

Awareness about Physiotherapy Interventions and Pre-Training Program in Indian Mountaineers

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ABSTRACT

Introduction: Over the last two decades, mountaineering events and recreational as well as professional mountaineers have gained popularity. The elements that regulate a mountaineer's performance and contribute to the long-term sustainability of injuries are very individual specific, pre-mountaineering training program and regular physiotherapy interventions can reduce the risk of falling and ultimately reduce the risk of accidents. As a result, we attempted this study, based on the primary need for research.

Materials And Methodology: A self-made Questionnaire was used for survey-based study design with Random Convenient sampling of 100 candidates in Mountaineering academics.

Procedure: The permission was taken from concerned ethical committee and subjects with minimum 1 year experience on Indian terrain between the age group of 15-50 years were selected. Instruction about the questionnaire used in project was given and consent was taken from the athletes. Data was collected and analysed. Interpretations and conclusion was recorded.

Results: Results were analysed for 100 candidates out of which 54% were males and 46% females. 94% individuals from the total samples supported physiotherapy interventions in mountaineering and a regular pre-training program.

Conclusion: From recorded data, 94% individuals from the total sample population supported physiotherapy interventions in mountaineering and 94% support that a regular pre-training program. 30% participant athletes already follow a pre-training program while 70% do not follow any pre-training.

Keywords: Pre training, Mountaineers, Survey

