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«Сучасні досягнення фізичного виховання»

*Матеріали науково-практичної конференції
з міжнародною участю*

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badminton, but also in various sports. An indicator of endurance that must be taken into account is the time within which the activity is performed, as well as the ability to overcome fatigue.

AlBani AbdulRahman
**PHYSICAL REHABILITATION: MODERN
PERSPECTIVE, THEORETICAL AND
METHODOLOGICAL ASPECTS**

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Problem Definition and its Connection with Important Scientific and Practical Tasks. One of the primary elements of human rights is to take care of one's health. A sick, traumatized, or damaged individual who is temporarily unable to work or disabled must have all the support from the civilized state and society he or she needs to regain his or her health, alleviate the condition, and return to an active life. Physical rehabilitation, which uses physical culture for the treatment, regression of the disease, prevention of complications and exacerbations, and recovery of labour and living skills, plays a prominent position in the system of general rehabilitation. It should be mentioned that physical rehabilitation as a whole, the complete system of academic and practical knowledge and abilities, is not sufficiently clarified and researched in Ukraine today.

The subject of social and physical rehabilitation of athletes with visual impairments through adaptive physical education and sports is given special attention in order to restore their health and participation in socially valuable activities. It is highly rare for such sportsmen to fully recuperate and return to their prior professional activities. Given the undeniable urgency of the problem of physical and psychological rehabilitation of such athletes, it is worthwhile to consider issues such as the definition of psychological training tasks and content, as well as the formation of the optimal level of readiness of athletes during their professional training.

However, many scientists have looked at the health of people with visual impairments (V. Zhamardiy, 2019–2020; O. Shkola, 2019–2020 et al.). Domestic and foreign scientists and practitioners, such as H. Boyko, 2012; A. Porada, 2011 et al., have made major contributions to the development of specific aspects of psychological and pedagogical support for athlete training. Theoretical studies on the growth of scientific and technical potential, as well as the role of innovation as a key factor in rehabilitation application, began in the seventeenth century. The following scientists' research reflects modern conceptions of rehabilitation programs: H. Boyko, 2012; O. Pohontseva, 2011; M. Romanyshyn, 2009. Moreover, the important findings of Ukrainian scientists do not negate the need for more theoretical and applied research to support scientific provisions on the use of rehabilitation technologies in sports training for people with visual impairments as key factors in the development of a healthy lifestyle for athletes.

Research Methods and Organization. I used the following methods to achieve the research's goals: data analysis

and synthesis from specialized scientific and methodical literature, Internet monitoring of information resources, content analysis of theoretical and methodological work (monographs, textbooks, and methodical materials), and a systemic approach.

The main research Material with Scientific Results Analysis. Over the last decade, medical trends in Ukraine have been characterised by moderate successes in the formation of a rehabilitation direction target orientation, which was and continues to be a gradual, complex restorative treatment of pathological processes, diseases, and injuries to the human body. The term "rehabilitation" has a broad meaning and can be applied to a variety of human activities, including political, legal, intellectual, sports, and others. This phrase is defined in the medical realm as a process of restoring patients' and disabled people's health and disability. Physical rehabilitation, on the other hand, directly performs a coherent and meaningful understanding of the concepts that define the medical field, aimed at improving the quality of treatment, preventing possible complications from developing various diseases and injuries, accelerating functional recovery of organs and systems, training and hardening of the body, performance return, and reducing the probability of disability.

Comprehensive research of any phenomenon is primarily based on the definition of the concept, the choice of terminology, and reasonable content. The following definition of "physical rehabilitation" is most common under the data of specialised scientific and methodological literature: "is the use for therapeutic and prophylactic purposes of physical exercise and environmental factors in the complex process of restoring health, physical condition, and capacity of patients".

According to Law of Ukraine No 2961-IV of October 6, 2005 «On the Rehabilitation of the Disabled in Ukraine», the concept of «physical rehabilitation» is defined as a system of measures designed to develop and apply complexes of physical exercises at different stages of treatment and rehabilitation, providing functional recovery of a person detected and encouraging reserve and compensatory skills. According to the Ukrainian Latin-English Medical Dictionary, physical rehabilitation is a "set of measures aimed at restoring the violated functions and capacity of patients and disabled people." The World Health Organization presents the general term "rehabilitation" as a process focused and limited in time. T. Yu. Krutsevych defines the concept of "physical rehabilitation" as "a set of measures aimed at restoring lost or weakened functions after illness or injury." A. S. Vovkanych believes that specialists from physical rehabilitation should be prepared as "pedagogues in the sphere of recovery or processing of motor activity and the disabled." V. G. Savchenko and V. V. Klapchuk indicate that physical rehabilitation is carried out not only under medical rehabilitation. Other authors' scientific publications support this statement, stating that they are not opposed to physical rehabilitation and pharmacological treatment drugs, and that the work of physical rehabilitation specialists should be planned in collaboration with doctors, and that this synergy will significantly improve the nation's health. In this way, rehabilitation—a set of medical, psychological, educational, social, and occupational interventions targeted at restoring a patient's health and disability—comes into play. Almost 80% of all scientific articles and practical developments in the field

of scientific direction are centred on the uniqueness of physical rehabilitation action facilities on the human body. The basic mechanisms of physical rehabilitation are physical workouts and environmental conditions. Physical rehabilitation is required as a prerequisite.

Active, strong-willed, and intentional patient participation throughout treatment and physical exercise performance are required. Exercise is a critical component in sustaining high levels of productive and not just physical, but also mental human activity over a long period of time. Exercise in physical rehabilitation necessitates the patient's active engagement in the therapy process. It is critical to decide which level of activity is suggested for each patient based on the nature of the disease, the severity of functional impairments, the overall health of the patient, and their ability to adapt to physical activity. The degree of metabolism and activity of the key functioning systems is affected by physical exercise. Physical exercise has a therapeutic effect on the body's sophisticated psychological, physiological, and biochemical processes that occur throughout physical rehabilitation. Physical rehabilitation, which is a key component of rehabilitation, has improved its facilities and approaches throughout many decades, according to L. G. Shahlina.

Physical rehabilitation nowadays includes a variety of techniques, such as therapeutic physical culture, physiotherapy, therapeutic massage, hydrotherapy, and job therapy. A customized approach to the patient, the notion of a gradual increase in activity, and its systematic application are all important aspects of modern physical therapy. The fact that more and more physicians and rehabilitators are taking into

account the patient's sex, age, and gender in complex medical rehabilitation is critical to achieving a beneficial therapeutic impact. A psychological aspect — the patient's motivation for the recommended treatment — is critical. Individualized motor activity should comprise a variety of unique physical exercises that are tailored to the volume and duration of training sessions, as well as the intensity, character, and speed of recovery.

Physical rehabilitation, in the opinion of many scientists, is one of the most important aspects of a complex of rehabilitation measures that aims to treat injuries and diseases, avoid complications, restore the patient's psychological world, and restore home and labour abilities. Physical rehabilitation, according to scientists, is employed as an active method of functional and pathogenesis therapy; it is intended to restore a patient's impaired functions, generally enhance and strengthen the patient's power, and prevent illness consequences. Furthermore, the Ukrainian Association of Physical Rehabilitation seeks to establish and develop the profession of "physical rehabilitation" as well as provide rehabilitation support to those in need at a suitable level, volume, and quality.

Results. Physical rehabilitation was found to be part of a complex treatment that successfully combined medicinal therapy, physiotherapy, and other treatment methods, using methods of promotion, prevention, intervention, and rehabilitation, resulting in an improved physical, psychological, emotional, and social condition of the individual. Physical rehabilitation, medical physical culture, science, physical exercises, techniques and procedures, medicine are some key words.

Conclusions. Physical rehabilitation is a complicated therapy that successfully combines drug therapy, numerous physiotherapy treatment methods, and promotion, prevention, intervention, and rehabilitation strategies to enhance an individual's physical, psychological, emotional, and social status. All of this helps to understand the needs of physical rehabilitation and the importance of rehabilitologists with higher physical culture education, because the subject of labour is a physical rehabilitation programme, its implementation, and determining efficiency at all stages of patients' rehabilitation, middle-aged and elderly, and those who engaged in physical culture in special medical groups.

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We do our best not to spread the virus, and this plays a role in planning our daily workouts, plans and goals. Gyms are closed, fitness classes are canceled. People are looking for more ways to stay active while respecting each other's health and not coming into contact with each other. Running is a simple and natural solution. The weather this month should get