

A STUDY TO COMPARE THE EFFECT OF DYNAMIC STRETCHING VERSUS EXERCISE DRILL ON REACTION TIME OF CRICKET PLAYERS

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ABSTRACT

The purpose of the study was to find out the comparative result of the effect of dynamic stretching versus exercise drill on reaction time of intercollegiate level cricket players. After obtaining ethical clearance and informed consent forty two intercollegiate level Cricket players in the age group of 18 to 25years participating in intercollegiate championships and practicing regularly for at least four times per week for a minimum of one year were randomly selected for the study. Players were equally divided into three groups of fourteen players each namely as; Group A(dynamic stretching exercise program), Group B(exercise drill program) and Group C(conventional exercises program) respectively for a period of 6 weeks. Pre and post intervention, reaction time was evaluated using a self-designed and validated reaction time apparatus. All the three groups showed significant differences between the individual values which was analyzed using Wilcoxon Signed Ranks test(p value < 0.05). Using Kruskal Wallis test after the experiment, it was observed that Group B(exercise drill) showed higher significant difference in the reaction time of bilateral upper and lower limbs than Group A(dynamic stretching exercise) and Group C(conventional exercise) (p value $=0.000$). It was observed that exercise drill program is more effective in improving reaction time of cricket players as compared to dynamic stretching exercises and conventional exercise program.