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IMPROVING REHABILITATION OF Cerebral Palsy USING PHYSICAL EXERCISES

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Abstract: *Purpose to develop available physical exercises that increase the effectiveness of therapy in patients with cerebral palsy. Objects and methods. 42 patients with cerebral palsy with different forms were examined and rehabilitated. In the main group, classes at home were added to complex treatment. Results. The effectiveness of therapy by category: communication, movement, self-service, play activity, was more in the group where therapeutic exercise was used. The conclusion. The need for further development of methods for the rehabilitation of children with disabilities is shown.*

Keywords: *Children's cerebral palsy, exercise therapy, massage, exercise.*

УЛУЧШЕНИЕ РЕАБИЛИТАЦИИ ДЦП С ПОМОЩЬЮ ФИЗИЧЕСКИХ УПРАЖНЕНИЙ

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Аннотация. *Цель: разработка доступных физических упражнений, которые повышают эффективность терапии у больных с детским церебральным параличом. Объекты и методы. Произведено обследование и реабилитация 42 больным с детским церебральным параличом разными формами. В основной группе к комплексному лечению добавлены занятия в домашних условиях. Результаты. Результативность терапии по категориям: общение, передвижение, самообслуживание, игровая деятельность - была больше в группе, где применялись лечебная физкультура в домашних условиях. Заключение. Показана необходимость дальнейшей разработки методов реабилитации детей - инвалидов*

Ключевые слова: *детский церебральный паралич, лечебная физкультура, массаж, упражнение.*



Relevance. The fight against disabilities is an issue of national importance. Intrauterine and birth brain damage is one of the severe forms of disability. Cerebral palsy is a disability in this category. Within the framework of the social model, special attention is paid to the integration of people with disabilities into the social environment and providing conditions for their independent life.[3] With cerebral palsy, in addition to motor disorders, the psyche and speech are impaired. In general, the leading clinical symptom in cerebral palsy is spasticity, occurring in more than 80% of cases.[1]

Treatment of children with cerebral palsy should be carried out not only in specialized institutions, but also at home.

Purpose of the study: the goal of our work with cerebral palsy is to teach parents how to practice at home for a long time and continuously. Material and research methods: 36 children from 1 to 12 years old took part in our study. We divided them into 2 groups. Both groups received standard treatment at the clinic. We took 22 children into the control group, and we continued therapeutic exercises at home. We carried out physical therapy for cerebral palsy using the following method: regularity, systematicity and continuity of classes. Each patient received an individual approach, taking into account the stage and severity of the disease, as well as the age and mental development of the patient. We taught parents speech therapy massage, which consists of massage of the facial and articulatory muscles. These massages normalize muscle tone.

Special light exercises were chosen so that it would not be difficult for parents and the child. They explained to the parents that it is not the difficulty of the exercise that is important, but the gradualness and regularity. To normalize the functioning of the vestibular apparatus, the following movements were used: lying on the back and on the stomach, raising the head, tilting the torso. We also included walking exercises, raising our arms up, forward, and closing our eyes. For those patients with increased tone, acupressure and segmental massage were used. Those who have the opportunity included hydrokinesitherapy, which consists of swimming, gymnastics and water games. For patients with low tone, balance-maintaining exercises were removed. For spastic diplegia, exercises with continuous movement were used; for the atstatic form, exercises were used for short periods with breaks between them.[2] In the atonic form, special attention was paid to exercises to maintain balance. To get more effect, combine physical therapy with massage. We taught parents how to do a classic massage. The massage was carried out in courses, 10 days each with a 1-2 day break. Various massage techniques were used: stroking, kneading, effleurage, especially for atony and hypotonia of muscles. Since there is no contraindication to it, it can be used daily for a long time

In order to get the maximum effect, the consistency of the event was strictly observed. Only then can you count on results.



Results: After standard treatment, those children who exercised at home were able to develop muscle strength. The child gained confidence in himself that he could do some things. After long-term physical therapy, the child began to walk confidently. The muscles began to respond to motor signals. Working out with their parents gave the children confidence and they did the exercise with pleasure. Thanks to this, children experienced a great positive effect. After a course of treatment, the nervous system was partially restored, since the child's nervous system is still quite flexible and capable of change. Swimming for children provides positive emotions, which can be exercised not only in the pool but also in a regular bath. Working out with parents allowed the child's condition to at least double. The younger the child is, the more effective the rehabilitation is, but, nevertheless, it is never too late to start it. Children with hypotension could learn to take care of themselves. After our course, they also experienced positive changes. Using a set of exercises together with parents, we could improve the condition of the motor sphere of a child with a defect in the nervous system. In the first group, all these listed results were not revealed. From a medical point of view, there is no treatment that can restore the damaged brain. But if you work for a long time, continuously, regularly, the nervous system gradually begins to fulfill its functions. A program that includes physical education parents in the treatment process plays a leading role in the comprehensive rehabilitation of children with cerebral palsy.

Conclusions: so if you improve the rehabilitation of children with cerebral palsy with the help of physical exercises, the effectiveness of rehabilitation increases to a significant level, the child's interest in life is formed, and also the father's confidence appears. It should be remembered that only with continuous continuation of these exercises at home and in an outpatient clinical condition will high results be achievable. Only continuous rehabilitation will definitely be effective.

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