

# Prevalence of Scapular Dyskinesia and Shoulder Proprioception in Novice Cricket Players

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## ABSTRACT

**Introduction:** Although cricket is a noncontact sport, overuse and impact injuries are common since players engage in a wide range of physical activities, including running, throwing, batting, bowling, catching, and diving. Alterations in static scapular position and dynamic scapular motion is described as scapular dyskinesia and found in patients with various shoulder pathologies including impingement, instability, and labral and rotator cuff injuries. Deficit in proprioception could potentially compromise neuromuscular control and consequently affect stability in the shoulder joint (n=30).

**Material and Methods:** In this Observational study 30 subjects were included by using purposive sampling after obtaining ethical clearance from institutional ethical committee. Lateral Scapular Slide Test was used to assess scapular dyskinesia and Laser pointer assisted angle reproduction test was used to assess shoulder proprioception.

**Results:** In lateral scapular side test (LSST) 10% of participants tested positive for the test that had measurement of more than 1.6cm. 10% participants showed discrepancy of more than 10 cm in both right and left abduction movement which indicates affected shoulder proprioception of 10% each on right and left side.

**Conclusion:** Prevalence of scapular dyskinesia was present in 10% of total participants followed by 10% of participants showed affected shoulder proprioception for right and left abduction movement

**Keywords:** Bowlers, Batsmen, Lateral scapular slide test, Laser-pointer assisted angle reproduction test

