



EXERCISE THERAPY REHABILITATION FOR SPONDYLOLISTHESIS IN CRICKET ATHLETES

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Allow time for healing to occur, stop participation in sports.

Initiate deep abdominal stabilisation recruitment

Improve flexibility of key muscles

Supine 90/90 active knee extension hamstring stretch

Supine figure 4 piriformis stretch

Abdominal contractions in various postures

GOALS

EXERCISES

Phase One

Rest and Protection
(0-8 weeks)

PRECAUTIONS

PROGRESSION CRITERIA

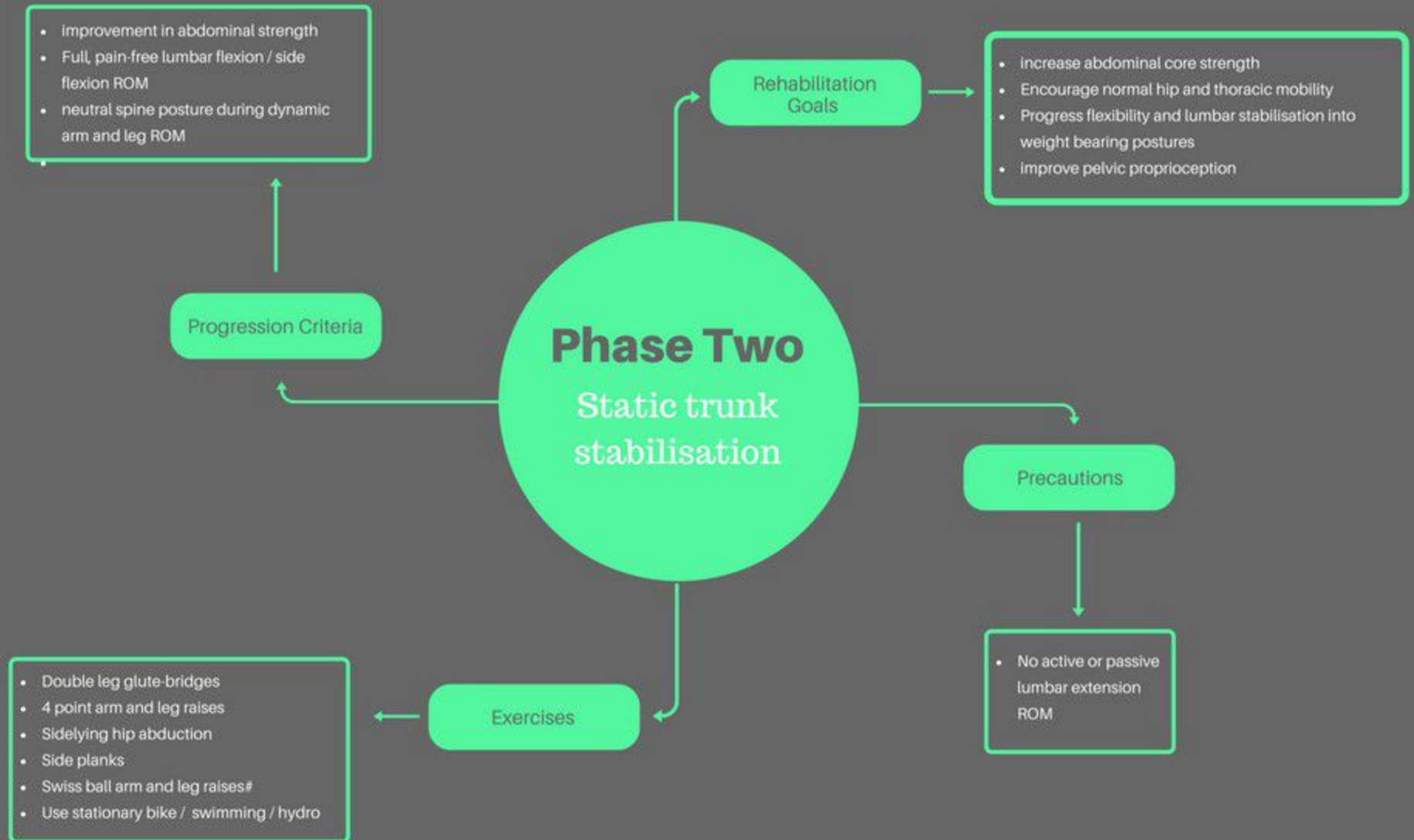
Consider bracing if still symptomatic after 2-4 weeks

No active or passive lumbar extension ROM

Pain-free with daily activities

improved flexibility







initiate lumbar extension for cricket movements

Initiate impact loading of the spine

Gradually return to cricket specific drills

REHABILITATION GOALS

PRECAUTIONS

Phase Four
Return to Cricket
(18-20 weeks)

RETURN TO CRICKET PLAY CRITERIA

EXERCISES

completed full exercise programme

return to baseline aerobic fitness

pain-free full lumbar AROM for cricket movements

Cricket bowling drills

Cricket fielding drills

Weight bearing Aerobic Fitness Drills