



The Shoulder Joint

Function: The most involved joint in cricket (throwing, bowling, catching...)
It is a highly mobile joint with a large range of motion BUT lacks good stability (it is often injured).

Of all the joints in the body the shoulder is the hardest to rehabilitate after an injury. Because of its wide range of intricate movements and the various muscle interactions that must be restored to fully rehabilitate the shoulder to full function, it takes time and determination on your part to return the shoulder.

Prevention is better than cure

- Often with shoulder overuse injuries the onset of symptoms are gradual.
- Pain and weakness are obvious signs.
- The small muscles which stabilize the shoulder- the rotator cuff muscles- are often involved in a shoulder injury. These muscles require specific isolated exercises.

So remember to:

- Warm up thoroughly before any training session or match.
- Stretch the muscles that surround the shoulder joint.
- Start with short easy throws progressing to harder outfield throws.
- Avoid high volume of throws at full pace over a long distance.
- Stop throwing if pain develops.
- Report shoulder pain and weakness as soon as it occurs.
- Start with a simple shoulder strengthening programme and progress into a sport specific strengthening plan.