

Preparing for the season

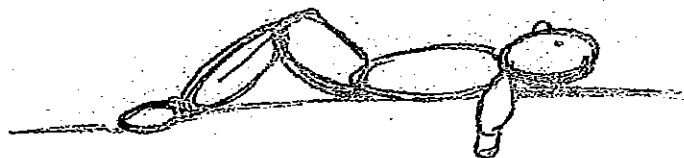
Doing similar movements (or lack of them) every day at work puts undue stress on your lower back and certain muscle groups become dominant, affecting all aspects of your physical self, by reducing the strength of your core – the foundation for all efficient movement. After several months of doing little cricket specific exercise, it's difficult, if not potentially harmful, to go out and do something that requires strength in different areas without waking it up properly.

Lots of sitting at work, and (over the winter months) at home, also causes hips to become locked down and less mobile. The hips support the pelvis and have more musculature attached to them than any other joints in the body. We want to make sure your hips have excellent range of movement and stability so that they can keep your pelvis in alignment and reduce the risk of injury and enhance your performance. Prehabilitation movements work on this area.

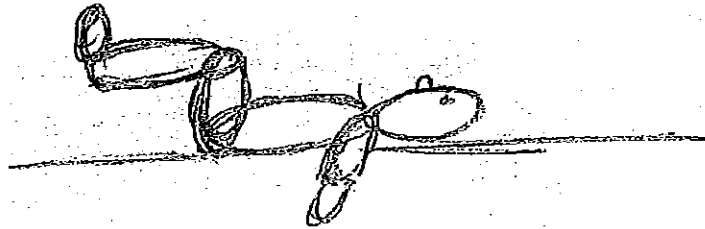
The same is true of the neck, shoulders and arms, but we will address these in the next handout, we want to ease you into the new movements gently, and make sure you have the time to do them correctly and frequently.

Before you start, the IDEAL would be to do these after a short jog, bike, swim, or any other exercise that raises your heart rate for a few minutes..

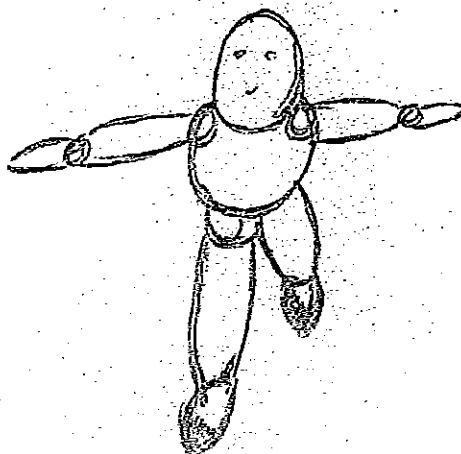
1. Start lying down on your back somewhere comfortable, but firm – not your bed – with your knees bent and feet flat on the floor.
Keep your stomach flat by trying to keep the belly button close to the floor, knees and feet together, and roll your knees to the side, and back to the middle. Pause for a second and then roll the knees to the other side, and return to the middle. Repeat 10 times. Remember to keep your stomach as flat as possible BUT KEEP BREATHING!



2. As above, but bring your knees up towards you so your knees are pointing to the ceiling. Again, slowly roll the legs to one side. This starts to work on your strength through the hips, pelvis, and rotation of your spine. Come back to the middle, pause, and repeat to the other side. Remember to keep your stomach as flat as possible, without straining. If you feel you cannot reach the floor with your legs, go as far as you feel comfortable, but ALWAYS in control. As a guide, take 3 seconds to go from start position to legs on the floor, and 3 seconds to come back to the middle again. Repeat 10 times.



3. Finally, to lengthen and strengthen the hamstrings and buttock. Standing, lean forwards, keeping your back straight, and push one leg out behind you, keeping the knee as straight as possible. Put your arms out to the side for balance, and make sure you keep your head up looking forwards. Go as far as you can until you start to feel the pull at the back of your standing leg, pause, and maintain your balance for 15 seconds. Change legs, and repeat. Repeat 15 times.



Colchester & East Essex Cricket Club - Pre-season training and Injury Prevention - 2010.

Forename : _____ Surname : _____

DOB : _____

Current Medication : Repeat prescriptions: _____

One off prescriptions: _____

Allergies : _____

Date : _____

Signature: _____

Injuries:

Yes = No =

Have you had any injuries that interfered with your sporting career?
If yes, list below on chart.

Yes = No =

Have you ever broken a bone, had to wear a cast or had a joint injury?
If yes, please list below on chart.

Yes = No =

Do you ever have lower back pain problems?

Yes = No =

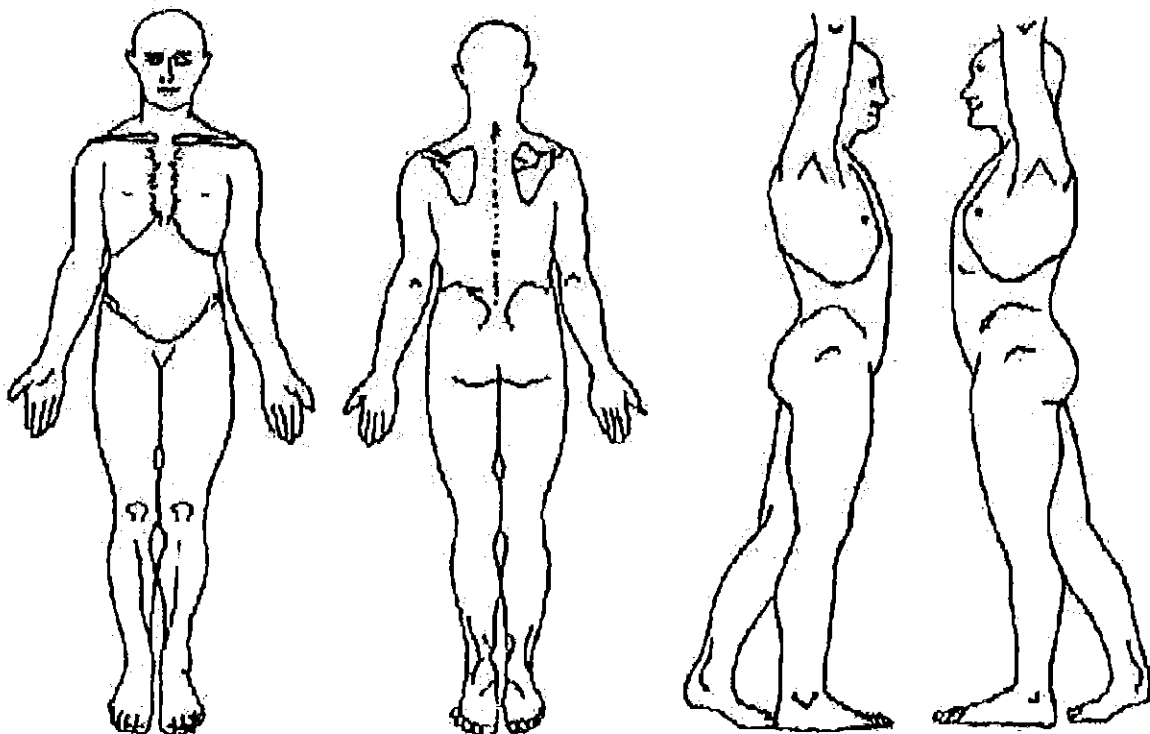
Do you wear protective equipment? In other words, joint supports, braces, strappings etc. NOT your box...

List: _____

Injury Body Chart:

For each injury, circle the region and number it. Put a cross to denote an operation, and an asterisk for a fracture or a break.

Indicate significance of injury by : 1= Mild, 2 = Moderate, 3 = severe



For each injury:

(1)

Type of Injury: _____

Approx. Date: _____

Treatment: _____

Any residual problems: _____

(2)

Type of Injury: _____

Approx. Date: _____

Treatment: _____

Any residual problems: _____

(3)

Type of Injury: _____

Approx. Date: _____

Treatment: _____

Any residual problems: _____

(4)

Type of Injury: _____

Approx. Date: _____

Treatment: _____

Any residual problems: _____

Please feel free to use further sheets if necessary.