

*Farafontova Olga Anatolyevna**Associate Professor of the Department of Physical Culture and Sports at TSPU.Nizami**Khozhieva Ozoda Hamdam kizi**is a 1st year undergraduate student at TSPU.Nizami***THE PROBLEMS OF REHABILITATION OF FOOTBALL PLAYERS AFTER SURGERY**

Annotation. One of the most problematic and underdeveloped areas in team sports, especially in football, is undoubtedly the rehabilitation of athletes after serious injuries, as well as after surgical interventions on the musculoskeletal system. Due to the proper specificity of rehabilitation methods and means of therapeutic physical training, as well as the correct distribution of load, the athlete will be able to recover quickly and effectively and return to the team.

Keywords: Rehabilitation of athletes, surgical intervention, football injuries, physiotherapy, recovery, rehabilitation methods, physical rehabilitation.

Аннотация. Одним из самых проблематичных и не развитых направлений в командном виде спорта, особенно в футболе безусловно является, реабилитация спортсменов после тяжелых травм, а также после хирургического вмешательства на опорно-двигательный аппарат. Благодаря правильной специфике реабилитации методами и средствами лечебной физкультуры, а также грамотным распределением нагрузки, спортсмен сможет быстро и эффективно восстановиться, и вернуться в командный строй.

Ключевые слова: реабилитация спортсменов, хирургическое вмешательство, травмы футболистов, физиотерапия, восстановление, методика восстановления, физическая реабилитация.

Annotatsiya. Jamoaviy sport turlarida, ayniqsa futbolda, eng muammoli va rivojlanmagan yo'nalishlardan biri, shubhasiz, og'ir jarohlardan keyin hamda tayanch-harakat tizimiga qilingan jarohlik aralashuvidan so'ng sportchilarni reabilitatsiya qilish hisoblanadi. Reabilitatsiyaning to'g'ri xususiyatlari, davolovchi jismoniy mashqlar usullari va vositalari, shuningdek, yuklamalarni to'g'ri taqsimlash orqali sportchi tez va samarali tiklanib, yana jamoa tarkibiga qaytishi mumkin bo'ladi.

Kalit so'zlar: Sportchilarni reabilitatsiyasi, jarohlik aralashuvi, futbolchilar jarohatlari, fizioterapiya, tiklanish, reabilitatsiya usullari, jismoniy reabilitatsiya.

The need for the training of highly qualified athletes and a sports reserve to increase the level of competitiveness of Uzbek sports in the international sports arena is spelled out in the Decree of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev: "On additional measures for the comprehensive development of mass and professional football" Sports games, in particular football, are characterized for the most part by fast and impetuous movements, sudden braking and stops, and a lot of jumps.

All this puts a heavy load on the lower limbs of athletes in general and on the knee joints in particular. Leading sports traumatologists, both European and American, unanimously place knee joint injuries in sports games in leadership positions. According to the opinion and observation of Erikson (Sweden), football is the most traumatic for the musculoskeletal system.

Given the extraordinary popularity of football and its worldwide prevalence, it can be concluded that the total number of knee injuries is much higher than in other sports. Most often, at the same time, the ligaments of the knee joint are injured, both lateral and cruciate.

Their role in sports is very great, firstly, they keep the joint in the right position and ensure smooth sliding of the articular surfaces. The rupture of any of them disrupts the location of the joint and can lead to subluxation, and ultimately lead to degenerative changes in the elements of the joint.

The material collected by Valeev N.M. (2009) on injuries of various localization in representatives of sports games showed that football players, rugby players, handball players, basketball players excel in damage to the musculoskeletal system.

The ligamentous apparatus of the knee joint plays a crucial role in ensuring the stability of the joint, therefore, its rupture, especially of the anterior cruciate ligament, can have irreversible consequences: a violation of stability leads to a decrease in joint performance, and loss of proprioception caused by ligament damage affects the function of the entire musculoskeletal-articular system.

There is a natural interest in setting up the rehabilitation process for athletes of those types where the percentage of cases with such injuries is high. It is known that today the radical method of treatment for ruptures of the anterior cruciate ligament (ACL) is surgery, and the arthroscopic method is considered to be less traumatic and somewhat shortening the recovery period. The works of the following authors are devoted to the methods of rehabilitation at the postoperative stages of recovery - V.V. Arkov, M.I. Gershburg.

The subsequent restoration of the multifunctional parameters of the operated joint depends on the formulation of the rehabilitation process. Full-fledged rehabilitation is critically important for the player to return to the previous level of play and prevent repeated injuries. The problems of rehabilitation of football players include medical, physical, psychological and organizational aspects that require a comprehensive approach.

Medical problems of rehabilitation

One of the key tasks in rehabilitation is proper tissue healing after surgery. Football players are often diagnosed with injuries to the knee joints (rupture of the anterior cruciate ligament), Achilles tendon or meniscus. After surgery, strict control of the condition of the tissues is required, since premature loading can lead to complications.

Problems of adaptation to an individual condition:

- **Age and level of physical fitness.** In young players, tissue healing and regeneration occur faster, whereas in experienced players, the process can be complicated by chronic injuries.
- **Risk of infections and inflammation.** Postoperative complications, such as inflammation or adhesions, can make rehabilitation difficult.

Physical aspects of recovery.

Rehabilitation includes a gradual increase in physical activity, taking into account the patient's condition. The main problems are:

1. Loss of muscle mass and strength. After surgery, players often lose a significant part of their functionality due to forced immobility. The restoration of muscle memory and strength takes from several months to a year.
2. The risk of repeated injury. Improper exercise technique or returning to the game too early can lead to repeated ligament tears or joint damage.
3. The need to adapt the training process. An individual approach is required, which combines restorative exercises, physiotherapy and sports-oriented classes.

Psychological aspects

Psychological rehabilitation plays an important role, as football players often experience stress and fear of repeated injury.

- Loss of confidence. Players, especially after complex operations, doubt their physical abilities, which reduces the effectiveness of training.

- Motivation. A long rehabilitation process and temporary withdrawal from the team can negatively affect the morale of an athlete.

- Psychological support. The role of a sports psychologist is important here, who helps an athlete overcome internal barriers.

Organizational problems Successful rehabilitation requires coordination between medical specialists, coaches and the player himself. Among the problems are the following:

The lack of specialized rehabilitation centers. Not all clubs and regions have access to modern equipment and qualified specialists.

Financial costs. The high cost of procedures and equipment can become a serious barrier to quality recovery.

Incorrect load distribution. Coaches and clubs can force the player's recovery due to pressure from fans and sponsors, which negatively affects the player's health.

Modern approaches to rehabilitation

Innovative techniques are being actively introduced to solve these problems:

1. The use of physiotherapy and kinesiotherapy. Laser therapy, electrical stimulation and massage can improve blood circulation and accelerate healing.

2. The use of biomechanical analyzers. Modern technologies help to identify overload zones and adjust movement techniques.

3. Programmable loads. The training data tracking system allows you to individualize the recovery process.

4. Psychological help. Mental training programs help athletes cope with fears and maintain motivation. The problems of rehabilitation of football players after surgery are multidimensional and require an integrated approach. Successful recovery is impossible without the integration of medical, physical and psychological measures, as well as effective communication between the player, medical staff and coaching staff. The development of specialized rehabilitation centers and the introduction of innovative technologies play an important role in reducing the duration of rehabilitation and minimizing the risk of repeated injuries.

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