

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

M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND RESEARCH

PHYSIOTHERAPY CAMP 2023

Physiotherapy is the most prescribed treatment to assist in recovery of many injuries and conditions. Chronic pain, car, and sports injuries and challenges with mobility can be greatly improved with the use of physiotherapy. Physiotherapy helps in fixing faulty movement patterns, prevent built up of scar tissue, stretch tight muscles, strengthening exercises help strengthen surrounding musculature, which can help reduce strain on joints. It helps improve post-surgical outcomes.

On 10th and 11th of June 2023, the students of M.A. Rangoonwala College of Physiotherapy and research got the opportunity to showcase their knowledge and skills and volunteer as physiotherapists and emergency medical assistance for the sports event held at St. Vincent high school. The event commenced at 9 o'clock in the morning. Under the guidance of respected Principal of M.A. Rangoonwala College of Physiotherapy and research, Dr. Ronika Agrawal, and Assistant Professors Dr. Sanat Kulkarni and Dr. Haji Ismail, the physiotherapists helped in providing medical assistance to the sportsmen and sportswomen at the event. With the quick decision-making capability of the physiotherapy students and good patient compliance, the physiotherapy students were able to manage many injuries at the event. The physiotherapists experienced good hospitality by the event managers. Ms. Aisha Khan, Ms. Sidra khan, Ms. Fatima Kalsekar and Mr. Aasim Moulvi, Ms. Silmi Hirani, Ms. Kiran Yadav, Ms. Nuha Shaikh, Ms. Vaishnavi Chavan were the volunteering physiotherapists at the event and treated in total 17 patients.

We are extremely thankful to Mrs. Abeda Inamdar (President, M.M.E & R.C), Dr. Arif Memon (Vice President M.M.E & R.C), Dr. Nazim Shaikh (Secretary M.M.E & R.C) and Dr. Ronika Agrawal, Principal M.A. Rangoonwala College of Physiotherapy, and research for giving us the opportunity to attend the event.

