

Sports Tournament (ITF WOMEN TENNIS TOURNAMENT)

20th -26th February, 2023

OBJECTIVE:

To enable students to apply their theoretical knowledge in a hands-on practical way and learnt how to swiftly respond to on-field injuries.

DESCRIPTION:

BCIP select the student and place them to the ITF Women Tennis Tournament a national Level Tennis Tournament was organized at The Tennis Project, Gurugram, Haryana. Students from BCIP were appointed as physiotherapists by Dr Mohd Asif (PT) for 7 days from 20th Feb to 26th Feb 2023. Ms. Vidhushi and Ms. Kanishka, students of BCIP BPT-2019 batch were appointed there as tournament physiotherapist. Ms. Vidhushi and Ms. Kanishka were 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 BCIP students. 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 students had an amazing experience at this tournament as they 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. They 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.



