

MEDICAL FITNESS CAMP FOR WRESTLING TEAM

22nd Feb- 5th March, 2023

OBJECTIVE:

To allow students to learn how to provide physiotherapeutic rehabilitation in many cases of sports injuries.

DESCRIPTION:

Banarsidas Chandiwala Institute of Physiotherapy (BCIP) selected Mr. Aman & send him to Medical Fitness Camp for Wrestling Team organised by Indian Railways at Rail Coach Factory (Kapurthala, Punjab) from 22 February to 5 March 2023. There he had provided Physiotherapeutic Rehabilitation to many cases of sports injuries such as ACL Injuries, Shoulder dislocation & impingement, Ankle Sprain, Muscle Tightness, Bicep tendon Rupture, etc. He had used various techniques such as Myofascial Release, Stretching & Strengthening, PNF, Therapeutic Exercises, Dry Needling, MET, Kinesio Taping, Mobilisation for betterment of Athlete's condition. He also taught the athletes also that how they can perform self-stretching, how to work on endurance, strength, flexibility. Organisers and other officials showed their gratitude & give thanks BCIP, Dr. Nidhi Kalra & Dr. Asif for providing them to quality physiotherapy services.

