

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

20th – 26th November, 2022

OBJECTIVE:

To allow students to further learn assessment and management of various sports injuries.

DESCRIPTION:

BCIP select the student and place them to the **DELHI ITF JUNIOR'S** a national Level Tennis Tournament was organized at DLT, R.K. Khanna Stadium, New Delhi. Students from BCIP were appointed as physiotherapists by Dr Mohd Asif (PT) for 08 days from 20th to 26th Nov 2022. Mr. Milan student of BCIP 2019 BPT batch were appointed there as tournament physiotherapist. Mr. Milan 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. Mohd Asif and Dr. Nidhi Kalra for giving them the opportunity to explore this venture. BCIP student's Mr. Milan 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.



