



*UNLOCKING PEAK  
PERFORMANCE:  
CARE FOR  
CRICKETERS*



Wimbledon  
Chiropractic &  
Sports Injury Clinic

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Chiropractic care isn't just for back pain – it's a game-changer for cricketers striving for peak performance and injury prevention. Here's the scoop on how chiropractors are an essential part of a cricketer's journey:

Chiropractic care encompasses a holistic approach that can be a game-changer for cricketers, offering many benefits beyond mere pain relief. In the cricket world, where players are no strangers to aching backs, persistent shoulder discomfort, and the occasional sprained ankle, Chiropractors emerge as experts in tackling these musculoskeletal woes head-on. Our sports injury expertise extends to aid in injury prevention, a priceless asset in the sports arena.



These tailor preventive strategies that are worth their weight in gold, helping cricketers stay in the game for the long haul.

**Now, let's talk about injuries.**

**The five most common injuries  
for cricketers:**

- 1. Hamstring strains**
- 2. Low back pain**
- 3. Side strains**
- 4. Shoulder discomfort**
- 5. Ankle sprains**

## The Lowdown on Low Back Pain

Low back pain, a prevalent issue among fast bowlers, typically stems from the repetitive and strenuous motions inherent in the sport of cricket.

Fast bowling, in particular, imposes significant stress on the trunk and spine. This can result in acute low back pain and even potential stress fractures within the spinal structure.

It's a challenge that fast bowlers often contend with due to the unique one sided action involved in their delivery stride, which combines spinal twisting, extension, and side bending.

The repetition of this action over time can lead to the development of acute low back pain, which, if left unaddressed, may progress to more severe issues.



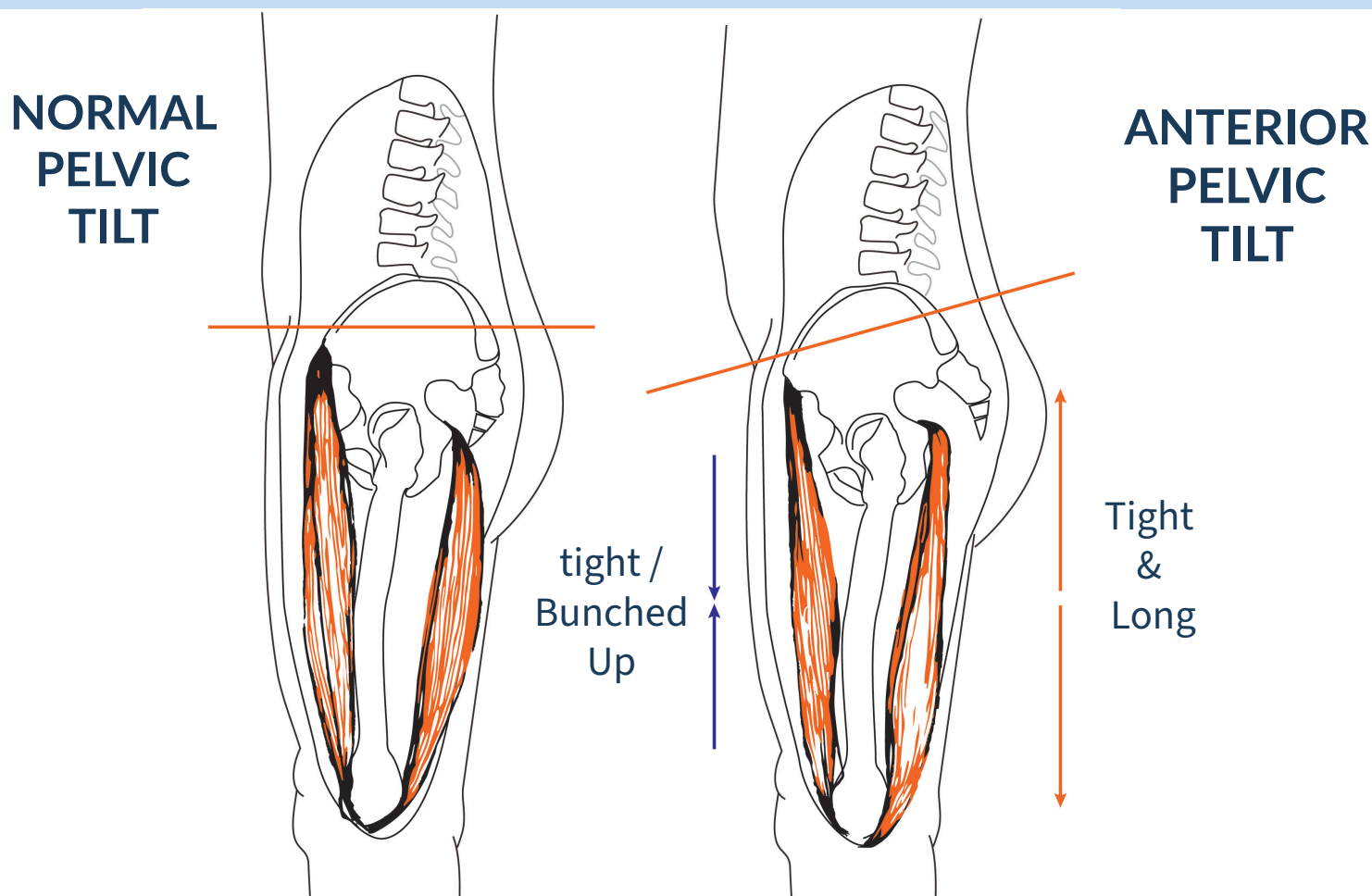


## Anterior Pelvic Tilt and Hamstring Strains

One critical postural factor we watch out for is anterior pelvic tilt (APT).

Described as the "beer-belly" posture APT is where the pelvis/hips are rotated or leaning forward. This condition can contribute to hamstring strains due to muscle imbalances and altered mechanics.

Strong (bunched-up) hip flexors over dominate and tight lower back muscles can lead to increased hamstring tight, upping the risk of injury. Addressing anterior pelvic tilt through exercises and warm-ups is a game-changer for injury prevention.



## Ankle Sprains and Proprioception

Ankle sprains strongly correlate with poor proprioception. Proprioception is your body's ability to sense the position, movement, and orientation of your limbs without relying on visual cues i.e. looking down when running or landing foot during bowling action.

Proprioception training helps prevent sprains by enabling quick adjustments to avoid ankle twists during activities. After a sprain, proprioceptive training is vital for rehabilitation, enhancing joint stability, and reducing the risk of recurrent sprains.





## Recovery Strategies

Bowlers, in particular, have to cope with the physical toll of their unique bowling technique.

We recommend post-bowling ice application followed by heat to keep them at their best to relax muscles and prevent spasms.

Seeking assessment and treatment at the Wimbledon Chiro and Sports Injury Clinic can help manage pain and maintain peak performance throughout the cricket season, minimising missed games.



## Pre-Season Screening

We frequently organise preseason screening workshops for various local sports clubs, including a wide range of different sports.

These workshops include a range of tests, including posture screening. If you are interested in this opportunity and need additional details, please feel free to reach out to us via email.



Ready to step up your game? Book an appointment with us at Wimbledon Chiropractic and Sports Injury Clinic to elevate your cricket performance and stay in top form throughout the season.

Your best game awaits!

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