

MPT & BPT STUDENTS PROVIDED PHYSIOTHERAPY SERVICE IN 5TH EDITION OF DECCAN ULTRA MARATHON, SAHYADRI

5th edition of Deccan Ultra Marathon was held at Kalsubai, Sahyadri, Maharashtra between 10-12 February, 2024. Students of Shrimad Rajchandra College of physiotherapy had volunteered as physiotherapists. The trail race consists of 13 km, 30 km, 55 km, 80 km and 115 km. The Deccan Ultra route includes the highest peak of Maharashtra, Kalsubai at an altitude of 1646m and the toughest triple-trouble forts in Sahyadri; Alanggad, Madangad and Kulanggad.

Students had a great learning experience to work at challenging situation. Our student volunteers gave physiotherapy treatment to prevent post running muscle soreness in terms of stretching of major group of muscles. On field physiotherapy were given for acute running specific injuries. It was tremendously stimulating as well as entirely a different experience for the students. Athletes from all over the world had participated in the race. SRCP is heartily thankful to Mr. Sandeep Kumar f& Deccan Ultra Management Team for giving such an opportunity to our students. Student's hard work was appreciated by the organizers, sponsors and the athletes.