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## OPTIMIZING REHABILITATION USING PHYTOTHERAPY AND KINESIOTHERAPY METHODS IN NECK OSTEOCHONDROSIS

**Abstract:** Osteochondrosis, in general, is associated with degenerative changes of the spine, which is common in many people, especially due to the modern lifestyle and working conditions. Neck osteochondrosis is caused by degenerative changes of the neck vertebrae, and this condition often leads to pain, movement restrictions and other discomforts. The use of phytotherapy and kinesiotherapy methods in the rehabilitation process is important in the treatment of this disease.

**Key words:** phytotherapy, osteochondrosis, anti-inflammatory, analgesic and spasmolytic properties, decoctions, kinesiotherapy, phytotherapy.

Phytotherapy, that is, treatment with plants, is known as an effective tool in relieving the symptoms of osteochondrosis and improving the general condition of the body. A number of plants with active substances, such as anti-inflammatory, analgesic and spasmolytic properties, help to reduce the pain associated with osteochondrosis. Infusions, decoctions and oils made from plants are a convenient and natural treatment method for patients. The use of phytotherapy methods in neck osteochondrosis is primarily aimed at reducing pain and eliminating inflammation. For example, plants such as red wormwood, yarrow and ginger have anti-inflammatory properties. When their infusions or decoctions are consumed regularly, they reduce tension in the neck muscles and improve blood circulation. Also, herbal oils, such as eucalyptus or olive oil, can be used to massage the neck area to help relieve pain. And kinesiotherapy is a method of treatment through movements and physical activity, aimed at strengthening muscles, increasing flexibility and improving the condition of the spine in osteochondrosis. Kinesiotherapy programs are individually tailored to the patient's condition and usually consist of a variety of exercises aimed at strengthening muscles, improving balance, and restoring range of motion. In the course of kinesiotherapy, special exercises are recommended for patients, such as exercises aimed at strengthening the neck muscles, stretching and balance exercises, as well as aerobic activities. These exercises help to improve the condition of the cervical vertebrae, increase the elasticity of the muscles and reduce pain. In the course of kinesiotherapy, patients also receive advice on maintaining the correct position and performing the movements correctly, which helps to prevent the recurrence of osteochondrosis in the future.[1]

Combining phytotherapy and kinesiotherapy methods in the rehabilitation process is important in improving the patient's condition and optimizing the treatment process. When herbal treatment and exercise work together, pain can be reduced, muscles strengthened, and spine alignment improved. Also, these methods help to reduce stress and improve the general state of mind. In addition, in the treatment of neck osteochondrosis, it is important to take into account the individual needs of patients and personalize rehabilitation programs. The condition of each patient may be different, so an individual approach is necessary when choosing phytotherapy and kinesiotherapy methods. Herbs and exercises recommended for patients should also be selected based on their health status and needs.[2]

As a result, the combined use of phytotherapy and kinesiotherapy methods in neck osteochondrosis helps to optimize the rehabilitation process. Through herbs and exercise, patients are able to reduce pain, strengthen muscles and improve the condition of the spine. Such an approach helps not only to improve the physical condition, but also to improve the mental condition of patients, which increases their overall quality of life. At the same time, in the treatment of osteochondrosis, it is always necessary to consult with specialists and follow their recommendations. The experience and knowledge of doctors is important in choosing the most effective treatment methods for each patient. Combining phytotherapy and kinesiotherapy methods in the rehabilitation process helps not only to reduce pain, but also to improve the overall health of the patient. Thus, optimization of rehabilitation using phytotherapy and kinesiotherapy methods in neck osteochondrosis helps to restore a healthy and active lifestyle for patients. This process is aimed at improving not only physical, but also mental health, and serves to improve the quality of life of patients. During the rehabilitation process, patients need to pay attention to their health, maintain proper nutrition and physical activity. This helps to prevent recurrence of osteochondrosis and maintain a healthy lifestyle in general. [3]

Osteochondrosis is a disease that occurs as a result of degenerative changes of the spine, and this condition is common in many people, especially in the modern lifestyle. Osteochondrosis of the neck is accompanied by pain, movement restrictions and other discomforts. The combined use of phytotherapy and kinesiotherapy methods in the rehabilitation process is important in improving the condition of patients. The experience of using these methods abroad, in turn, helps to create effective rehabilitation programs in our country. Phytotherapy, that is, treatment with plants, is known as an effective tool in relieving the symptoms of osteochondrosis and improving the general condition of the body. Abroad, for example, in European and Asian countries, plant-based preparations are widely used. A number of plants with active substances, such as anti-inflammatory, analgesic and spasmolytic properties, help to reduce the pain associated with osteochondrosis. At the same time, the use of phytotherapy methods is carried out individually depending on the condition of the patients. Phytotherapy programs abroad are often developed by doctors and are prepared taking into account the health status of patients, age, gender and other factors. For example, in Germany, plant-based medicines, such as sedge, ginger and wormwood, are widely used in osteochondrosis. Their infusions and decoctions are regularly consumed by patients, and this condition helps to reduce pain and eliminate inflammation.[4]

And kinesiotherapy is a method of treatment through movements and physical activity, aimed at strengthening muscles, increasing flexibility and improving the condition of the spine in osteochondrosis. Abroad, for example in the USA and Canada, kinesiotherapy programs are important for many patients. In the course of kinesiotherapy, special exercises are recommended for patients, such as exercises aimed at strengthening the neck muscles, stretching and balance exercises, as well as aerobic activities. Physiotherapy programs for patients during rehabilitation are usually prepared individually depending on the patient's condition. These programs are tailored to patients' physical condition, pain levels, and mobility limitations. Abroad, for example, in Australia, kinesiotherapists perform exercises together with patients and give them advice on maintaining the correct position and performing the movements correctly. This will help prevent recurrence of osteochondrosis in the future. Foreign experience shows that the combination of phytotherapy and kinesiotherapy methods is important in improving the condition of patients and optimizing the treatment process. When herbal treatment and exercise work together, pain can be reduced, muscles strengthened, and spine alignment improved. Also, these methods help to reduce stress and improve the general state of mind. The application of phytotherapy and kinesiotherapy methods abroad is aimed at taking into account the

individual needs of patients and personalizing rehabilitation programs. The condition of each patient may be different, so an individual approach is necessary when choosing phytotherapy and kinesiotherapy methods. Herbs and exercises recommended for patients should also be selected based on their health status and needs.[5]

Abroad, there is close cooperation between doctors and therapists in the application of phytotherapy and kinesiotherapy methods. This cooperation plays an important role in improving the condition of patients. Doctors monitor the health of patients and give them the necessary recommendations, and therapists help patients perform exercises together with them and perform them correctly. This helps the rehabilitation process of patients to be effective. Also, modern technologies are widely used in the application of phytotherapy and kinesiotherapy methods abroad. For example, in some countries, high technologies and the results of scientific research are used in the production of herbal preparations. This increases the effectiveness of plants and helps to create more convenient treatment methods for patients. In the course of kinesiotherapy, modern devices and programs are used, such as biofeedback systems and virtual reality technologies. These technologies help patients perform exercises correctly and increase their motivation. Foreign experience shows that the use of phytotherapy and kinesiotherapy methods in neck osteochondrosis makes the rehabilitation process effective and comfortable. When these techniques work together, they play an important role in improving the condition of patients, reducing pain and restoring the health of the spine. Such approaches help to improve not only physical, but also mental health, which increases the overall quality of life of patients. Foreign experience in the treatment of osteochondrosis also shows the need to use advanced methods and technologies to improve the health of patients. The experience and knowledge of doctors is important in choosing the most effective treatment methods for each patient. Combining phytotherapy and kinesiotherapy methods in the rehabilitation process helps not only to reduce pain, but also to improve the overall health of the patient. Thus, foreign experience in the use of phytotherapy and kinesiotherapy methods in neck osteochondrosis plays an important role in optimizing the rehabilitation process and improving the condition of patients. Through herbs and exercise, patients are able to reduce pain, strengthen muscles and improve the condition of the spine. Such approaches help to improve not only physical, but also mental health, which increases the overall quality of life of patients. During the rehabilitation process, patients need to pay attention to their health, maintain proper nutrition and physical activity. This helps to prevent recurrence of osteochondrosis and maintain a healthy lifestyle in general.[6]

In general, the use of phytotherapy and kinesiotherapy methods in neck osteochondrosis, using foreign experience, allows for an efficient and comfortable rehabilitation process. When these techniques work together, they play an important role in improving the condition of patients, reducing pain and restoring the health of the spine. Foreign experience also shows the need to use advanced methods and technologies to improve the health of patients. The experience and knowledge of doctors is important in choosing the most effective treatment methods for each patient. Combining phytotherapy and kinesiotherapy methods in the rehabilitation process helps not only to reduce pain, but also to improve the overall health of the patient.[7]

### **Conclusion:**

In general, the use of phytotherapy and kinesiotherapy methods in neck osteochondrosis allows the rehabilitation process to be effective and comfortable. When these techniques work together, they play an important role in improving the condition of patients, reducing pain and restoring the health of the spine.

Such approaches help to improve not only physical, but also mental health, which increases the overall quality of life of patients.

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