

Sports Tournament (DELHI ITF JUNIOR'S NATIONAL TENNIS CHAMPIONSHIP)

6- 11.03.2023

OBJECTIVE:

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

DESCRIPTION:

BCIP select the student and place them to the tennis project ITF J30 Tennis Tournament national Level Tennis Tournament was organized at Baliawas Village, Gurugram. Students from BCIP were appointed as physiotherapists by Dr Mohd Asif (PT) for 07 days from, 6th to 11th march 2023. Mr. Kapil student of BCIP 2019 BPT batch were appointed there as tournament physiotherapist. Mr. Kapil 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 Milan. 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. Nidhi Kalra and Dr. Mohd Asif for giving them the opportunity to explore this venture. BCIP student's Mr. Kapil 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.



