

## **Injury Prevalence and Biomechanical Movement Analysis among Fast Bowlers in Cricket: A Review of Prevalence and Risk Factors**

KIU Kodagoda# and AWS Chandana

*Sabaragamuwa University of Sri Lanka, Sri Lanka*

#ushedya.kodagoda@gmail.com

Cricket is a sport in which players are involved in a highly active game situation. That causes the possibility of the occurrence of injuries. This study is aimed at reviewing current studies conducted on injuries of Cricket bowlers and biomechanics regarding the bowling action. According to the studies, it can be seen that fast bowlers are mostly suffering from several injuries among bowlers. Also, the most prevailing injury type is lower back injury according to the studies. There are hamstring injuries, knee injuries following that. Increased counter-rotation during the delivery stride has been mentioned mainly as a major reason behind the lower back injuries among fast bowlers. Overuse, age, bowling action, physical characteristics, and muscle asymmetry are also called causes for lower back injuries. It has highlighted clearly that it should be minimized by the players. By several studies conducted on other types of injuries, fast bowlers have shown an increased possibility among all the playing roles in cricket. When considering training load as a factor for injuries of bowlers, both too high and too low training loads are mentioned as risk factors. In most studies on the biomechanical analysis regarding the bowling action of the bowlers, three-dimensional video analysis has been used by researchers. Furthermore, in the Sri Lankan context, it can be mentioned that there is a lack of successful studies on cricket injuries and biomechanical analysis. These studies should be developed to reduce actual causes of injuries and to increase the effectiveness of players.

**Keywords:** *bowling in cricket, injuries, biomechanics*