

Xodjiaxmatova Ra'no Yuldashevna

Department of General Hygiene,

Andijan State Medical Institute

**THE IMPORTANCE OF PERSONAL HYGIENE IN THE
ORGANIZATION OF PHYSICAL EDUCATION AND SPORTS
ACTIVITIES**

Abstract: This article discusses the importance of personal hygiene in the organization of physical education and sports activities. The author analyzed the role of personal hygiene in human health.

Key words: health, lifestyle, healthy lifestyle, quality of life, physical education, sports, medical literacy

Ходжихматова Раъно Юлдашевна

Кафедра общей гигиены,

Андижанский государственный медицинский институт

**ЗНАЧЕНИЕ ЛИЧНОЙ ГИГИЕНЫ В ОРГАНИЗАЦИИ
ФИЗИЧЕСКОГО ВОСПИТАНИЯ И СПОРТИВНОЙ
ДЕЯТЕЛЬНОСТИ**

Аннотация: В данной статье рассматривается значение личной гигиены в организации физкультурно-спортивной деятельности. Автор проанализировал роль личной гигиены в здоровье человека.

Ключевые слова: здоровье, образ жизни, здоровый образ жизни, качество жизни, физическое воспитание, спорт, медицинская грамотность.

Curative physical education means quick and complete recovery of a person using various special physical exercises. Therapeutic physical education is a novelty in the field of modern medicine. This type of treatment has gained its place in life due to its scientific basis, i.e. the efforts of scientists. Therapeutic physical education is a young science, but it was already known to a certain extent. In 2-3 millennia BC, Arab countries, Greece, India, and China used various movements and physical exercises for the purpose of treatment in folk

medicine. In ancient Greece, a form of gymnastics called therapeutic gymnastics was used. Its development is connected with the name of Hippocrates.

On the one hand, therapeutic physical training tools are used for the treatment of various injuries and wounds, and on the other hand, they are of great importance in the recovery of injured body parts and the recovery of their work.

It is appropriate to say that the healing of the damaged area depends primarily on the patient's mood and confidence in his quick and complete recovery. Then the direct role of physical exercises will be known, and therapeutic physical training will affect the recovery of the whole body and increase the tone of life of the sick person. Experiences in the field of medicine show that the rational use of therapeutic physical education accelerates the healing of soft tissues and the growth of broken bones.

Restoration of motor activity depends in many ways on regular training. In the first stage of treatment, physical training prevents muscle atrophy and fibrosis of injured muscles, improves the elasticity of the joint capsule, and the joint joint. allows to maintain full mobility. In this case, the activeness of the patient, his steady pace and confidence in each treatment are important conditions for correct treatment.

Therapeutic physical education is widely used in many cases, such as paralysis, atrophy, in the treatment of internal diseases and in the restoration and development of external respiratory function, prevention of metabolic disorders. Therapeutic physical education tools are also useful in physiotherapeutic procedures.

Injuries of the musculoskeletal system lead to a violation of the anatomical integrity of tissues and their functions, as well as a general and local reaction process by various systems of the body. Changes in muscles and tissues are not only the result of injury, but immobilization also deepens them. Injuries are always accompanied by movement disorders and pain.

Treatment of fractures involves the repositioning (correction) of broken bones, restoration of their shape, length, and bone healing. Fixation, stretching, and surgery techniques are used to immobilize the fractured area. In 70-75% of patients with more broken bones, the method of fixation is used, i.e. braces made of plaster, polymer materials.

When stretching (extension technique) is applied, weights (loads) are used for several hours to several days to realign the ligaments of the broken bones (first repositioning phase). Alignment of broken bone fragments is carried out surgically, by strengthening screws and metal fasteners, bone grafts (alignment of open and closed bone fragments). Therapeutic physical therapy is a mandatory component of complex treatment, as it has a positive effect on the restoration of the function of the musculoskeletal system, on the principle of motor-visceral reflexes on various systems of the body. Physical therapy is recommended after the disappearance of severe pain from the first day of injury.

Physical therapy is not recommended during paralysis, during profuse blood loss, when there is a risk of bleeding, and during bleeding and severe pain. During the entire course of treatment, general and special goals are solved in the application of DJT.

Massage is not recommended during purulent processes and thrombophlebitis.

When performing physical exercises, it is necessary to take into account that the primary bone package is not yet strong. During this period, the amount of general development exercises is increased and various therapeutic measures are implemented, it is necessary to prepare the patient to stand, that is, he is trained with the help of a vestibular apparatus, he is taught to walk on crutches, the sports function of the healthy leg is trained (in case of leg injury), normal stature is restored.

In the case of fractures of the scapula and sternum, physical therapy begins on the first day of the injury. In the 1st period, physical exercises are given to the fingers, in front of the shoulder, while lying on the back - when the hand is sent to the side. This action is given when the general independent hand is sent to the side. This movement is performed along with general strengthening, relaxation and breathing exercises. In period 2, it is given to the muscles of the shoulder surface. In period 3, resistance exercises are performed with equipment.

In the case of broken bones of the hand, physical therapy is applied for 2-3 days. Special exercises for the joints of the injured hand are given to the healthy segments together with general development and breathing exercises. These are ideomotor, isometric and dynamic exercises. In the 1st period, simplified initial conditions (D.h.) are used. In the 2nd period, exercises are complicated, and in the 3rd period, muscle strength and normal movements are restored.

When the upper and middle part of the humerus is broken, the twisting movement is not applied until the bones heal. Resistance exercises are given for fingers and hand. When the lower part of the shoulder bone and around the elbow joint is broken, special exercises are performed on the shoulder joint, fingers and hand. In the 2nd period, forward supination and pronation of the shoulder is performed on a flat surface while writing and bending, and further writing and bending are performed without force.

When the diaphysis of the pre-shoulder bones is fractured, exercises for supination and pronation are given after the bones have healed well, and in the 1st period, active exercises are applied to the fingers. When the bones of the paws are broken, physical exercises are performed for 1-2 days on healthy joints and ideomotor exercises on the injured area. In the 2nd period, active exercises are carried out on the segment of the injured fingers and wrist, resting on the

fingers and paws of the hand. Special exercises are given to each phalanx of the fingers. Sticks, balls, balls, ladders and expanders are used for these exercises.

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