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INFLUENCE OF SWIMMING ON THE CONDITION OF PEOPLE WITH DISEASES OF THE CARDIOVASCULAR, NERVOUS AND MUSCULOSKELETAL SYSTEMS

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Introduction. Recently, due to physical inactivity, emotional upheaval, overweight and stress, the frequency of diseases of the cardiovascular, nervous and musculoskeletal systems has been increasing. Drug treatment causes a toxic effect on the body, so physical activity, such as swimming in a pool, is an alternative treatment.

Aim. To analyze the efficiency of physical activity in the pool.

Material and methods. Interviewing people who visit the pool about their condition before and after swimming.

Research results. А survey was performed in which 50 people took part, in the age of 35 to 75 years old, who have a history of diseases of the cardiovascular, nervous and musculoskeletal systems. The survey is based on such criteria as: joint pain, back pain, blood pressure, changes in body weight, headaches, stress, mental state, sleep, cognitive ability and memory.

During the survey before visiting a swimming pool, the following data were obtained: joint pain - 16 (32%), back pain - 37 (74%), high blood pressure - 36 (72%), overweight - 25 (50 %), frequent headaches - 11 (22%), stress - 41 (82%), sleep problems - 24 (48%), a decrease in cognitive abilities and memory - 25 (50%).

After visiting the pool for more than two months, there are such changes according to these criteria: 4 people no longer bother with joint pain, 7 people noticed a decrease in the frequency and intensity of pain. Back pain disappeared in 15 people, frequency and intensity decreased in 17 people. 24 people note the normalization of blood pressure. Body weight decreased in 20 people. 10 people noted a decrease in the frequency of headaches. Decreased stress level - 25 people. Improvement in sleep occurred in 14 people. Improving cognitive ability and memory - 15.

Analyzing the obtained data, it can be seen that more than half of the people with various diseases of the cardiovascular, nervous and musculoskeletal systems noticed an improvement in their condition.

Conclusions. Thus, swimming gives good results in improving the condition of patients with various pathologies. Visiting the pool improves the body comprehensively, as it acts simultaneously on all systems, has a relaxing and calming effect, relieves tension from the back, normalizes blood pressure, improves memory and sleep.