

## Sports Tournament (FENESTA OPEN NATIONAL TENNIS CHAMPIONSHIP)

7<sup>th</sup> -22<sup>nd</sup> October, 2022

### **OBJECTIVE:**

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

### **DESCRIPTION:**

BCIP select the students and place them to the FENESTA OPEN NATIONAL TENNIS CHAMPIONSHIP 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 two weeks from 7<sup>th</sup> Oct to 22<sup>nd</sup> Oct 2022. Abhilasha, Neha, Pooja, Sweety, Deepak, Sooraj and Shivam student of BCIP 2020 MPT and 2019 BPT batch 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. Nidhi Kalra 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.

