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CORRELATION OF HAND EYE COORDINATION AMONG CRICKET BATSMAN WITH FORWARD HEAD POSTURE.

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Background: Cricket batting performance relies heavily on hand–eye coordination (HEC) for precise timing and stroke control. Hand-eye coordination allows for synchronization between visual input and motor output, permitting players to anticipate ball trajectory and adjust their response within milliseconds Forward Head Posture (FHP), a common postural deviation among athletes due to prolonged training and visual focus, may alter cervical alignment and proprioceptive input, potentially affecting coordination and reaction speed.

Purpose: To determine the correlation between hand–eye coordination and forward head posture among cricket batsmen.

Methods & Materials: A cross-sectional study was conducted among trained cricket batsmen aged 18–30 years. Forward Head Posture was measured using a craniovertebral angle (CVA) assessment, and hand–eye coordination was evaluated using the alternate hand wall toss test and on protractor mobile test. Statistical analysis was performed using Karl Pearson's correlation coefficient to examine the relationship between FHP and HEC.

Result: Findings showed a negligible correlation between forward head posture and hand–eye coordination, indicating that batsmen with greater postural deviation (smaller CVA) exhibited slower or less accurate coordination performance. Our findings demonstrated a very weak, non-significant correlation ($r = 0.04$, $p = 0.67$).

Conclusion: This study found negligible relationship between forward head posture and alternate hand wall toss test performance in cricket batsmen. While FHP remains a relevant postural concern for musculoskeletal health, its influence on simple hand–eye coordination tasks appear minimal in this athletic cohort. Future work should employ sport-specific performance measures and larger samples to clarify whether posture affects fine motor and perceptual motor performance in cricket.

Keywords: Hand–Eye Coordination, Forward Head Posture, Cricket Batsmen, Craniovertebral Angle, Motor Performance.