

Subject :- **Requirement of Service provider for the physiotherapy / rehabilitation for the National Hockey Academy at MDCNS, New Delhi.**

National Hockey Academy (NHA) is the brain child of Sports Authority of India (SAI) and Hockey India (HI) invites the applications from the organisations for the following services:-

1. **Physiotherapy services** – Which cover the assessment and treatment of injuries predominantly using a hands-on approach and exercise prescription. Thorough examinations to identify the cause of Musculoskeletal/ sports injuries and ensure the problem is addressed in the most direct manner to facilitate return to function and performance. Prevention and education are emphasized to prevent recurrence or any further complications from injuries.
2. **Rehabilitation gym** – A well fitted gym designed for functional rehabilitation for injuries or just improving strength, mobility, stability and balance in Hockey Players.
3. **Game specific screening** – Validated screening programme based on the evidence based musculoskeletal screening protocols. Specific treatment strategies and exercise prescription is performed after the detailed assessment and evaluation.
4. **Sports massage** – Sports massage for maintenance of the soft tissue condition, and for recovery purposes.
5. **Sports psychologist** – Sports psychologist should be available for both group and individual sessions.
6. **Nutritionist** – Nutritional services which can address medical issues in Hockey Players, or provide advice on optimizing performance.
7. **Orthotics** – Able to issue orthotics which can be fitted in the clinic after a bio-mechanical foot assessment is performed.
8. **Pilates reformer/trapeze and Pilate mat classes** – Pilates equipment in the gym which are used for both rehabilitation after injury and conditioning in the healthy Hockey Players; Also to provide run mate Pilates classes for general fitness.
9. **Yoga classes** – Yoga classes for flexibility, conditioning and the mental benefits for Hockey Players.
10. **Running assessment** – Running assessments to be performed for prevention of injuries.
11. **Education** – To help the young Hockey Players to cope up with the training loads and management of injuries.

Strategies for Operations for Physiotherapist at the Academy.

1. Two Physiotherapists (one male and one female) to be made available as per the schedules for the day.
2. Both the Physiotherapist should be available at all of the training times, as well at the medi-clinic based at the Academy.
3. The roles and responsibilities of the physiotherapists shall revolve around providing the first – aid at the trainings, treatment and management of musculoskeletal injuries, assisting in co-ordination for managing medical investigations and examinations, as well as working in conjunction with the high performance team comprising of technical coaches, scientific advisors and the allied inter-disciplinary experts for optimisation of the value outputs in the high performance.
4. Maintenance of the periodic musculoskeletal and sports specific screening of the Hockey Players, injury record maintenance and data collection. The physiotherapist shall be responsible in managing the electronic injury management system (if applicable), for proper maintenance of the records as well sharing of the required information with the concerned authorities.
5. Travelling and providing physiotherapy services to the various teams of the academy to their National and International assignments.
6. The designated physiotherapists shall be under the supervision of specialist sports physiotherapist. Oversee the overall treatments and management of the injuries in co-ordination with the physiotherapists.

***Note:-

The aspirant must send their profiles with their best quoted price in a sealed cover to the address given below latest by 04:30 PM on 20th October 2017. The Sealed covers will be opened by a Committee constituted for the purpose at 05:00 PM on 20th October 2017 in the office of CEO, NHA

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