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REHABILITATION VALUE OF PATIENT ADAPTATION TO PHYSICAL SKILLS

When complications arise in patients with various diseases, especially paralysis, there is a possibility of a violation of the natural abilities of a person. In this case, a well-thought-out multifaceted rehabilitation program comes to mind. Carrying out this event in a comprehensive and comprehensive manner will not only restore the patient's natural abilities, but also improve the quality of self-care. Rehabilitation value of patient adaptation to physical skills

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keywords: natural means. natural abilities. rehabilitation factor. slojnye processy. vajnye aspect

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РЕАБИЛИТАЦИОННОЕ ЗНАЧЕНИЕ АДАПТАЦИИ ПАЦИЕНТОВ К ФИЗИЧЕСКИМ НАВЫКАМ

При возникновении осложнений у больных с различными заболеваниями, особенно параличами, существует вероятность нарушения естественных способностей человека. В этом случае на ум приходит именно хорошо продуманная многогранная программа реабилитации. Проведение данного мероприятия комплексно и всесторонне позволит не только восстановить естественные способности пациента, но и повысить качество самообслуживания.

ключевые слова: натуральные средства. природные способности. реабилитационный фактор. сложные процессы. важные аспекты

The life of patients with cerebral palsy consists of a combination of various aspects of rehabilitation: rehabilitation, physical and psychological, social,

emotional and educational. [6] Recently, increased attention has been paid to new organizational forms in a comprehensive rehabilitation system. Among them, the game method of teaching a child everyday skills is of considerable interest.

The purpose of the study is to develop and scientifically substantiate a new organizational form and system of classes in outdoor games in combination with other non-traditional means in order to teach everyday skills to children with the consequences of cerebral palsy.

Research methods - children aged 8 to 14 years with the consequences of cerebral palsy. Before starting rehabilitation activities, it is necessary to determine the initial degree of severity of motor disorders in order to properly plan and rationally structure classes. Rehabilitation classes should correspond to the child's capabilities, maintain the motivation of children with the consequences of cerebral palsy to continue classes, and create a favorable emotional background. The program of rehabilitation and recovery effects to teach a child to everyday skills by means of physical education and sports for children with the consequences of cerebral palsy helps to solve the following problems:

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Research methods - children aged 8 to 14 years with the consequences of cerebral palsy. Before starting rehabilitation measures, it is necessary to determine the initial degree of severity of motor disorders in order to properly plan and rationally structure classes. Rehabilitation classes should correspond to the child's capabilities, support the motivation of children with the consequences of cerebral palsy to continue classes, create a favorable emotional background. The program of rehabilitation and recovery effects to teach the child everyday skills by means of physical education and sports for children with the consequences of cerebral palsy helps to solve the following problems:

- improving walking skills;
- improving balance and coordination of movements;
- developing fine motor skills of the hands;
- developing the emotional-volitional sphere;
- developing spatial motor orientations
- practicing the qualitative side and consolidating previously acquired motor skills and abilities.

In the early stages of rehabilitation and recovery measures, we consider the individual method of working with the child to be the most effective; in the future, training sessions with children should be conducted using various methods:

individual, small-group and group. In a comprehensive system of rehabilitation and recovery measures to teach a child everyday skills along with generally accepted means and forms of physical education and sports, it is desirable to include non-traditional methods of influence, for example:

- computer educational games;
- psycho gymnastics.

To solve correctional problems, the game method of conducting classes was widely used, consisting of various game situations, tasks, exercises and games. When conducting sports games, children with spastic diplegia need special exercises that help strengthen the back muscles, relax the adductor muscles of the hips and overcome postural reflexes. A distinctive feature of the developed methodology of rehabilitation and recreational activities is the differentiation of all used means and forms of rehabilitation, outdoor and sports games by the forms of the disease and the degree of motor impairment. The implementation and effectiveness of rehabilitation and health measures for children with the consequences of cerebral palsy can only be carried out with systematic medical supervision. The pedagogical experiment we conducted and the results obtained allowed us to scientifically substantiate the effectiveness of the integrated methodology of rehabilitation and recreational effects. Conclusions. 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 and recreational activities. The nature of rehabilitation effects on the body of a child with the consequences of cerebral palsy should be comprehensive, rehabilitation and recreational activities should take into account the mechanisms to support the motivation of disabled children to regular activities, conduct classes in a mode that corresponds to the child's capabilities, and create a favorable psychological background. The comprehensive system of rehabilitation effects used 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;
- computer educational games;
- psychogymnastics course.

The fundamental direction of our work is the game method. Along with traditional game methods, we also used a whole group of relatively new promising methods of working with this contingent of children: the method of music and rhythmic therapy; the method of analogies with animals and the plant world; the method of "theatre of physical education".

The results of physical rehabilitation of disabled children showed high efficiency, which was expressed in the improvement of their motor abilities.

The results of recreational and rehabilitation activities had a beneficial effect on the mental state of disabled children with cerebral palsy. This is illustrated by the following data:

- when conducting a test on the scale of personal differential for the factor of personal strength in the experimental group, the differences were reliable and amounted to 28%. In the control group, the differences revealed were not significant with an improvement in the indicator of the personality strength factor by 9%. Thus, the complex system of recreational and rehabilitation interventions has shown its effectiveness in teaching children with cerebral palsy everyday skills and can be recommended for use in practical work with disabled people with the consequences of cerebral palsy.

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