EXERCISE THERAPY REHABILITATION FOR SPONDYLOLISTHESIS IN CRICKET ATHLETES

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Phase One
Rest and Protection (0-8 weeks)

Goals:
- 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.

Exercises:

Precautions:
- Consider bracing if still symptomatic after 2-4 weeks.
- No active or passive lumbar extension ROM.

Progression Criteria:
- Pain-free with daily activities.
- Improved flexibility.
Phase Two
Static trunk stabilisation

Rehabilitation Goals
- Increase abdominal core strength
- Encourage normal hip and thoracic mobility
- Progress flexibility and lumbar stabilisation into weight bearing postures
- Improve pelvic proprioception

Progression Criteria
- Improvement in abdominal strength
- Full, pain-free lumbar flexion / side flexion ROM
- Neutral spine posture during dynamic arm and leg ROM

Exercises
- Double leg glute-bridges
- 4 point arm and leg raises
- Sidelying hip abduction
- Side planks
- Swiss ball arm and leg raises
- Use stationary bike / swimming / hydro

Precautions
- No active or passive lumbar extension ROM
PHASE THREE
Dynamic Trunk Stabilisation and co-ordination
(13-17 weeks)

PROGRESSION CRITERIA
- No increase in pain with lumbar ROM and cricket skills

EXERCISES
- Progress core exercises
- Single leg bridges
- Hamstring curls
- Upper body weights with neutral spine
- Cricket specific drills

REHABILITATION GOALS
- Resume lumbar extension
- Continue to improve abdominal strength
- Progress aerobic fitness
- Begin cricket specific drills

PRECAUTIONS
- Avoid prolonged back pain with lumbar spine extension AROM
Phase Four
Return to Cricket
(18-20 weeks)

Rehabilitation Goals
- Initiate lumbar extension for cricket movements
- Initiate impact loading of the spine
- Gradually return to cricket specific drills

Precautions

Return to Cricket Play Criteria
- Completed full exercise programme
- Return to baseline aerobic fitness
- Pain-free full lumbar AROM for cricket movements

Exercises
- Cricket bowling drills
- Cricket fielding drills
- Weight bearing Aerobic Fitness Drills

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