



Jan 30, 2018

AAU organized a workshop on “Sports Medicine”

In collaboration with the Bareen International Hospital, the Deanship of Student Affairs at Al Ain University of Science and Technology, Abu Dhabi Campus, organized a workshop entitled “Sports Medicine - Protection and Cure”, presented by Dr. Ziyad Al Khouri and Dr. Mustafa Awada from Bareen Hospital, in the presence of academic and administrative staff and AAU students.

The workshop discussed several aspects, the most prominent: the concept of sports medicine, which was defined as the treatment provided in the case of sports injuries. Dr. Khoury discussed the methods of diagnosis, treatment and prevention of sports medicine for various sports injuries and the latest methods of surgical intervention. While Dr. Awada warned against the use of hormones by athletes, talked about their problems and ways to avoid them. The workshop also addressed the issue of injuries resulting from the malpractices of sports equipment or gymnasiums as well as modern electronic devices, where guests presented a set of tips for the

attendees on how to perform exercises in a healthy way.

At the end, the discussion was open for questions.

[Press Release Link](#)