

THE IMPORTANCE OF DIFFERENT TYPES OF REHABILITATION IN THE TREATMENT OF PARALYSIS

Currently, the problem of life of patients with cerebral palsy consists in the interrelation of various aspects of rehabilitation: rehabilitation and recreational, physical and psychological, social, emotional and educational. Recently, increased attention has been paid to new organizational forms in the complex rehabilitation system. Among them, the game method is of considerable interest. The purpose of the study is to develop a new system for rehabilitation of children with cerebral palsy. 22 children aged 5 to 10 years with different forms of cerebral palsy were examined. In the control group, we did therapeutic physical training in a playful way together with their mothers. As a result of the study, the children who did the exercises in a playful way improved their mood, did the exercises with pleasure and showed a better result than the previous group.

Key words: recommendation. medical control. positive effect. research result. medical rehabilitation

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ЗНАЧЕНИЕ РАЗНЫХ ВИДОВ РЕАБИЛИТАЦИИ В ЛЕЧЕНИИ ПАРАЛИЧА

В настоящее время проблема жизнедеятельности больных с ДЦП состоит во взаимосочетании различных аспектов реабилитации: реабилитационного и рекреационного, физического и психологического, социального, эмоционального и образовательного. В последнее время повышенное внимание уделяется новым организационным формам в комплексной системе реабилитации. Среди них значительный интерес представляет игровой метод. Целью исследования является разработать новую систему для реабилитации детям с детским церебральным параличом.

ключевые слова: рекомендация. врачебный контроль. положительный эффект. результат исследования. медицинская реабилитация

Disability of children with cerebral pathology ranks first in the structure of childhood disability in the neurological profile and its severity is due to both motor and mental and speech disorders. The success of rehabilitation depends not only on the severity of the damage to the central nervous system (CNS) of the child, but also on timely diagnosis, proper organization of the treatment process, starting from the first years of the child's life. [4]

The purpose of the study is to develop and scientifically substantiate a new organizational form and system of classes in active and sports games in combination with other non-traditional means for the rehabilitation of children with the consequences of cerebral palsy.

Research objectives:

1. To develop new game methods for children - with the consequences of cerebral palsy in order to correct motor abilities, as determining the general development of a child with cerebral palsy. ,
2. To test the effectiveness of the game technique we have developed on the physical and mental state of disabled people with cerebral palsy.

Object of the study - We examined children aged 6 to 12 years with the consequences of cerebral palsy.

We used a comprehensive system in a game form together with mothers, which impacts give the child the opportunity to feel self-confidence. . Rehabilitation of children with cerebral palsy is complex. It includes psychological, social, medical, pedagogical and other aspects. Physical education is the most important part of the process [6] Since performing physical exercises ensures the participation of higher mental functions in the process of mastering motor skills and has a great influence on the development of the nervous system, we contributed to the mental development of the child with conscious movements. [1] We explained to the mothers that rehabilitation is timeliness, interconnectedness, continuity. [5]

The practice of using existing methods and means of rehabilitation for cerebral palsy, according to literary data, has shown insufficient effectiveness, which predetermines the search for new approaches, means, methods and forms for the successful implementation of rehabilitation measures. One of the most important aspects of cerebral palsy is related to the treatment and rehabilitation of disabled children.

Treatment of this disease has long been unpromising.[5] Early diagnosis of the disease is of great importance for further rehabilitation of children with cerebral palsy. The sooner specialists begin working with the child, the greater the chance to prevent, rather than subsequently correct, the slow reaction of parents, speech and mental deviations.[3] Another important criterion for successful rehabilitation

work with disabled children with cerebral palsy is the participation of the mothers of the sick child in the rehabilitation event. In this regard, the use of restorative effects on the body of a sick child, therapeutic physical education with a play method, is also a very pressing issue. The play method, and especially with mothers as a means of physical rehabilitation of children with cerebral palsy, has a very good result.[1] Movement disorders that limit or interfere with normal physical activity adversely affect all aspects of personality development.[6] Through physical rehabilitation, these problems can be improved. The nature of the rehabilitation effects on the body of a child with the consequences of cerebral palsy consisted of complex support for the motivation of disabled children to regular classes, classes were conducted in a mode corresponding to the child's capabilities, and a favorable psychological background was created.[1] The complex system of rehabilitation effects used by us in our work consisted of:

- special physical exercises of targeted impact;
- physical exercises with gymnastics elements;
- game activities of targeted impact;
- sports and outdoor games;[4]

The fundamental direction of our dissertation is the game method, necessarily together with mothers.

Results. Physical rehabilitation by the game method together with mothers of disabled children showed high efficiency, which was expressed in the improvement of their motor abilities. Under the influence of therapeutic gymnastics in the muscles of the child with cerebral palsy, adequate motor sensations arose. In the process of therapeutic gymnastics, the postures and positions of the limbs were normalized, muscle tone decreased, violent movements were reduced or overcome. The child began to correctly feel the postures and movements, which is a powerful incentive for the development and improvement of his motor functions and skills.[7,] As a result of the introduction of a comprehensive rehabilitation system, the game method and specifically with mothers, children with the consequences of cerebral palsy gave a very positive effect. These events had a beneficial effect on both the mental and physical condition of disabled children with cerebral palsy.

Thus, the complex system of rehabilitation events in the game method together with mothers has shown its effectiveness. This gives a positive result when used in practical work with disabled people with the consequences of cerebral palsy.

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