

REPORT ON NATIONAL WORKSHOP ON MANAGEMENT OF SPORTS
INJURY- An Integrated Approach - Ayurveda & Physiotherapy

AYUSASTRA- 2019

Dated on: 28th -29th June 2019

The National conference was inaugurated by Chief Guest Dr. Arshad, Department of Orthopaedics, Ganga Hospital, Coimbatore and executive members were Dr. Suresh Kumar, Dr. Dharmesh and Dr. Sethukrishnan, Department of Ayurveda and Orthopaedics.

Dr. Arshad presented about integrated & Conservative management in surgical cases discussed with updated procedures in surgical methods in Orthopaedics. The conference was held with scientific session related with Management of patello femoral pain syndrome by Dr. Thirumoorthy and was discussed with clinical examination.

Our principal presented the scientific session related with Yoga for Sports Injury management and also discussed some of the postures in Yoga related with general management. With continuation there were many sessions related to Rehabilitation after ACL reconstruction by Dr. Balachandran, shoulder injury & dislocation by Dr. Clement Joseph, Physiological aspects in sports by Dr. Vijiyapriya.

I have participated and attended the conference for two days and received participation certificate.

Report by Dr. Vijayaraghavan,
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Conditions that occurs due to altered foot biomechanics & loading of tissues

Below the feet	Above the feet
<ul style="list-style-type: none"> Plantar fasciitis Metatarsalgia/metatarsal pain Acute/chronic tendinitis Morton's neuroma Heel spurs/heel pain Swollen/Overweight Calcaneus Gout/Arthritis 	<ul style="list-style-type: none"> Shin splints Tibial stress fracture Patellar tendinitis ITB friction syndrome Popliteal cyst/Baker's cyst Knee pain - OA, OMP Low back pain Similar joint sprain

Dr. C. Ganesh Kumar