

PREVALENCE OF SHOULDER INJURIES AND ALTERED SCAPULAR POSITIONING IN YOUNG ELITE CRICKETERS

***Rathour Laxmi **Patra Prosenjit and ***Mohd., D. Shahid**

- 1. MPT Sports, Dolphin P.G. Institute, Dehradun, INDIA.**
- 2., 3. Assistant Professor, Department of physiotherapy, Dolphin P.G. Institute, Dehradun, INDIA.**

Email: pro.pats@gmail.com

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ABSTRACT

To find out the prevalence of shoulder injuries and factors affecting the shoulder injuries in young elite cricketers in India. Participants were selected from Kamlapat Singhania sports academy (Kamla Club) Kanpur, Greenpark Stadium, Kanpur, DAV Ground, Kanpur, and Abhimanyu Cricket Academy, Dehradun. A total of 100 subjects were recruited for the study on the basis of inclusion and exclusion criteria after signing the informed consent form. KJOC Score was used to measure shoulder functions and global question was used to find out the shoulder problem in young elite cricketers. Out of 100 players evaluated, 53 players reported shoulder problem. Among these 53 players with shoulder problems 22 were batsman and 29 were bowlers. Out of 53 players who reported shoulder problem, 46 players were playing with arm trouble and 7 players were not playing due to arm trouble. Results showed that the prevalence of the shoulder problem in young elite cricketers is 53%. The conclusion of this study is that the cricketers with shoulder Injury have more downwardly rotated scapula than the non injury group.