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THE USE OF PHYSIOTHERAPY IN SPA TREATMENT

The article is devoted to the actual problem of treatment with the help of various physiotherapy procedures.

Keywords: spa treatment, physiotherapy procedures, medicine, healthy.

Everyone strives for comfort. I want to experience this feeling of comfort constantly at work, at home in everyday life, and of course in health. The desire to be healthy is first of all taking care of yourself and your family. The solution to this problem may be carried out with the help of sanatorium treatment. Spa treatment involves the use of physiotherapy. The human body is affected for therapeutic purposes: water, heat, cold, light, electricity, electromagnetic field, ultrasound.

The therapeutic effect of many of the simplest physiotherapeutic procedures is explained primarily by the presence of a close neuro-reflex connection between internal organs and individual areas of the skin that have a common innervation. Exerting a strong irritating effect on the peripheral skin receptors of these zones.

The methods, methods and means used to treat human diseases are extremely diverse. Along with medications and surgical methods, there are many types of non-drug therapeutic effects. The main place among them is occupied by healing physical factors.

There are natural - climate, air, solar energy, water (mineral waters and with an admixture of salts), therapeutic mud. Natural physical factors are studied and used by spa therapy. Natural factors have been used for treatment since ancient times. Physiotherapy has become an important element of medical care for the population. Rational use of physical non-drug factors significantly increases the

effectiveness of complex treatment and rehabilitation of patients, reduces the duration of temporary disability, reduces disability, accelerating the return of patients to active life and creative work.

Physiotherapy procedures have a diverse effect on the human body. As a result of their use, pain sensations disappear or decrease, the functional state of organs are normalized, the activity of inflammatory processes decreases, the trophic of tissues and organs improves, the general condition improves. The use of various physiotherapy procedures has been relevant for many years, since physiotherapy procedures are included in various programs of complex treatment of many diseases.

The provision of spa treatment is considered as an effective direction of medical rehabilitation. There are various types and methods of physiotherapy treatment. There are several dozen methods of treatment in the arsenal of physiotherapy. They can be classified on the basis of which physical impact factor is the leading one. There are several dozen methods of physiotherapy treatment. There are types of physiotherapy treatment based on the use of:

- electric current – electrotherapy;
- magnetic field - magnetic therapy;
- light – phototherapy;
- mechanical factors - mechanotherapy;
- atmospheric pressure - barotherapy;
- air environment - arotherapy and climatotherapy;
- thermophysical effects - thermotherapy;
- therapeutic mud - peloidotherapy;
- water and mineral water solutions - hydrotherapy and balneotherapy.

Absolute contraindications to any physiotherapy procedures are:

- oncological diseases;
- serious pathologies of the heart and lungs;
- pregnancy and lactation;
- renal or hepatic insufficiency;

- acute mental disorders;
- skin diseases in the acute stage;
- acute infectious diseases.

Spa treatment can be considered the most natural and physiological, since in many diseases, especially in the period of remission, i.e. after the disappearance of acute manifestations, it is the most effective. Various non-drug types of treatment are widely used in complex spa treatment:

- hydrotherapy,
- diet therapy,
- physical therapy,
- massage,
- acupuncture,
- the use of various devices.

Depending on the predominance of one or another therapeutic natural factor, resorts are divided into:

- climatic;
- balneological;
- mud treatment. Every vacationer in the sanatorium primarily cares about his health, chooses the time for treatment, and this is an excellent prevention for the prevention of various diseases, and active recreation.

The therapeutic and diagnostic process is organized taking into account the individual characteristics of those in need of sanatorium treatment, taking into account medical indications and contraindications. The methods used in the sanatorium include both traditional and the latest unique developments. Among them are therapeutic diets, a full range of balneological services, heat treatment with natural substances. In the arsenal of medicinal products - mud, paraffin, salt. Hardware methods of treatment, aromatherapy, physical therapy, massage, hirudotherapy and much more are widely used. Special mention should be made of the use of a unique technique of stretching the spine and joints. It should be noted that the sanatorium-dispensary also specializes in the treatment of the

cardiovascular system, nervous system, respiratory organs, gastrointestinal tract, occupational pathology. Types of treatment in the sanatorium: heat treatment, physiotherapy, laser therapy, massage, halocamera, aromatherapy, phytobar, hydrotherapy, dry carbon dioxide baths, hirudotherapy, cryosauna, cedar barrels, charcot shower, ozone therapy, laboratory tests.

An important issue when staying in a sanatorium-dispensary on vacation or treatment is nutrition. The sanatorium has organized 3 meals a day. Vacationers are offered a variety of dishes to choose from according to the diets prescribed by the attending physician. The daily menu is developed by the dietitian taking into account all norms, rules and individual characteristics of patients. Organized for vacationers and leisure - spending free time. Medical staff and leisure organizers offer vacationers, depending on the time of year, outdoor sports grounds where sports events can be organized: - football, volleyball, basketball, lawn tennis. A mobile lifestyle has a positive effect on the treatment and rehabilitation of vacationers.

Summer and winter equipment rental, gym, sauna, bar, billiards, library, barbecue area, 24-hour parking are at guests' disposal. It is also important that vacationers come to recover with families with children. Treatment and various entertainment activities are provided for children of different ages.

Sanatorium-resort physiotherapy treatment is simply necessary at the moment, as it gives every vacationer the opportunity to be treated and relax.

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