

Modifying risk factors for injury in adolescent cricket pace bowlers with an exercise

ACTRN12616001572459

Status RECRUITING
Sponsor Murdoch University
Enrollment 76 participants

Plain Language Summary

This study is testing whether a targeted exercise program can reduce injury risk factors in teenage cricket fast bowlers. Fast bowlers in cricket are among the most injury-prone athletes, and injuries in adolescence can have lasting effects. The exercise intervention is designed to strengthen key muscles and improve movement patterns that are linked to injury.

You may be eligible if:

- You are a cricket pace bowler between 13 and 17 years old
- You play cricket at a club or school level

You may NOT be eligible if:

- You have played less than one full season of cricket
- You have a current injury preventing you from bowling normally
- You have a history of a medically diagnosed stress fracture of the lower back
- You are currently in another injury prevention or rehabilitation program

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (2)

- Cricket pace bowlers between the ages of 13-17 years
- Playing club/school cricket

Exclusion (1)

- Participants will be excluded if they; have played less than one full season of cricket, have any injury which prevents them from performing as they would in a cricket match situation, have a history of a medically diagnosed lumbar stress fracture, are currently involved in a structured injury prevention or injury rehabilitation program.

Locations (1 total)

WA, Australia