

M.M.E. & R.C's

**M.A. RANGOONWALACOLLEGE OF PHYSIOTHERAPY AND
RESEARCH**

ALLANA ARCHITECTURE SPORTS EVENT

On 21 February 2023, Allana College of Architecture, Azam Campus had organised Inter Collegiate sports event. The event was for 4 days, starting from 21st February to 24th February 2023, where under the guidance of Physiotherapy College Principal, Dr. Ronika Agrawal, 1st and 2nd year Master students along with final year BPTth students from M. A. Ragoonwala College of Physiotherapy and Research provided sports assistance as physiotherapist in the entire event. The event had a variety of sports consisting of cricket, kabaddi, relay race etc. in which ligament sprains, muscle strains, muscle spasm, fractures, dislocation etc were amongst the injuries that occurred on the ground. Our Physiotherapy students provided best possible treatment on field in order to reduce the injuries and assist early return to sports.

For sprains and strains icing along with taping was done in order to reduce further injury to the affected part involved and provide stability. Incase of Fractures and Dislocations, after quick assessment, the players were immediately given further referral to orthopaedic doctor for further treatment. We are thankful to the management for giving us the opportunity



