



Jan 26, 2023

## **A Health Event on Sports Injuries and Methods of Treatment**

The Red Crescent Student Club at the Deanship of Student Affairs/ Al Ain Campus, in collaboration with the Czech Hospital, hosted a healthcare event entitled "Sports Injuries and Treatment Methods." The event was attended by academics, administrators, and students and was designed to educate attendees on the different types of sports injuries and their common causes.

The workshop started with an overview of various sports injuries and how to provide basic first aid in the case of an injury. Participants were also provided with tips and techniques for injury prevention, and the methods of treatment were explained both theoretically and practically with the help of a physiotherapist. The session concluded with a demonstration of practical exercises that can be included in a treatment plan.

[Press Release Link](#)