



SAEED AJMAL
IS BACK!

SAEED AJMAL SPEAKS ABOUT HIS COMEBACK

After a difficult period for Pakistan cricket there was finally some good news on Saturday 7th February 2015 as the International Cricket Council confirmed that Saeed Ajmal's bowling action was legal and he is allowed to play for his country once again. Ajmal was reported after the first Test match against Sri Lanka in Galle in August 2014 and failed the initial test on his bowling action, which was performed on 25th August 2014 at the National Cricket Centre in Brisbane.



source: www.icassociation.co.uk

"We have put in a lot of work in rectifying my bowling action since I have been banned. I am indebted to Saqlain Mushtaq, the Pakistan Cricket Board, Dr. Paul Hurrion and also my manager Moghees Sheikh from International Cricketer's Association. They have all really supported me through this tough time and I am very grateful to all of them. I look forward to playing cricket again for my country. I will continue to work hard with the experts in the coming weeks and months to ensure that together we are looking at the technical side of my bowling. My aim is to carry on bowling without any fear of being reported for an illegal action and to focus on being the number one bowler in the world and helping my team."



INTERNATIONAL CRICKETER'S ASSOCIATION (ICA)

International Cricketers Association (ICA) manages a number of cricket players including Saeed Ajmal. ICA proudly provided help, consultation, support required for Saeed's remedial work .

ICA chairman Moghees Sheikh consulted many bio mechanic specialists for Saeed Ajmal's remedial work. In the end Dr Paul Hurrion was selected for many reasons including his successful track record and affiliation with PCB, ECB, ICC, Counties and expertise in Bio Mechanics.

He worked on Saeed Ajmal's posture and technique to ensure he is well below the 15 degree limit with Saqlain Mushtaq and other experts . The idea was to assist an international cricketer and find him a biomechanics specialist to help him in this particular situation. Dr Hurrion who has also helped many International Cricketers, Footballers like Ronaldo, Golfer such as Rory McIlroy in the past, was chosen for this task. Saeed Ajmal visited him a few times and was given expert advice over the phone and also in person.

Saeed Ajmal on ICA

"Moghees Sheikh went out of his way to help me and he did all he can to ensure I get the best possible help and return to playing cricket. I still remember the day when Moghees Sheikh expressed his strong will about my comeback and stated that "he would not sit back till he has exhausted all his means to bring me back in to the international scene again." Indeed his help on behalf of ICA was unique and I highly appreciate his dedication and effort in the revival of my career."



SAEED AJMAL ON SAQLAIN MUSHTAQ

"Saqlain has been a pillar of strength for me since he's started working with me. He's encouraged me and lifted my morale throughout the process and has backed me all the way even when I wasn't happy with a delivery I was bowling in practice. I cannot thank him enough for his hard work and sincere advice. He provided me with great help at this difficult time.

He has worked with me on my posture, strength and the technical aspect of my bowling too. I have made some adjustments to my action that were required to ensure I am below the 15 degrees limit. He has analysed every aspect of my bowling and observed my bowling thoroughly. We have also worked on new deliveries and I pray I can bowl those deliveries with success. What has really been motivating for me when working with Saqlain is that his focus hasn't just been on helping me to come back to international cricket, rather come back to international cricket as effective as I was before the ban and with the aim of once again becoming the number one bowler in the world.

Saqlain has worked really hard with me sacrificing his time whenever I required help. He is the 'Inventor of the Doosra' and his expertise has guided me through this difficult patch of remedial work and I am now back in international arena with full strength and power. "



A portrait of Dr. Paul Hurrion, a man with short brown hair, wearing a dark jacket over a white shirt. He is smiling and looking towards the camera. In the background, there is a computer monitor displaying some data and a sign that says "aspire".

PAUL HURRION

Dr. Paul Hurrion specialises in sports biomechanical analysis using high-speed cameras, force platforms and computers with 2D / 3D analytical software. He is a leading international biomechanist who has been contracted to organisations such as UK Athletics, ICC and ECB where he has done extensive work on Level IV Biomechanics Module. Paul's PhD research concentrated on 'lower back injuries in fast bowling'. Moreover, these biomechanical methods lead to his involvement in the ICC Throwing Panel and the introduction of the '15 degree' extension angle. A number of illustrations of the 15 degree angle at arm horizontal/vertical position as taken by Quintic (under copyright), are still used by the ICC to this date.

The Quintic software (developed by Dr Hurrion) specializes in capturing human movement images, with a combination of biomechanical knowledge and specifically developed software - clearly show how athletic performance can be optimized and risk of injury minimized. Quintic software is used by the ECB along with First Class counties to analyse the performance of their players. Dr Hurrion also works with some of the world's leading golfers including Pdraig Harrington, Rory McIlroy, Danny Willett, David Howell, Oliver Wilson, Paul McGinley and Lee Westwood.

PAUL HURRION'S WORK WITH SAEED

Paul Hurrion worked on the biomechanical principles that enable energy to be transferred from the ground up. Saeed used to bowl purely through the force of his elbow and his upper-arm. Dr. Hurrion, looked at Saeed's posture, numerous high-speed videos of him bowling along with his physical condition. Based on this, Saeed was prescribed physical exercises to build the strength in his shoulder muscles. To utilise the larger muscles (and thus reduce the stress on the elbow joint) energy that comes through his body / shoulder when he delivers the ball must be developed from the lower body first. Saeed adopted an approach used by javelin throwers, where the athlete transfer energy from the ground up, legs, torso, shoulder, wrist and finally into the cricket ball. As a result of this consultation, Saeed's action has been modified so that all the strength and speed now come from the bowling shoulder and not the elbow. The purpose was simple, to reduce the dependency on the elbow during his bowling action.



Saeed Ajmal says, *"I must say that Dr. Hurrion has been very helpful and co-operative in terms of biomechanical advice on my bowling action. He explained the mechanics of my action and how I needed to change in order to become legal and yet still 'match effective', I very much enjoyed working with Paul.."*