Report: Official on field physiotherapy support at IDBI Mumbai half marathon

Date: 25th August, 2019

Location: Bandra-Kurla complex (BKC), Mumbai.

Introduction: Department of physiotherapy, NMIMS along with Nanavati Max Super Speciality Hospital, in collaboration with the organizing committee of IDBI Mumbai half marathon, played a pivotal role in ensuring the health and well being of the participants in providing official on filed physiotherapy support. This report summarizes our role and contribution to the success of this event.

The Medical Team:

The physiotherapy support team, part of the broader medical team, comprised fifteen skilled physiotherapy students from Sunandan Divatia School of Science. They were selected based on their expertise in sports medicine, injury management and experience in providing on filed assistance during athletic events.

Services provided:

1. **On-Field Assistance:** On the day of the marathon, our team set up medical stations at strategic points along the route. These stations were equipped to provide immediate assistance to runners experiencing fatigue, cramps, sprains, or any other musculoskeletal issues. Physiotherapists were positioned to assess and treat injuries promptly.

2. Assessment and Treatment: Participants who required physiotherapy support were assessed by our team. Depending on the severity of the condition, participants received treatment on-site, which included massage, taping, stretching exercises, and other relevant interventions. For more severe cases, runners were stabilized and transported to nearby medical facilities if necessary.

3. Hydration and Nutrition Guidance: Our team also provided guidance on proper hydration and nutrition, as these factors play a significant role in endurance sports. Participants were advised on optimal fluid intake and dietary choices.

4. Recovery and Post-Race Support: After completing the marathon, runners had access to post-race recovery stations. Our physiotherapists provided assistance to alleviate muscle soreness and fatigue through stretching exercises.

Outcome:

The on-field physiotherapy support team effectively addressed various issues such as muscle cramps, fatigue, and minor injuries. Rapid response and treatment minimized the severity of injuries and discomfort for many participants. Our team provided valuable guidance on injury prevention, warm-up exercises, and post-race recovery to runners.

Conclusion:

The official on-field physiotherapy support provided at the IDBI Mumbai Half Marathon on August 25, 2019, at BKC Mumbai, was instrumental in ensuring the well-being of the participants. Our dedicated team of physiotherapists contributed significantly to the success of the event by promptly addressing injuries and promoting the health and comfort of the runners.

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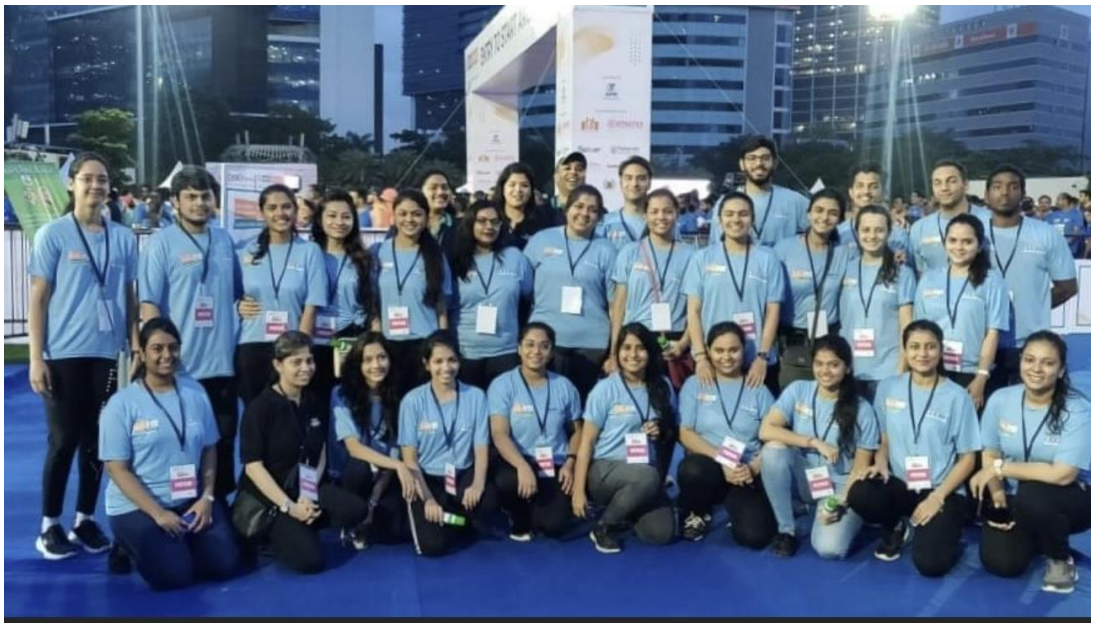

Our students at the IDBI, Mumbai half marathon

Our students providing onsite treatment to the marathon runners at IDBI half marathon

Our students demonstrating exercises to the marathon runners