

Sports Tournament (DELHI ITS MEN'S NATIONAL TENNIS CHAMPIONSHIP)

30th October- 7th November, 2022

OBJECTIVE:

To allow students to tend to various sports injuries prior to and post the matches.

DESCRIPTION:

BCIP select the student and place them to the **DELHI ITF MEN'S** a national Level Tennis Tournament was organized at DLTA, R.K. Khanna Stadium, New Delhi. Students from BCIP were appointed as physiotherapists by Dr Mohd Asif (PT) for 10 days from 30th Oct to 7th Nov 2022. Aman Kanda student of BCIP 2019 BPT batch were appointed there as tournament physiotherapist. Aman was expected to tend to various sports injuries both prior to and post the matches. On-field injuries like ankle sprains, generalized whole body cramps, thumb subluxation, muscle pulls and various chronic injuries were witnessed and effectively treated by the Aman. He was able to apply their theoretical knowledge in a hands-on practical way and learnt how to swiftly respond to on-field injuries.

Student and Official Staff were showed their gratitude to Dr. Mohd Asif and Dr. Nidhi Kalra for giving them the opportunity to explore this venture. BCIP student's Aman Kanda had an amazing experience at this tournament as he got the chance to work with International and National level rank holder tennis players, and had a good time during on-court assessments and treatment. He did taping, cupping and used various modes of physical therapy such as Myofascial release, Deep Friction massage to help out the tennis players during and after their matches. Overall, it was an overwhelming opportunity for us to take a look at the aspect of Sports Physiotherapy.

