SPORTS MEDICINE · PATIENT GUIDE

Common Cricket Injuries *in Kannur*

The shoulder, knee and back problems that take cricketers off the field, and how they are treated in North Kerala.

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Key Takeaways

- Cricket injuries cluster by role: **backs in bowlers**, shoulders and hands in fielders, muscle strains in batters.
- Fast bowling loads the **lower back** heavily; technique, trunk control and endurance matter.
- **Workload management** is real injury prevention: very high over counts raise risk in the following weeks.
- Most cricket injuries recover with the right diagnosis and care; **arthroscopy** is used when genuinely needed.

Cricket is woven into life across North Kerala, from school grounds to local clubs in and around Kannur. With all that cricket comes a familiar set of injuries, and they tend to sort themselves by what you do on the field. The fast bowler nurses a sore back, the fielder dislocates a shoulder diving for a catch, the batter pulls a hamstring scrambling for a single. Here is a practical guide to the common ones, why they happen, and how they are treated.

Injuries by role

Knowing your role tells you a lot about what is likely to go wrong:

Fast bowlers

Low back injuries and overuse problems from the repeated high loads of bowling; also shoulder and knee complaints.

Fielders and keepers

Shoulder injuries from throwing and diving, dislocations, and hand or finger injuries from catching.

Batters

Hamstring and calf strains from sprinting between wickets, plus impact injuries from the ball.

Everyone

Hamstring strains, ankle sprains and knee injuries are common across all roles.

Why fast bowlers hurt their backs

Fast bowling is one of the most demanding actions in sport. The body twists, hyperextends and lands with great force, over and over. According to a prospective study of adolescent fast bowlers indexed on PubMed, those who developed low back injuries showed higher lumbar loads during bowling, reduced endurance of the back muscles, and poorer control of the trunk, pelvis and hip during the action. In other words, the back gives way where load is high and control and endurance are low. That is encouraging, because technique, core endurance and conditioning are all trainable.

> For a young fast bowler, the back is the part to protect. High bowling loads, weak trunk control and low muscle endurance are the combination that leads to low back injury.

Workload: the injury you can see coming

One of the most useful ideas in cricket medicine is that injury risk follows workload. According to a large study of fast bowlers on PubMed, bowlers who sent down more than 50 overs in a match had a significantly higher injury rate over the next 21 days (a relative risk of 1.77), and the increased risk appeared in the three to four weeks after the heavy spell rather than immediately. The practical lesson is powerful: managing how much a bowler bowls, especially a young one, is a genuine and measurable way to prevent injuries, not just common-sense caution.

> Protecting young bowlers
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> Growing spines are especially vulnerable to the repeated load of fast bowling. Sensible over limits, building up gradually rather than in sudden spikes, good technique, trunk and hamstring strengthening, and never pushing through a genuinely painful back are the practical ways to keep young bowlers on the field. A back that hurts when bowling deserves assessment, not another spell.

Shoulders, knees and hands

Away from the bowler's back, the shoulder is the next big one, usually in fielders and keepers from throwing, diving and the occasional dislocation. Many shoulder problems settle with rest and physiotherapy, but significant rotator cuff or labral injuries, or a shoulder that keeps dislocating, may need keyhole surgery. Knees take a beating from turning, sprinting and diving, with ligament, cartilage and kneecap injuries all seen in cricketers. Hands and fingers are frequently hurt catching. The unifying approach is to diagnose accurately, treat without surgery where that works, and use arthroscopy when the injury genuinely calls for it. You can read more on the knee arthroscopy page.

Getting back on the field

Cricketers, like all athletes, do best when they return by readiness rather than by date. A strained hamstring or a recovering shoulder needs to regain strength and control before full bowling, throwing or sprinting, otherwise it tends to go again. Coming back too soon is the commonest reason a simple cricket injury turns into a recurring one.

Help in Kannur

I treat cricketers and other athletes at Aster MIMS Hospital, Kannur, from clubs and schools across North Kerala. Whether it is a fast bowler with a stubborn back, a fielder with a shoulder that keeps slipping out, or a batter with a hamstring that will not settle, the plan is the same: find the real diagnosis, treat without surgery wherever possible, manage the workload that caused it, and bring you back when your body is ready. If something is keeping you off the field, book a consultation or get a second opinion.

The evidence behind this article

Journal findings retrieved via PubMed.

1. Bayne H, Elliott B, Campbell A, Alderson J. Lumbar load in adolescent fast bowlers: A prospective injury study. *Journal of Science and Medicine in Sport*, 2015. Low back injury in adolescent fast bowlers was associated with higher lumbar loads, reduced back-extensor endurance and impaired lumbo-pelvic-hip control. doi.org/10.1016/j.jsams.2015.02.011
2. Orchard JW, James T, Portus M, Kountouris A, Dennis R. Fast bowlers in cricket demonstrate up to 3- to 4-week delay between high workloads and increased risk of injury. *American Journal of*

Sports Medicine, 2009. Bowlers who bowled more than 50 overs in a match had a higher injury rate over the next 21 days (relative risk 1.77). doi.org/10.1177/0363546509332430

Findings sourced via PubMed. Treatment choices reflect standard sports-medicine practice and depend on the individual injury. This article is educational and does not replace a consultation.

> **Dr. Vishnu's Perspective**
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> Cricket is in the blood here in North Kerala, and I see the whole range of it in clinic: the fast bowler with a sore back, the fielder with a dislocated shoulder, the batter with a strained hamstring. The message I give most often is to respect workload and not to bowl or play through a back or shoulder that is genuinely hurting. Most cricket injuries recover well when they are diagnosed early and managed properly.

Frequently Asked Questions

What are the most common cricket injuries?

They cluster by role. Fast bowlers most often have low back problems and overuse injuries from the repeated stress of bowling. Fielders and wicketkeepers tend to get shoulder injuries from throwing and diving, hand and finger injuries from catching, and ankle and knee injuries. Batters can suffer impact injuries from the ball and muscle strains from sprinting between wickets. Hamstring strains are common across all roles.

Why do fast bowlers get back injuries?

Fast bowling puts very high repeated loads through the lower back. Studies of adolescent fast bowlers link low back injury to higher lumbar loads, reduced back-muscle endurance and poor control of the trunk and pelvis during the bowling action. High bowling workload also matters: bowlers who send down very high numbers of overs have a raised injury risk in the following weeks, so managing workload is a real form of injury prevention.

How are cricket shoulder and knee injuries treated?

It depends on the diagnosis. Many are managed without surgery: rest from the aggravating action, physiotherapy, and a graded return. Some, such as significant rotator cuff or labral tears in the shoulder, or cartilage and ligament injuries in the knee, may need keyhole (arthroscopic) surgery. The principle is to match the treatment to the injury and the player's goals, and to fix the cause, not just the symptom.

Can cricket injuries be prevented?

Many can be reduced. Sensible workload management for bowlers, good bowling technique and trunk control, strength and conditioning (including hamstring strengthening), proper warm-ups, and not bowling through significant pain all lower the risk. Young fast bowlers in particular benefit from monitored workloads, because their growing spines are vulnerable to overload.

Where can I get a cricket injury treated in Kannur?

I assess and treat cricket and sports injuries at Aster MIMS Hospital, Kannur, for players across North Kerala including Thalassery, Payyannur, Taliparamba, Mattannur and Iritty. From a fast bowler's back to a fielder's shoulder or a batter's knee, we work out the diagnosis, treat without surgery where possible, and use arthroscopy when it is genuinely needed. You can book a consultation through the clinic.

Medically reviewed by Dr. Vishnu Baburaj, MS Ortho (PGI Chandigarh), MRCS (UK) · Last reviewed Sep 18, 2026

This article is for educational purposes and does not replace a medical consultation. For personalised advice, book an appointment at Aster MIMS Kannur.