

Physiotherapy Services for Marathoners

Department of Physiotherapy, DIBNS provided physiotherapy services at Dehradun Ultra Marathon, on 30 19/03/2023. The event was organised by Thrill Zone. Physiotherapy team included Dr Depte Warikoo, Dr Richa Agarwal, Dr Asish Dev, Dr Diksha Bhatt, Dr Nidhi Rawat and Dr Naseema along with 23 students of the Department.

The Physiotherapy services were provided at 4 distinct points for the runners. In addition to stretches and warm up and cool down exercises, first aid was also provided at all physiotherapy points. The 75 km marathon started from Hotel JSR Inn. More than 100 runners were benefited from the Physiotherapy team. Team Physio treated sprains, strains and musculoskeletal injuries and also provided counselling for injury rehabilitation and management.



