



Common Sports Injuries among Male Cricket Players in Bangladesh Ehsanur Rahman

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Abstract : A quantitative cross-sectional study design was chosen to achieve the objectives of the study. 100 subjects were selected through convenience sampling technique from the injured male cricket player who trained in *Bangladesh Krira Shikkha Protishtan (BKSP)* & Bangladesh Cricket Board (BCB) by using a structural questionnaire to collect data. The result of the study demonstrates that, the peak age group was n=45 (45%) were between 18-20 years. The bowlers n=60 (60 %) are mostly affected by the injuries in cricket. According to the regional area shoulder injuries of the pain was n=40, (40%) in all shoulder injury n=25 (25%) had rotator cuff injury from the total participants. From the total player n=20(20%) Hand and finger injury most common was MCP injury 16%. Out of thigh and hip injury among the 100 cricketers only n=30 (30%) had groin pain. From the total n=20 (20%) had knee and leg pain, out of 100 cricketers. The most common n=71 (71%) had indirect injury/ overuse injury. This study presents among severity of injury had n=45 (45.2%) had moderate injury. Among the participant 98% (n=98) were regularly attend in warm up and cool down activity and the duration of warm up and cool down 54% (n=54) more than or equal 16 min. Heart rate was 70% (n=70) less than or equal 72. The finding also reflects that the treatment was consisting physiotherapy as frequent as drug (48 % n=48 taken physiotherapy, 16% ; n=16 taken drug and 36%; n=36 taken both). The vulnerable age range 21-23 was frequent injury occurring among cricket player and noticeably flexibility and overuse are the key issues to cause of injury. Health education and perform regular physical activity along with physiotherapeutic exercises can prevent injury.



Biography : Mr. Ehsanur, graduated in Physiotherapy from BHPI affiliated to the University of Dhaka at 2007, obtained Masters in Physiotherapy from the same institute in 2016. Currently, designated as Assistant professor of Physiotherapy and Coordinator of M.Sc. Physiotherapy program at BHPI, CRP. 12 years teaching experience in several subjects related to physiotherapy, rehabilitation, cardio-respiratory rehabilitation and research methodology. Areas of specialty are teaching, cardio-respiratory rehabilitation, clinical reasoning and research methodology.

Publications :

1. Effectiveness of Active Cycle of Breathing Technique ACBT for the participants of Bronchiectasis A narrative review study
2. The active cycle of breathing technique : A systematic review and meta-analysis
3. Active Cycle of Breathing Technique
4. A literature Review on physiotherapeutic interventions for airway clearance in COPD patients
5. The Use of Active Cycle of Breathing Technique in Pulmonary Physiotherapy: a Critical Review of the Literature

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