



**Харківський національний медичний університет**

**Кафедра фізичного виховання та здоров'я**

**III Науково-практична заочна конференція  
з міжнародною участю  
«Фізична активність і якість життя  
ЛЮДИНИ»**

*присвячена пам'яті Володимира Абрамовича Бляха,  
засновника та першого завідувача кафедри фізичної  
культури в Харківському медичному інституті  
(1928-1936 рр.)*

**06 травня 2022 року**



**2022 рік**

**Харківський національний медичний університет  
Харківський національний педагогічний університет  
імені Г.С. Сковороди  
Харківський національний економічний університет імені  
Семена Кузнеця  
Харківська державна академія культури  
Національний аерокосмічний університет ім. М.Є.  
Жуковського  
«Харківський авіаційний інститут»  
Харківська державна академія фізичної культури**

## **«Фізична активність і якість життя ЛЮДИНИ»**

**Матеріали III Науково-практичної заочної конференції з  
міжнародною участю  
(06 травня 2022 року, Харків)**

**2022 рік**

<b>Sushchenko E.V.</b>	<b>45</b>
Chronic fatigue syndrome in highly qualified athletes	
<b>Anshu</b>	<b>47</b>
Express assessment of the functional state of the cardiovascular system of medical students by means of functional tests	
<b>Sivakumar Nekha</b>	<b>49</b>
Harvard step test in assessing the adaptive capacity of students depending from their learning success	
<b>Safonova N.O.</b>	<b>52</b>
Hobby horsing	
<b>Kulikova O. V.</b>	<b>54</b>
Influence of respiratory techniques on the human body	
<b>Pashchenko G.I.</b>	<b>56</b>
Issues of sports hygiene	
<b>Kobish A.V., Al-Ateegi Ahmed Abdullah Salem</b>	<b>61</b>
Optimal level of physical activity for medical students	
<b>AlBani AbdulRahman</b>	<b>63</b>
Physical activity in physical rehabilitation and social adaptation	
<b>Ibrahim FM, Baker</b>	<b>69</b>
Physical rehabilitation of people who have had a stroke	
<b>Herman Polina</b>	<b>71</b>
Running as a means of health motor activity	

4. Katzmarzyk, PT, Church, TS, Craig, CL, Bouchard, C. (2009). Sitting time and mortality from all causes, cardiovascular disease, and cancer. *Medicine and Science in Sports and Exercise*

Ibrahim FM, Baker

## **PHYSICAL REHABILITATION OF PEOPLE WHO HAVE HAD A STROKE**

Higher education seeker Course 2, group 17 faculty 7

E-mail: [bibrahimfm.7f20@knu.edu.ua](mailto:bibrahimfm.7f20@knu.edu.ua)

Department of Physical Education and Health

Kharkiv National Medical University

Scientific supervisor: Lapko S.V.

E-mail: [sv.lapko@knu.edu.ua](mailto:sv.lapko@knu.edu.ua)

**Introduction.** Stroke is an acute cerebrovascular accident that leads to damage and death of its cells, which leads to permanent primary disability. Therefore, return to active life is the main problem of patients with stroke. Exactly physical rehabilitation, as part of general post-stroke rehabilitation, helps to recover independence, improve the health and life of the patient.

**Goal.** Convince yourself of the expediency and effectiveness of post-stroke physical therapy.

**Presentation of the material.** Rehabilitation is understood as a set of measures aimed at restoration of the functions lost as a result of illness or injury, ie on readaptation. For effective result post-stroke physical rehabilitation should begin within 24-48 hours after stroke. This increases the chances of recovering lost or damaged skills. A clear algorithm should be followed during physical therapy. It is necessary to carry out a detailed definition

of the patient's functional capabilities with the following goal setting using the SMART format.

Then specialists in physical therapy, namely physiotherapists and occupational therapists, conduct rehabilitation interventions based on the obtained data. Restore normal muscle movement and joints are assisted by a physiotherapist who applies practical techniques and provides advice regarding physical exercises to restore and strengthen the body. The work of occupational therapists is focused to improve sensory and motor skills, especially self-care skills. In general, post-stroke physical therapy consists of the following rehabilitation aspects: positioning, strength training, cardio fitness, weight movement training, mobility training, exercises to improve coordination and balance, orthotics, recovery of self-care skills, classes on fine motor skills, cognitive training and breathing interventions.

**Conclusion.** Thus, rehabilitation is an integral part of the recovery of those who have suffered stroke. Changes in the patient's life after the disease force him to learn to live otherwise, physical rehabilitation comes to the rescue. All you have to do is suggest patient individual rehabilitation program, which is expediently and reasonably developed specialists in this field of medicine