

**IPL 2011****Importance of Sports medicine for cricketers**

The official health care partner of the Delhi Daredevils team, Max Healthcare Institute Limited has organised an interactive session, focussing on the healthcare needs of the players and the importance of Sports Medicine at the Max Super Specialty Hospital here.

The session was headed by CEO and MD of the Max, Pervez Ahmed and chairman SKS Marya which also included key players from the Delhi IPL team. Speaking on the occasion, Ahmed focused on the need of medical attention and aggressive treatment for the players who are the icons of the nation.

"Cricket is the most popular sport in our country. Our players are the heroes of the country but they too are human beings and suffer from injuries and niggles," he said while speaking to reporters last night. "Our players need quality medical care and we at Max are proud to be the healthcare partners of the Delhi Daredevils team," he added.

Marya also echoed the words of Ahmed and said, "Cricket today, especially the IPL format is quite demanding. Players from diverse backgrounds and at various stages of their careers feel the challenge emotionally as well as physically."

"A cricketer's fitness plays a very important role in his performance, therefore precaution must be taken and the smallest of health issues should be treated in time to avoid long term health hazards and impact," he added. The physiotherapist of the Delhi Daredevils, Kirk Russel and top players Irfan Pathan, Colin Ingram, Aavishkar Salvi, Roelof Van Der Merwe, Umesh Yadav and Varun Aaron participated in the interactive session.

Speaking on the performance of the Daredevils, India discard Irfan Pathan pointed out that though they haven't had the kind of start which they wanted but the team would bounce back in the matches to come. "The start hasn't been good but there are certain positives which can be taken into the next games. We had good partnerships, Venu (Venugopal Rao) played the innings of IPL," he said.

"We have a good bowling line-up and the young stars in the bench are a surprise package to look after," he added. Irfan also commented on his personal performance and chances of returning to the national team, "I am really happy to be back after a year, I believe I had a good start and the amount of work at the National Cricket Academy (NCA) will pay off". Displaying true sportsmanship, Pathan praised Mumbai Indians pacer Lashith Malinga who single-handedly turned the match in Mumbai's favour but also cautioned the other teams not to be complacent towards the Virender Sehwag-led side. "Malinga bowled really well. Its a matter of getting things together. We need to shuffle the batting order to a certain extent," he said.

Commenting on the foreign recruits Pathan said, "The young foreign players are still in the bench but when they play everyone will be surprised. I can guarantee that there are outstanding match-winners in the team".

After being in the shadows for a long time another young pacer, Aavishkar Salvi commented on his fitness issues and confirmed that he had recovered totally from the injury. "I am really happy that I am playing cricket (be it domestic). I am back from a long injury lay-off," he said.

Injured Varun Aaron left it for the physio to decide on his selection for the Playing-XI and said, "I am recovering fast but not sure whether I can make it to the final eleven. It all depends on the physio."

