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«Фізична активність і якість

ЖИТТЯ ЛЮДИНИ»

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**Харківський національний медичний університет
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**Матеріали науково-практичної конференції студентів та
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ПАМ'ЯТІ ОЛЕКСАНДРА ГНАТОВИЧА ХАРЧЕНКА



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Ветеран Другої світової війни, завідувач кафедри фізичного
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The importance of breathing and exercise during the recovery period from Covid-19 infection

Студентка 3 курсу 1 групи, спеціальність
«Фізична терапія, ерготерапія»

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Quarantine regime, statistics on a daily basis with the number of patients, cured, and deaths - these data surround the population of the whole world throughout 2020 and up to the present day.

By the end, all the possible symptoms and complications of the postponed Covid-19 viral infection remain unclear.

It is well known to everyone that one of the most common symptoms is headache, fatigue, fever, and such symptoms as pain in the joints and muscles, disturbances in the functioning of the gastrointestinal tract (nausea, diarrhea), loss of smell and taste, pain in the chest cage, shortness of breath. The course of the disease has a mild, moderate and severe form (confirmed by people with an increased risk factor for infection with a possible fatal outcome). Lungs, brain and heart - these organs are often affected by the Covid-19 viral infection, provoking the onset of pneumonia, heart or respiratory failure, a sign of depression.

In many protocols for the study of patients and rehabilitation treatment after the transfer of Covid-19, sufficient attention is paid to the work of physical therapists during the period of the disease in mild to moderate form, as well as for recovering patients after a severe course of the disease. According to the recommendatory

protocols of cardiopulmonary rehabilitation after coronavirus infection and standards for the rehabilitation of patients after pneumonia, it is possible to make a general algorithm for working with patients after suffering a Covid-19 infection to prevent complications.

The physical therapist must first assess the patient's general condition and prescribe an individualized rehabilitation program. It is worth remembering about contraindications to exercise: significant intoxication of the body, fever, serious condition of the patient, inability to perform exercises.

Considering all the protocols for a mild form of the disease, patients during outpatient treatment should perform light breathing exercises and recommendations for changing the position (lying on the stomach, on the right and left sides with raised lower limbs) to improve the clearance of sputum from the lungs, reduce the frequency of respiratory acts, and prevent complications cardiovascular system and preventing / decreasing the level of hypoxia.

Since patients spend most of the illness in bed, it is advisable to perform low-intensity exercises for the upper and lower extremities with a combination of breathing to improve their general health and mood.

During the recovery period, the rehabilitation program according to the testimony of a doctor, taking into account concomitant diseases, is expanding and should include exercises to increase the vital capacity of the lungs, the formation of the correct biomechanics of breathing, the normalization of the number of respiratory acts, the implementation of static and dynamic breathing exercises.

Examples of exercises for the rehabilitation of a middle-aged patient who has suffered a mild / moderate form. It is worth starting with static breathing exercises in a prone position with a delay at the height of inhalation and a slow exhalation; over time, this exercise can be complicated: exhale by closing your lips. Take a maximum breath (to painful sensations) and an extended exhalation. Try to inhale with an emphasis on the upper thoracic, middle thoracic and lower thoracic segments alternately, exhale slowly through the semi-closed lips. Take a full breath - exhale slowly through the mouth with pulling the bent leg at the knee up to the chest. In a sitting position, take a full breath, raising your arms up over the side, with an exhalation, slowly lower your arms down. In a standing position with an exhalation, we raise our arms up through the side - we exhale slowly with lowering our arms and tilting the body down (we try to exhale as much as possible).

It is also recommended to perform general developmental exercises, work with large and medium muscle groups (muscles of the press, back, lower and upper extremities). After complete recovery (certified by a doctor), one should not forget to go for walks in the fresh air, first by 1-2 kilometers, increasing the distance over time in accordance with the patient's physical fitness and his usual motor regime.

So, in order to improve the general condition of patients, prevent complications, restore the working capacity of persons who have undergone Covid-19, it is advisable to prescribe breathing exercises and a motor regimen during the period of illness and recovery.