



**Banarsidas Chandiwala Institute of  
Physiotherapy**  
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### **Sports Tournament (ITF- WORLD TENNIS MASTER TOURNAMENT)**

BCIP select the MPT (Sports) & BPT students and place them to the ITF- WORLD TENNIS MASTER 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 one week from 18<sup>th</sup> Dec to 22<sup>nd</sup> Dec 2023. **Mr. Kundan Kumar, Mr. Gaurav & Ms. Sonali Nayak** students of BCIP MPT (Sports) & BPT batches were appointed there as tournament physiotherapist. The students 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 students. They were able to apply their theoretical knowledge in a hands-on practical way and learnt how to swiftly respond to on-field injuries.

Students and Official Staff were showed their gratitude to Dr. Mohd Asif and Dr. Avi Choudhary 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.



