Welcome to Cricket

Physical Therapy in Jackson for Cricket

Welcome to Physical Therapy of Jackson's resource about cricket.

Cricket is a unique sport which demands a diverse skill set from its players and as a result, cricketers face an assortment of injuries which can be broadly divided into three categories:

- Problems caused by repetitive stresses such as the ones encountered during long sessions of batting, fast bowling or wicket keeping.
- Acute soft tissue injuries associated with short sprints when running between wickets or moving quickly in the field.
- Cricket ball impact injuries typically affecting the hands or face.

If cricket is your sport, this section of the website was designed just for you. Here we have compiled all of the information that you will need to keep you feeling great and keeping healthy and conditioned on the cricket pitch.

Click on one of these links to learn more about:

- Stretching Guide for Cricket
- Selecting Equipment for Cricket
- Cricket - Common Injuries

Physical Therapy of Jackson provides services for Physical Therapy in Jackson.