

CHAPTER 8

APPRAISAL

8.0 APPRAISAL

8.1 SUMMARY OF THE FINDINGS

The injury survey reveals that overuse injuries among young cricket players (18-24 years) needs utmost attention. In the same age category, the severity of shoulder and lumbar spine injuries during a match while bowling/fielding is extremely significant. It is the medium pacers and fast bowlers who easily come under this spell of overuse injuries. Shoulder, lumbar spine and knee are the principal anatomical regions that are prone to injuries. There is a soaring loss of play days due to injuries to the lumbar spine. Time of onset of an injury has a significant association with loss of play days. The effect of *yoga* intervention on muscular functioning parameters of the study provides an insight into the potential for cricket players to develop physical fitness benefits with an awareness of the breathing pattern with *yoga*. This *yoga* module can be appropriate and replicable in enhancing the core stability, flexibility, range of motion, static balance, dynamic balance and proprioception of the ankle. Sustainable benefits can be derived from continuous *yoga* practice. The impact of *yoga* intervention on mindfulness provides an insight that a regular practice of *yoga* may increase the likelihood to maintain a state of mindfulness among the cricket players.

8.2 CONCLUSION

The study indicates that overuse injuries among young cricket players need prompt attention. Shoulder, lumbar spine and knee are principal anatomical regions that are prone to injuries. The study provides an insight into the potential for cricket players to develop physical fitness benefits with an awareness of the breathing pattern with *yoga*. Holistic *yoga* protocol, such as the current study, which has an amalgamation of *āsana*, breath training, and deep relaxation, can prove to be of optimal benefit. This *yoga* module can be appropriate and replicable in enhancing the core stability, flexibility, range of motion, static balance, dynamic balance, proprioception of the ankle and mindfulness among the cricket players. Sustainable benefits can be derived from continuous *yoga* practice.

8.3 IMPLICATIONS OF THE STUDY

As an essential first step in understanding the relevance, acceptance and participation in mind-body training such as *yoga* for male cricket players, the results of the current study provide an insight into the potential for cricket players to develop physical fitness benefits with an awareness of breathing patterns.

8.4 APPLICATIONS OF THE STUDY

Integrating this *yoga* module into the competitive world of cricket appears to be promising in enhancing core stability, flexibility, range of motion, static balance, dynamic balance and proprioception of the ankle and maintaining a state of mindfulness among the male cricket players.

8.5 STRENGTHS OF THE STUDY

This study has demonstrated the virtues of a *yoga* protocol that can complement the routine fitness regime among asymptomatic male cricket players. The strength of this study exists in the wait-list control group that comprised of the cricket players of the same caliber ensuring that the differences in outcome were not the result of inequities in physical conditioning but the outcome of the *yoga* intervention.

8.6 LIMITATIONS OF THE STUDY

In the survey study, musculoskeletal injuries were assessed at the end of year, which may have a recall bias, where subjects might have forgotten minor but significant injuries. Due to poor logging of the injuries, therapist might have misdiagnosed and misclassified the type of injury. During the study it was observed that due to the scanty insights on the severity of the injuries, the players themselves camouflaged their injuries in order to retain their position in their team. The various components of the *yoga* biomechanics protocol that might benefit in injury rehabilitation are unknown at the time and warrants further investigation. Also, this *yoga* protocol is gender and sport specific, hence, may not be generalized to other sports. The impact of *yoga* on performance, speed, agility, perceived stress, anxiety and flow has not been considered in the present study.

8.7 SUGGESTIONS FOR FUTURE STUDIES

Further investigation on the mechanisms underlying the effect of *yoga* on muscular functioning parameters and mindfulness on performance of the cricket players needs to be undertaken. Future studies can also delve into the *yoga* practices that can be beneficial before an actual match, effect of one-on-one *yoga* training, and also an in-depth qualitative analysis on the benefits of *yoga* on cricket players that stretch beyond the sport.