

ASSESSMENT OF WORKLOAD AND ITS EFFECTS ON PERFORMANCE AND INJURY IN ELITE CRICKET FAST BOWLERS

DEAN J. MCNAMARA¹ · TIM J. GABBETTI¹ · GERALDINE NAUGHTON

INTRODUCTION

Work load is defined as balls bowled by the fast bowler. Fast bowling workloads are linked to injury risk.

The introduction of T20 games have changed the dynamics of bowling, and this could result in under-bowling in some circumstances and over-bowling in others. Workloads for fast bowlers may need to be gradually and systematically increased in order to prevent injury

THE PROBLEM

A sudden increase in fast bowlers' workload, increased the risk for injury. Fast bowling has often been associated with greater training and match-play bowling workloads and injury likelihood

THE SOLUTION

Career workload, medium-term workload, and acute workload all need to be considered in the management of fast bowlers.

DID YOU KNOW?

A study suggests 50 overs of bowling/week was the beginning for the likelihood of injury in elite fast bowlers.

The risk for injury increases significantly when the short term load out-weighs the long-term load

When long term loads of fast bowlers were gradually increased, the likelihood of injury decreased