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Prevalence of musculoskeletal pain among cricket players

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Abstract

Aim: The aim of the study was to find out the prevalence of musculoskeletal pain among cricket players at university levels.

Methods: This was a survey study. For this study 127 cricket players from different departments of RIMT University were selected. The data were collected with help of Nordic Musculoskeletal Questionnaires and analysed with help of suitable tools.

Results: 127 cricket players were taken as sample and among them 45% players were batsman, 10.6% players were bowlers and 44.4% players were all-rounders, results show the following percentage of pain at different anatomical sites i.e., shoulder (44.10%), elbow (20.50%), wrist (27.50%), upper back (21.30%), lower back (28.30), hip (23.60%), knee (30.70) and ankle (29.90%).

Conclusions: This study showed very high prevalence of pain in shoulder (44.10%) in upper limb and in knee (30.70%) in lower limb.

Keywords: Musculoskeletal pain, Cricket, Players

Introduction

Cricket is an international sport that was initially popular in commonwealth countries. Today, there are more than 105 countries that are playing cricket are members of the International Cricket Council (Pardiwala *et al.*, 2018) ^[1]. English men discovered cricket at the start of the 16th century (Umar *et al.*, 2022) ^[2]. The growing popularity and success of cricket, particularly limited-overs cricket at the level of the province, over the past ten years has increased the demands on cricketers due to the rise in the amount of games played (Stretch *et al.*, 1993) ^[3]. The game of cricket is a bat-and-ball contest between two teams of eleven players on a pitch with a pitch measuring 22 yards (20 meters) in the middle and wickets at either end made up of two bails balanced on three stumps.

Acute or persistent pain that affects the bones, muscles, ligaments, tendons, or even nerves is referred to as musculoskeletal pain. Pain caused by musculoskeletal disorders is a widespread socioeconomic and medical issue that includes a variety of pain syndromes, from localized to neuropathic (El-Tallawy *et al.*, 2021) ^[4]. While playing cricket, a cricketer performs rotation, flexion, extension, and abduction rapidly repeated movements, involving the wrist, elbow, shoulder, hip, knee, ankle, and many other joints to perform a perfect function. Musculoskeletal pain is a common arising threat for cricketers and can occur in various ways. (Mohammad *et al.*, 2019) ^[5].

Methodology

Subjects: For this study 127 cricket players were selected from different department of RIMT University, Punjab using random convenient sampling. Data were collected from them using google forms after taking their consent and explain the procedure of study.

Selection Criteria

Inclusion Criteria

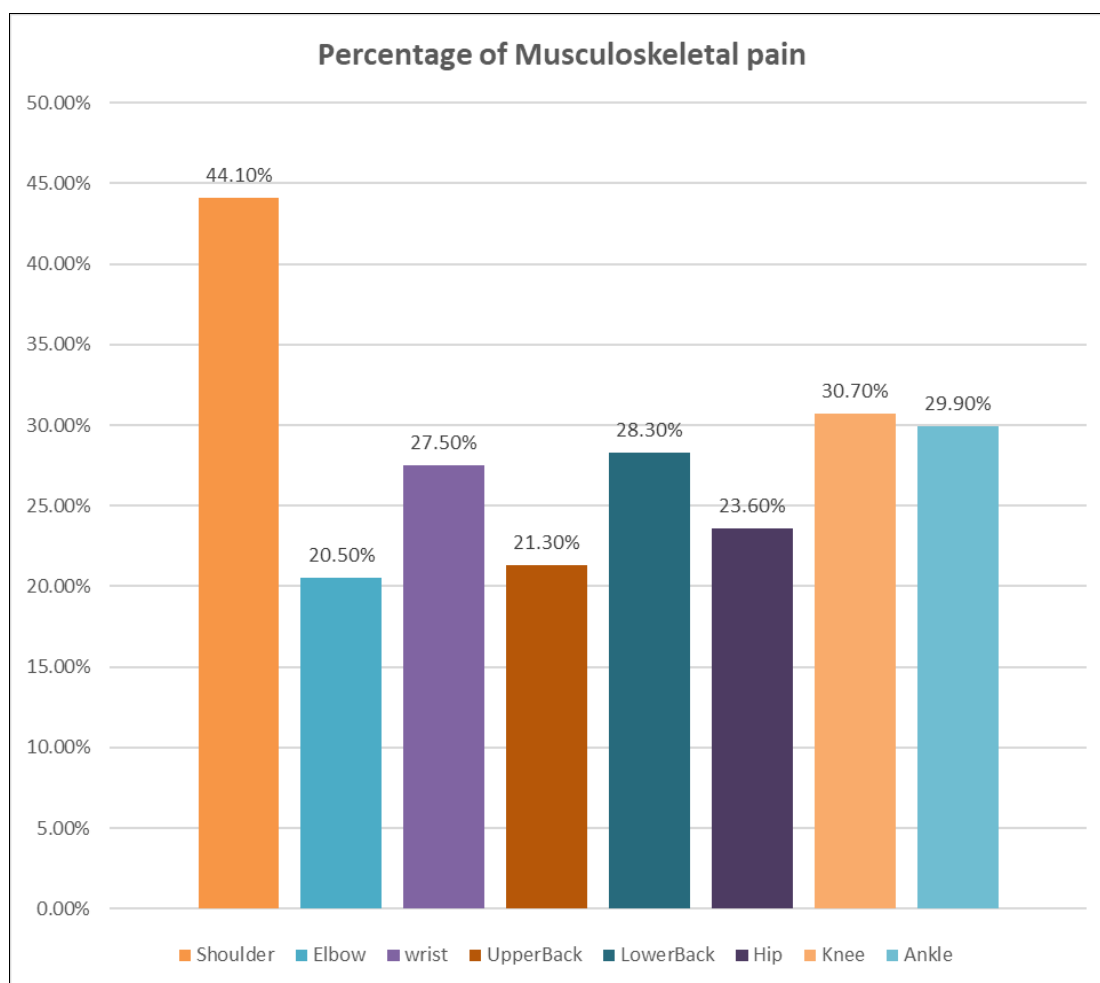
1. Only male cricket players.
2. Age group 16 to 30 years.

Exclusion Criteria

1. Any player not willing to participate.
2. Players having any history of trauma.
3. Players undergone through recent surgery.
4. Players who don't practise regularly.
5. Players who used performance enhancing drugs or steroids.

Result

127 cricket players were taken as sample and among them 45% players were batsman, 10.6% players were bowlers and 44.4% players were all-rounders, results show the following percentage of pain at different anatomical sites i.e., shoulder (44.10%), elbow (20.50%), wrist (27.50%), upper back (21.30%), lower back (28.30%), hip (23.60%), knee (30.70%) and ankle (29.90%).



Graph 1: Shows overall percentage of musculoskeletal pain at different anatomical regions

Discussion

Cricket, being a physically demanding sport, often leads to various musculoskeletal pain in players. The prevalence of musculoskeletal pain in cricket players is a matter of concern as it can affect their performance and overall well-being. Musculoskeletal pain is a common issue among athletes, especially in sports that require repetitive motions such as cricket. However, it is important to note that the prevalence of musculoskeletal pain among cricket players varies based on several factors, including player age, skill level, training intensity, and playing conditions.

A study on Prevalence of Musculoskeletal Sports Injuries of Head, Neck and Upper Limb Among Cricket Players on 180 cricket players of Pakistan suggest that there is high prevalence of shoulder pain was very high which was 77.78% followed by knee joint which is 19.4% (Batool S *et al.*, 2022) [6].

Conclusion

The above study concludes that musculoskeletal pain was common among cricket players at university level. Shoulder joint was found to most prevalent site of pain in university

level cricket player. Shoulder joint and wrist joint from upper limb region relatively knee and ankle from lower limb joint were mainly affected to musculoskeletal pain. Other areas of musculoskeletal pain were elbow joint, upper back, lower back and hip joint.

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