



Physiofit's director, Angela Jackson is Physiotherapist and Strength and Conditioning Consultant to Cheshire Youth Cricket. She has been involved with the screening of the Cheshire players since 2006 and has assisted on the ECB Emerging Player Programme during that time ensuring that Cheshire's elite players stay fit and reach their potential in the sport.

Physiofit are see a huge number of players young and old with low back pain from bowling and have the expertise to be able to determine if you are at risk of a stress fracture which can mean long spells out of the game.

Individual cricket screening sessions are available at Physiofit irrespective of age or ability to ensure that you receive the best chance of reaching your potential and playing the sport for many years to come. These include a detailed look at flexibility, core, strength and balance specific to cricket. If you provide a video of your bowling action these too can be analysed for potential risk factors and identifying areas of the body to improve.

Part of Physiofit's role in injury prevention is the education of both the coaching staff, players and parents. Physiofit offer schools and clubs strength and conditioning advice, coach education, parent/player presentations to highlight the importance of volume of cricket played and injury prevention.

She has made coaching videos for the England Cricket Board Wings to Fly coach education DVD for the nation's cricket coaches on strength and conditioning for cricket.

"A lot of children are very talented sportsmen and women, but without adequate mobility and strength the body cannot continue to perform at a high level. This is not just about preventing injury, but also about improving performance."

Angela Jackson, Director, Physiofit

"We are delighted to have Angela on board, and hope that her passion and expertise will prove of great benefit to the well-being of our young players, both this season and beyond."
Richard Newton, Director of Cricket, Cheshire Cricket Board

To learn more about fitness, nutrition and player performance including the ECB guidelines please email info@physiofit.co.uk

Prevention • Treatment • Performance

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