

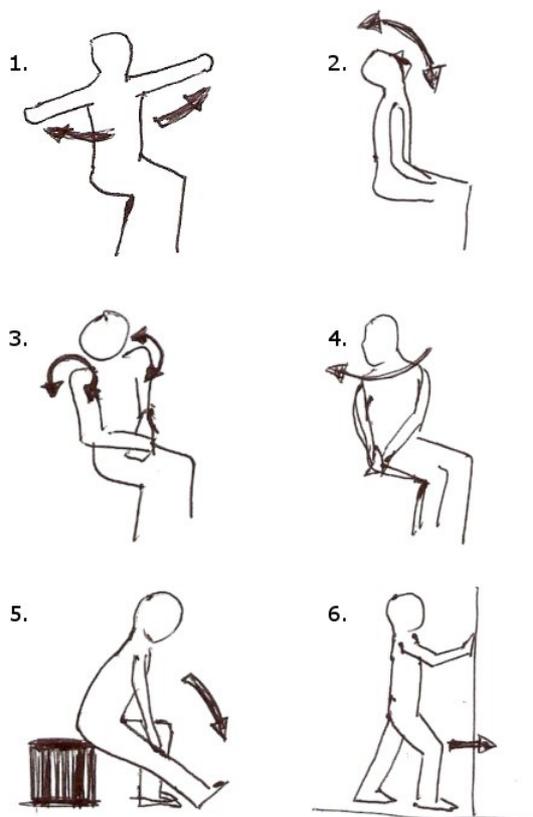
# Simple Tips and Exercises for Lawn Bowls to prevent injury

## Exercises and Tips for lawn bowls

While considering injuries during lawn bowls one may tend to think, what can go wrong in lawn bowls? How can anyone possibly get injured in lawn bowls. Although lawn bowls is a game not requiring sprinting, throwing or Jumping, people playing lawn bowls can still get sprains, strains and breaks!

Apart from the younger lawn bowlers you may see playing a championship match on TV, most players are 55 year above and there are more male lawn bowl players than female.

The exercises below stretch different parts of the body and I have adapted them to be easier and safer for more senior players. (All but one exercise are done sitting)



1. **Hugging no one.** Easy exercise, just put your arms straight in front of you, then open them out as wide as you can. Repeat this 10

times

2. **Big Nods.** Look down to your toes and then up to the sky 10 times
3. **Shoulder Rolls.** Roll your shoulders back 10 times then forward 10 times
4. **Looking Behind.** Sitting in a chair place both hands on one hip then turn your body towards that side. Repeat 5 times each side with a 10 second hold.
5. **Back of thigh stretch.** Sitting at the edge of your seat, straighten one leg, and then reach towards it until you feel a stretch at the back of your thigh and knee. Hold 10 seconds 5 times each leg
6. **Calf stretch.** Have your hands against a wall for balance, place one leg in front and one leg behind. Make sure both feet are pointing forwards, and then bend your front knee until you feel a stretch in the back leg. Hold 10 seconds 5 times each leg.

Hopefully you can understand my illustrations and explanations. If these exercises cause pain, stop them immediately; there might be something else wrong with your arms and shoulders. Get yourself to your local physiotherapist to get it checked out.

### **Other Safety Tips**

- Make sure you learn the correct technique for your lawn bowling. An incorrect technique and place unnecessary strain on structures in your body.
- Make sure you don't slip and fall. You can do this by making your footwear is not worn out, you have a non slip surface, or even get some balance exercises from your physio or fitness trainer
- Take regular rests if you get tired during your bowling.
- Ensure that any hazards on your lawn bowl green are reported and dealt with at the earliest time.
- Use special equipment like a stick, or bowler's arm to help your bowling.

### **If an injury occurs**

- Stop playing
- If injury does not resolve then visit your local doctor or physiotherapist.

Before I finish this commentary, I'll leave you with some statistics and information I found published in a lawn bowl publication by smart play - sports medicine Australia.

- In 2006, 37 people were admitted to hospitals while 8 people visited emergency departments for lawn bowls related injuries (in the state of Victoria alone)

Common causes of injuries are falls, overexertion, repetitive bowling movements and being struck by a bowl. Fall injuries usually occur when a player either falls backwards over a bowl; steps forward over the ditch, rather than sideways when crossing onto the green; or delivers a bowl with incorrect balance.