

SHRIMAD RAJCHANDRA COLLEGE OF PHYSIOTHERAPY

REPORT OF WORKSHOP

TOPIC OF WORKSHOP: ATHLETIC TAPING TECHNIQUES IN SPORTS

RESOURCE PERSON: Dr. Bhavik Jhaveri (PT)

DATE: 17TH-19TH SEPTEMBER & 24TH-26TH SEPTEMBER 2024

NO. OF STUDENTS PARTICIPATED: 119

Semester: 1st MPT & 4th BPT

WORKSHOP CONTENT:

Shrimad Rajchandra college of Physiotherapy organised a workshop on “ATHLETIC TAPING TECHNIQUES IN SPORTS” for 1st Year MPT & 4th Year BPT students.

Dr. Bhavik Jhaveri (PT), Assistant Professor, Shrimad Rajchandra College of Physiotherapy, was the expert.

In the Workshop, Dr. Bhavik Jhaveri covered basic principles, indication, precaution & contraindication of Athletic Taping. Students were also provided knowledge about various risk factors and the mechanism of injuries that occur to an athlete. Hands on practical application of Athletic Taping for various sports injuries such as ligament sprain, muscle strain and prophylactic taping in order to prevent any injury to the joint or soft tissues was done.

The session was mainly focused on the correction of pathomechanics and how to make functional movements pain free. All the students practiced and participated with great enthusiasm. It was a great learning experience for the students which will help them to improve the treatment outcome.