barzdukas](#)
- ▶ 2) Nutrition
- ▶ 3) Appropriate training periodisation
 - ▶ Weekly, monthly, yearly
- ▶ 4) Warm ups & cool downs/stretching
- ▶ 5) Ice baths
- ▶ 6) Compression post-training

INJURY PREVENTION: Appropriate Equipment

- ▶ Cricket:
 - ▶ Helmets
 - ▶ Pads
 - ▶ Gloves
 - ▶ Box
 - ▶ Spikes
 - ▶ Training (baseball mitt, catching gloves)

INJURY PREVENTION: Psychological Factors

- ▶ General mental wellbeing
- ▶ Outside stressors (school, exams etc)
- ▶ Performance
- ▶ Return from Injury

What Can We Offer:

- ▶ PROmotion Health:
 - ▶ Optimal treatment and management of acute and chronic injury
 - ▶ Appropriate referral when required (Sports Physician)
 - ▶ Injury Prevention (Prehab)
 - ▶ Cricket-specific strength and conditioning
 - ▶ Individualised
 - ▶ Batter vs bowler
 - ▶ Bowling plans
 - ▶ Splinting (basic finger and hand fractures and tendon injuries)
 - ▶ Wellbeing at PROmotion- Ange Bain

Thank You!!



PRO
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