

***КОЛЕННЫЙ СУСТАВ В НОРМЕ И ПАТОЛОГИИ. КИНЕЗИОТЕРАПИЯ КАК
МЕТОД ЛЕЧЕНИЯ***

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THE KNEE JOINT IN A NORMAL STATE AND IN PATHOLOGY.

KINESIOTHERAPY AS A METHOD OF TREATMENT

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Diseases of the knee joint are considered to be the scourge of the XXIst century. The joints of the lower limbs, especially the knee joint, are the most frequently affected ones. People think that their muscles don't need extra physical exercises if they walk much and run. The legs muscles are the back'sdamping. The muscles are the micropumps. If muscles don't work, there is no any nutritional supply. The disorder of nutritional supply is called adystrophy. As a result, products of lipid peroxidation are formed in the cells and tissues, that enhances the process of lipids decomposition. After the process of accumulation in the cells, they provoke tissues degeneration and lead to functional and subsequently to organic disorders and destruction of connective and osteocartilaginous tissue. The investing cartilage is squeezed like a sponge under the body mass during the cartilage movement and the unused tissue liquid is pressed out of it. In a relief state, the pressure in the cartilage falls down, and the cartilage dilates and absorbs fresh tissue liquid. According to statistics, people lose up to 14 % of their muscles till the age of 28, up to 27 % till the age of forty, and 40 % till the age of fifty. The muscles memory lives for 48 hours. Besides, in case of contracting and relaxation regimerestoration, the penetrability of vessels is normalized, and it helps to edema and infiltration reduction. It has a positive effect on reactive aseptic inflammatory process in joints.

Kinesiotherapy is used for treatments of joints. Kinesiotherapy (from Greek Kinesis means movement, therapy – treatment) is independent branch of medicine. It is based on the effect on deep muscular organism systems and is realized by means of local and multifunctional trainers use. The aim of trainers exercises is treatment of tissue dystrophy and metabolism restoration, and also the structure of connective tissue organism.

Sergey Bubnovskiy is the author of one of the developments in the field of kinesiotherapy. Specially developed complexes of exercises on multifunctional trainers with the decompression antigravitation functions without axial load are used in the Bubnovskiy methodology. The treatment

by the method of Bubnovskiy starts with myofascial diagnostics, that allows to determine the general state of vertebral column and joints in order to exclude incorrect diagnosis which is often made on the basis of pain symptoms. Kriotherapy is used to relieve feelings of pain in the process of treatment therapy.

According to statistics, the mobility of joints of people who took medicines and were operated didn't become normal and people continued to suffer from pains. Those ones who made their body move (using their own natural resources in the organism) stopped feeling pain after the first training classes and later returned mobility to their joints.