

Report: Official on field physiotherapy support for CISCE Zonal/Regional Athletic championship

Date: 16th December, 2019

Location: Priyadarshani park, Mumbai.

Introduction: Department of physiotherapy along with Nanavati Max Super Speciality Hospital, in collaboration with the organizing committee of CISCE Zonal/regional athletic championship, played a pivotal role in ensuring injury prevention and management for state level inter school young athletes. This report summarizes our role and contribution to the success of this event.

Event Overview:

The CISCE Zonal/Regional Athletic Championship is an annual sporting event that brings together young athletes from various schools. The primary goal of the championship is to promote sportsmanship, athleticism, and healthy competition among students. Given the physical demands of track and field events, providing on-field physiotherapy support was essential to ensure the well-being of the participating athletes.

Physiotherapy Support Team:

Our physiotherapy support team for this event consisted of two experienced physiotherapists in the field of sports medicine and injury prevention. Their roles and responsibilities included:

Ensuring that all necessary medical equipment, including stretchers, first aid supplies, taping materials, and ice packs, were available and in working order.

1. On-Field Assistance:

Setting up and managing medical stations strategically located near the athletic tracks and field events. Positioning physiotherapists at these stations to provide immediate assistance to athletes during the championship.

2. Assessment and Treatment:

Conducting on-site assessments of athletes who encountered musculoskeletal issues, minor injuries, or fatigue. Administering treatment that included massage, taping, stretching exercises, and other relevant interventions.

3. Injury Prevention and Warm-Up Guidance:

Offering guidance on injury prevention strategies, including warm-up and cool-down exercises to minimize the risk of injuries during athletic competitions.

4. Collaboration and Communication:

Collaborating with event organizers, coaches, and other medical personnel to ensure seamless coordination and support to the athletes. Maintaining effective communication with athletes, coaches, and event officials to address concerns and answer questions regarding their well-being.

Key Highlights and Outcomes:

The on-field physiotherapy support team effectively addressed various issues such as muscle cramps, minor injuries, and fatigue among athletes. Timely intervention and treatment minimized the severity of injuries and discomfort for many participants, allowing them to continue competing.

Conclusion:

The official on-field physiotherapy support provided during the CISCE Zonal/Regional Athletic Championship on December 16, 2019, at Priyadarshani Park, Mumbai, played a crucial role in ensuring the well-being of the participating student-athletes. The timely and professional assistance provided by our physiotherapists contributed to the success and safety of the championship.

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Our student felicitating the winners



Our student with the winners of regional athletics



NMIMS students at the CISCE Zonal/Regional athletic championship