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PHYSICAL REHABILITATION IN PEDIATRICS

Introduction. Physical rehabilitation in pediatric neurology includes the use of various methods and means to restore motor functions in children with neurological disorders. Important aspects of rehabilitation are physical therapy, massage, physiotherapy and other methods aimed at improving the condition of the nervous system and the general physical development of the child.

Keywords: physical rehabilitation, neurological disorders, physical therapy, massage, physiotherapy, pediatrics.

Currently, pediatricians are greatly concerned about the steady increase in the number of children with disabilities. Some of them have the status of disabled children, but most of them are not registered with the social protection authorities and do not receive financial state support.

If disability is most often associated with diseases of the circulatory system among the adult population, then among the causes of disability in children, diseases of the nervous system are in the first place, mental disorders are in the second, and congenital anomalies are in the third [4]. The structure of the main health disorders of children with disabilities is dominated by visceral and motor disorders[2].

There is such a negative trend as rejuvenation of disability. In recent years, there has been a significant increase in the following causes of disability in the Andijan region: diseases of the endocrine system, eating and metabolic disorders, mental and behavioral disorders, diseases of the nervous system, and neoplasms. The number of children under the age of 14 suffering from diseases of the musculoskeletal system is increasing dramatically.

In the etiology of almost all of the above Psychoemotional injuries and stress play an important role in the context of armed conflicts and cases of violence. For every child killed in armed conflicts, there are three wounded who acquire a permanent form of disability. Despite the growing number of children with disabilities and children with disabilities, we have not found any works in the literature available to us on an in-depth study of the health status of preschool and primary school-age children living in the area of local military conflicts.

People with disabilities and people with disabilities make up a tenth of the world's population, they are actually the largest minority group in the world. And according to experts, this figure will constantly grow. Therefore, today it is more important than ever to develop a preventive field of medicine, the main principle of which is not only the return of health lost as a result of illness, but also its constant active restoration in healthy children as a result of recreational activities [1, 5, 7].

In this regard, the dominant role belongs to physical rehabilitation, which can be considered as a system of measures to restore or compensate for physical capabilities and improve the functional state of the body, improve physical qualities, psycho-emotional stability and adaptive reserves of the human body by means and methods of physical culture, massage, physiotherapy and natural factors [3].

The World Health Organization defines rehabilitation as: "A set of measures aimed at reducing the impact of disabling conditions and designed to ensure that people with impaired functions adapt to new living conditions in the society in which they live."

Given the importance of effective rehabilitation measures among the child population, the doctor in charge of the child is faced with the task of possessing not only knowledge of atogenetic changes in the body with functional and organic disorders, but also the ability to determine which are the most rational methods and means will have a general and which local effects on the body.

In our region, the organizational and methodological management of the physical therapy service is carried out by a specialized medical and preventive institution, the Regional Rehabilitation Center of the City of Andijan. The institution is the clinical base of the Andijan State Medical Institute, namely the Department of Rehabilitation. Educational and practical classes are held here not only for students of 4-6 courses in the field of "Medical rehabilitation", but also secondary specialization courses are conducted, precertification improvement cycles for doctors and secondary medical professionals, physical therapy instructors, and massage therapists. Patients are consulted and trained in therapeutic gymnastics complexes.

The main activity of the physical therapy rooms is therapeutic and preventive work with children with pathology of the musculoskeletal system (scoliosis, posture disorders, flat feet, chest deformity).

In addition, children with various chronic and functional pathologies identified by various specialists are engaged in therapeutic corrective gymnastics groups in the physical therapy halls.

Low availability of modern equipment and insufficient number of own scientific and methodological developments reduces the effectiveness of the events.

The priority direction of the state policy in the field of healthcare in the republic today is the development of physical and rehabilitation medicine, which studies the effect of physical treatment methods on children's bodies under the stress of military operations.

The center accepts children with disabilities and children of the "risk group" under the age of 18 with diagnoses of: pre- and perinatal lesions of the central nervous system (CNS); consequences of meningitis, encephalitis and other inflammatory diseases of the central nervous system, as well as congenital generations; consequences of acute cerebral circulatory disorders, traumatic lesions of the central nervous system; epilepsy and epileptic syndromes; hereditary degenerative diseases of the central nervous system; diseases and malformations, central nervous system and musculoskeletal system; delayed development of the psyche and speech, minimal brain dysfunction; children cerebral palsy; consequences of polio, injuries, congenital and acquired deformities of the upper and lower extremities, chondrodystrophy, myopathy; oligophrenia in the degree of debility and imbecility, mental retardation, Down's disease; phenylketonuria.

The center has two halls for children with pathologies of varying severity, which contain equipment for mechanotherapy, as well as neuro-orthopedic rehabilitation pneumatic suits, and verticalizers.

Main areas of work: speech therapy correction, work with a speech pathologist, sensory correction, speech development, preparation of children for school, art therapy, fairy tale therapy, music therapy, doll therapy, music therapy, kinesotherapy, psychological correction, massage, mechanotherapy, balneotherapy, hydrokinesotherapy in the pool, bioresonance system of complex diagnostics and treatment, electroencephalography.

The center conducts a diagnostic examination of the child's development (electro, echoencephalography, vegetoresonance computer diagnostics, psychological examination), assessment of basic motor functions; physical and socio-pedagogical rehabilitation. The remaining rehabilitation facilities are focused on preparing disabled children from the age of 16 for professional activities, restoring their ability to work and obtaining a profession. They receive medical, physical, psychological, social, and professional rehabilitation assistance.

Clinical rehabilitation is a set of methods aimed at relieving or minimizing the clinical manifestations of the underlying disease and eliminating disorders in the vital activity of the body. At this stage, additional medical correction or surgical intervention is also possible.

General health rehabilitation– a complex of physiotherapeutic, dietary and medical measures aimed at normalizing the functional activity of all organs and systems of the body. The vast majority of rehabilitation programs provide for various forms of play interaction with the child within the framework of creative the process. This helps to reveal various hidden abilities of the child, which can later be used by him for self-realization.

Conclusion. Thus, improving the quality The provision of medical care to children with disabilities and children with disabilities requires further improvement of the medical education system. Further work is needed to strengthen ties and learn from the experience of rehabilitation specialists from foreign countries. The growing number of children with disabilities and children with disabilities requires strengthening the material and technical base for improving the work and modernization of rehabilitation centers.

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