

FAST BOWLER MOBILITY / PRACTICAL MOVEMENT PLAN

Fast bowler mobility plan

An optional 8-10 minute flow for comfortable movement

A short menu of movements for fast bowlers who want to explore comfortable range through the back, hips, shoulders and ankles. Use the movements that feel useful to you; you do not need to complete every exercise or match a particular shape.

Who this plan may suit

This general routine may suit anyone, particularly fast bowlers, who want a simple mobility flow alongside their usual strength training and cricket. It is not designed to diagnose or treat a specific injury, and you do not need to be equally mobile on both sides.

Get assessed before starting if

You have a recent significant injury or surgery, increasing pain, marked loss of movement or strength, or new numbness or tingling. If symptoms are affecting your bowling, get individual advice before trying to stretch through them.

The plan at a glance

CHECK	WHATTODO
Dose	Choose 4-6 movements. Complete 1 easy round; the routine takes about 8-10 minutes.
When	Use after training, the day after a game, or anytime you feel the need to get moving. Before bowling, keep stretches gentle and finish with your usual progressive warm-up.
Equipment	A wall and a towel or strap can help. Most movements need no equipment.

Use your response to guide the next step

CHECK	WHATTODO
Comfortable	A mild stretch or easy movement is fine. Keep breathing normally and stay in control.
Ease off	If you feel sharp pain, pinching, tingling or have to force the position, reduce the range or skip that movement.
Get advice	Stop and seek an assessment if symptoms keep worsening, limit bowling, or come with new weakness or numbness.

01 / SPINE AND HIP MOBILITY

Move through the spine and hips

Move slowly into a comfortable range. Try one round, then repeat only if it feels helpful.

EXERCISE	DOSE	HOW TO DO IT
Prone press-up (Cobra)	6-8 reps	Lie on your front with hands near your shoulders. Gently press your chest up, keeping your hips relaxed. Stop before a pinch or sharp pain; your arms do not need to fully straighten.
Side-lying thoracic rotation (Open book)	6 each side	Lie on your side with knees bent and stacked. Reach your top arm forward, then open it across your body as your upper back turns. Let your eyes follow your hand; do not force your shoulder to the floor.
Hamstring stretch	20-30 sec each side	Lie on your back and hold behind one thigh or use a towel. Slowly straighten the knee until you feel a mild stretch behind the thigh. Keep a small bend if needed.
Figure-four glute stretch	20-30 sec each side	Lie on your back, cross one ankle over the opposite thigh, then draw the legs towards you until you feel a comfortable stretch in the buttock. Keep the position easy.

How should it feel?

Aim for a comfortable stretch, not a test of flexibility. A little difference between sides is common. You can use a smaller range, bend your knees more, or leave a movement out if it does not feel right.

A simple session log

CHECK	WHAT TO DO
Date / session	_____ Movements tried: _____
Afterwards	About the same / easier / more uncomfortable Change for next time: _____

02 / SHOULDER AND LOWER-LIMB MOVEMENT

Add movement where you need it

These are options, not corrections. Choose a few that feel relevant for you, and keep the movement smooth rather than forcing and end-range position.

EXERCISE	DOSE	HOW TO DO IT
Wall slide	8 reps	Face a wall with forearms resting on it. Slide your arms upwards through a comfortable range, then return slowly. Keep your ribs relaxed and avoid pushing into a painful pinch.
Half-kneeling hip flexor reach	5-6 reps each side	Kneel with one foot in front. Gently tuck your pelvis, shift forward a little, then reach the arm on the kneeling side overhead. Keep the stretch light at the front of the hip.
Knee-to-wall ankle rock	8 reps each side	Face a wall with one foot forward. Keep the heel down as you move the knee towards the wall over the middle toes. Move the foot closer only while the heel stays down.

Progress one thing at a time

If a movement feels comfortable and useful, gradually explore a little more range or add a couple of repetitions. Keep the change small. More range is not automatically better, and mobility work does not replace strength training or bowling practice.

If you are not ready for a movement

Use an easier position, make the range smaller, or leave it out. You can return to it another day. You do not need to stretch into pain to make progress.

A useful rule

Finish feeling the same or a little looser. If you feel clearly worse afterwards or the next morning, reduce the range or skip that movement next time.

03 / USE IT WITH CRICKET

Mobility is one part of bowling prep

This routine can help you explore comfortable movement. It is not a complete bowling warm-up, a technique plan or a way to prevent injury on its own.

Before you bowl

Use a progressive warm-up that builds from general movement into cricket-specific drills and gradually harder run-ups and deliveries. If you use static stretches close to bowling, keep them comfortable and brief, then move dynamically and build up your bowling effort.

When to get help

CHECK	WHAT TO DO
Book an assessment	Arrange a GP or physio assessment if back, shoulder or hip symptoms are getting worse, keep returning, affect sleep or daily tasks, or are limiting your bowling.
Seek urgent care	Seek prompt medical advice after a significant injury, or for severe pain, major weakness, new numbness or other worrying symptoms.

Why this plan uses movement

There is no single mobility sequence shown to prevent fast-bowling injuries. This is a practical menu to help you explore comfortable movement. A stretching routine should not replace a progressive warm-up or sensible bowling-load planning.

For junior pace bowlers, Cricket Australia publishes age-specific workload and recovery guidance. Follow the guidance for your age group; this mobility plan does not change it.

Further reading

Blazevich AJ, et al. No effect of muscle stretching within a full, dynamic warm-up on athletic performance. *Med Sci Sports Exerc.* 2018;50(6):1258–1266.
Cricket Australia. Junior Pace Bowling Workload Guidelines. play.cricket.com.au/community/resources/player-safety/junior-bowling-guidelines

General information only. This routine is not an individual assessment or treatment plan. If you are unsure whether it is suitable for you, seek advice from a physiotherapist or GP.