

ASSOCIATION BETWEEN INJURY RISK FACTORS AND SELF REPORTED INJURY HISTORY IN UNDER-15 AMATEUR CRICKETERS.

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Background: This study aimed to evaluate the importance of physical fitness and the risk of musculoskeletal injuries among amateur cricket players. Injuries may occur due to impact with a ball or bat, rapid rotational movements, player collisions, and overuse. These injuries can affect immediate performance and hinder long-term physical development and athletic progression.

Purpose: To examine the relationship between physical fitness parameters and the risk of musculoskeletal injuries among amateur cricket players, and to determine the predictive value of Functional Movement Screen (FMS) and Y Balance Test (YBT) in identifying injury risk.

Materials & Methods: A cross-sectional correlational study was conducted in local cricket academies. A total of 107 participants aged 9–15 years were recruited using a non-probability convenience sampling method. Data were collected at a single time point through a questionnaire documenting self-reported injury history. Physical injury risk factors were assessed using the Functional Movement Screen (FMS) and Y Balance Test (YBT).

Results: The mean age of participants was 11.5 ± 1.7 years. YBT scores were significantly higher in non-injured individuals ($p = 0.006$), while FMS scores showed no significant difference. Logistic regression identified YBT as a borderline predictor of injury risk ($p = 0.050$), whereas FMS was not significant. The model demonstrated moderate accuracy (57.0%) and better identification of non-injured cases. A moderate positive correlation was observed between FMS and YBT ($r = 0.5, p < 0.001$).

Conclusion: Both FMS and YBT are associated with injury history among under-15 amateur cricketers, with YBT being a better predictor of injury risk. Early identification of at-risk players, inclusion of screening in academies, and development of individualized injury prevention programs are recommended.

Keywords: Injury Risk, Self-Reported Injury History, Amateur Cricketers, Functional Movement Screen, Y Balance Test.