

Lower back pain after bowling?

Get it checked. It could be a pars fracture.

Pars fracture affects cricketers aged between 14 to 17 and is often misdiagnosed as soft tissue damage.

20% of this age group experienced a lumbar bone stress injury in a year.*

Back pain that worsens after playing cricket is the main symptom.



Lumbar bone stress injuries and risk factors in adolescent cricket fast bowlers.
Journal of Sports Sciences, May 2022.



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