



# NZC COMMUNITY WARM-UP PROGRAMME





## THE WHY

There is high injury prevalence in junior and amateur cricketers playing at community level. A good warm up as part of an Injury prevention programme can be effective in reducing injury rates in team sports.

Warm up programmes can help reduce injury risk by improving joint mobility, blood flow to muscles, limb co-ordination and mental preparation. The warm up is also about preparing the body and mind for optimal performance.

Within New Zealand, ACC SportSmart has an injury prevention framework which is utilized in several sports across the country (Netball, Football, Rugby, Rugby League, Touch Rugby).

NZC have utilized the foundations of the ACC SportSmart programme in conjunction with existing cricket specific research to develop this warm-up resource.

REF: Soomro, N., Chua, N., Freeston, J., Ferdinands, R. E., & Sanders, R. (2019). Cluster randomised control trial for cricket injury prevention programme (CIPP): a protocol paper. *Injury prevention*, 25(3), 166-174.



# COMMON CRICKET INJURIES

The Cricket Warm Up Programme aims to address several key areas of the body prone to injury in cricketers.



## BACK, TRUNK AND ABDOMINAL

Cause: Repeated power movements involving extending, rotating and side bending the trunk in bowling, fielding and batting

- Side strains
- Lower back sprain or strain
- Lumbar (spine) bone stress injury (particularly in bowlers)



## SHOULDER

Cause: Repeated overhead activities of throwing and bowling as well as diving while fielding.

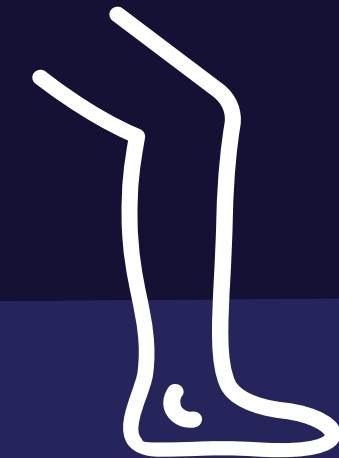
- Rotator cuff strains
- Instability



## HIP AND THIGH

Cause: Rapid changes of direction during fielding, and deceleration in the bowling delivery stride and during fielding

- Quad, hamstring and groin strains



## KNEE, FOOT AND ANKLE

Cause: Rapid changes of direction during fielding, and deceleration during fielding and in the bowling approach.

- Knee joint and tendon strains, ankle joint and ligament sprains, bony shin pain



## THE HOW

NZC are committed to minimizing injury risk by developing the first NZC Warm-Up. The Cricket Warm Up consists of 5 parts



### TRUNK MUSCLE ACTIVATION

These exercises are used to improve core, back extensor, and shoulder muscle activation.

They can be done at training or at home between game days.



### MOBILITY

This total body stretch opens the warm-up and targets the groin, thigh, trunk, back and shoulders.



### DYNAMIC ACTIVITIES

These activities progressively load and stretch the joints and muscles of the lower limb, back and trunk in preparation for training and match play.



### BALANCE / JUMP / LAND ACTIVITIES

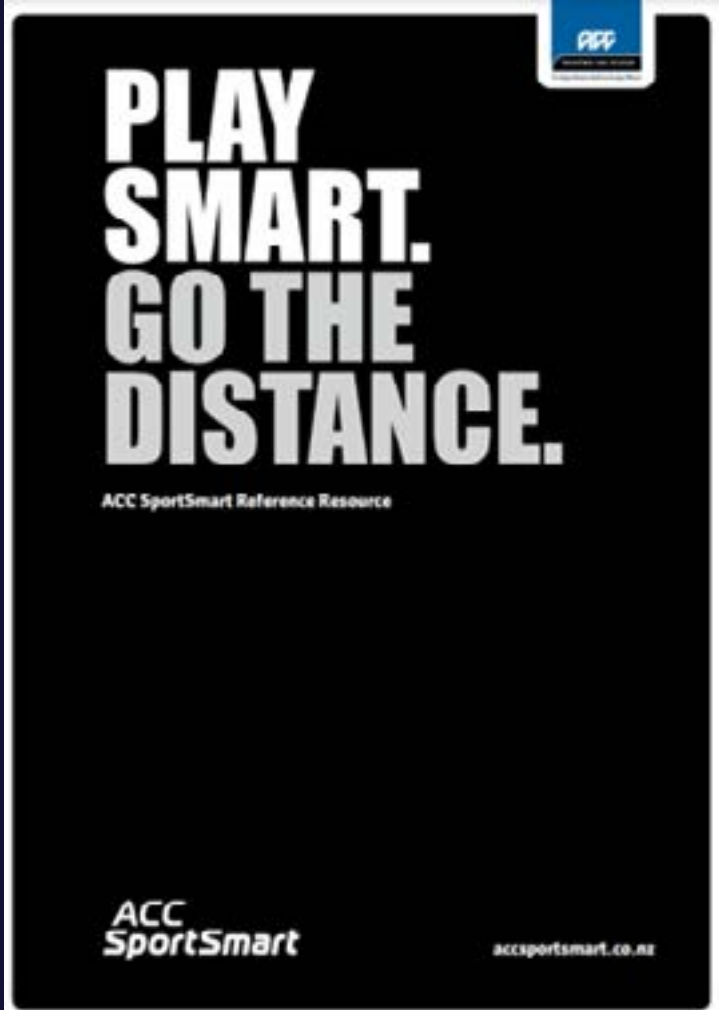
These exercises work on coordination and stability for single-leg activity and improve landing mechanics to prevent serious knee injury. They also help to warm up the ankle and foot.



### SPORT-SPECIFIC SPEED WORK

The final exercise involves putting the body under game-like intensity before taking the field.

# RESOURCES



[ACC SportsSmart](#)



[ACC SportsSmart Warm Up](#)