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## МЕТОДЫ ПОВЫШЕНИЯ ЭФФЕКТИВНОСТИ ЛЕЧЕНИЯ В РЕАБИЛИТАЦИИ ДЕТЕЙ С ДЦП.

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**Цель исследования** - разработать новую форму занятий спортивными играми в комплексе с другими средствами в целях реабилитации детей с церебральным параличом(ДЦП).

**Развитие умений** проводить сложную деятельность через игры в реабилитации детей с ДЦП.

**Материалы и методы исследования:** В исследовании приняли участие 24 ребенка с ДЦП. Первая группа также участвовала в игровой программе реабилитации в сочетании со стандартной терапией. Вторую группу лечили только стандартным способом.

**Результаты:** эффект лечения явно проявился в первой группе, и ребенок приобрел уверенность в себе.

**Вывод:** Применяемые нами методы реабилитации показали свою эффективность, у пациента улучшилось качество самообслуживания, а у заботливой матери было облегчение.

**Ключевые слова:** методы реабилитации, эффективность, качество самообслуживания, лечебная физкультура, игровая форма, стандартное лечение.

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## **METHODS FOR INCREASING THE EFFECTIVENESS OF TREATMENT IN THE REHABILITATION OF CHILDREN WITH CEREBRAL PALSY.**

The purpose of the study is to develop a new form of sports games in combination with other means for the rehabilitation of children with cerebral palsy

development of skills to carry out complex activities through games in the rehabilitation of children with cerebral palsy

**Materials and methods of research :** 24 children with cerebral palsy took part in the study. The first group also participated in a play-based rehabilitation program combined with standard therapy. The second group was treated only in the standard way.

**Results :** The treatment effect was clearly evident in the first group, and the child gained self-confidence.

**Conclusion:** The rehabilitation methods we used showed their effectiveness, the patient's quality of self-care improved, and the caring mother felt relief.

**Key words :** rehabilitation methods, effectiveness, quality of self-care, physical therapy, play form, standard treatment. Relevance Problems . Children's cerebral paralysis (cerebral palsy) occupies a special place in the structure of morbidity and disability of the child population.

Currently, when rehabilitating children with various consequences of cerebral palsy and the nature of disorders of the musculoskeletal functions of the lower extremities, complex rehabilitation methods are usually used.

Disability of children with cerebral pathology ranks first in the structure of childhood disability in terms of neurological profile and its severity is determined by both motor and mental and speech disorders. The success of rehabilitation depends not only on the severity of damage to the central nervous system (CNS) of the child, but also on timely diagnosis and proper organization of the treatment process, starting from the first years of the child's life. Recently, increased attention has been paid to new organizational forms in a comprehensive rehabilitation system. Among them, the gaming method is of significant interest.

**The purpose of the study** is to develop and scientifically substantiate a new organizational form and system of outdoor and sports games in the complex of rehabilitation of children with cerebral palsy. Research objectives:

1. Develop new forms of activities for children with consequences of cerebral palsy in order to correct motor abilities.
2. Determine methods for assessing the impact of the rehabilitation measures developed by us on the psychomotor state of children with consequences of cerebral palsy.
3. Check the effectiveness of the methodology we have developed on the physical and mental state of disabled people with cerebral palsy.

**The study material** included children aged 8 to 14 years with consequences of cerebral palsy. The first (main) group - 35 children who received basic therapy in the form of physiotherapy (thermal procedures in the form of paraffin-ozokerite applications at a temperature of 45-48 ° C on the spastic muscles of the lower and upper extremities, exposure time 10-15-20 minutes daily, 10 procedures; general massage with differentiated techniques taking into account muscle tone, daily, up to 10 procedures per course). For patients, exercise therapy in the form of elastic supports

was added to basic therapy, which made it possible to change motor limitations in patients with cerebral palsy. Classes were held in the physical therapy room 4-5 times a week, for 15-30 minutes, for a course of up to 15 procedures.

The second group (comparisons) - 35 children who received basic therapy (thermal procedures, massage).

A system of classes has been developed using non-traditional forms of rehabilitation and recovery activities, including, in addition to outdoor and sports games, computer correctional games for children with cerebral palsy, as well as a training and gaming complex and psycho-gymnastics classes. [2]

As a result of the introduction of a comprehensive rehabilitation system, the arsenal of means of physical rehabilitation of children with consequences of cerebral palsy has been expanded through the use of outdoor and sports games. [1 article 27]

We taught physical therapy to the mothers of the main group. Mothers engaged and played with different types of toys with their children. They worked out regularly at the same time every day. [3 art. 46] Taking into account their different experiences, in therapeutic gymnastics classes, we developed a method [4] for the rehabilitation of patients with cerebral palsy (CP) that was much more effective. The purpose of its use is to improve static functions in patients with cerebral palsy [5, art. 6]. The use of physical therapy allowed us to solve the following problems: increase mobility in the joints of the lower extremities; reduce the pathological tone of the muscles of the chest, shoulder girdle, neck; develop upright standing skills; increase the child's emotional mood. [5 art. 35]

The classes included a warm-up, main part and final part. The load was controlled by a physical therapy doctor. [2 Article 54]

**The result of** treatment and rehabilitation measures in children with cerebral palsy depended on the severity of restrictions, age, and adaptation to the procedures performed. Complex therapy [4 art. 66], heat therapy, massage, has significantly improved the condition of patients with cerebral palsy. In patients with cerebral palsy

of the main group, more than 2/3 had improved movement.[1 st87] Play activity was also impaired in all observed children: 1st degree of limitation in every fifth child, 2nd and 3rd degrees equally often in the rest children. Therapeutic physical education allowed a non-ambulatory child to develop strength qualities. We conducted classes with the child from any position (lying on his back, sitting in a wheelchair, standing with soft support). This ensured the principle of a comprehensive load impact on the child's body, on the priority development of the required motor functions. The absence of rigid parts in the supporting elements significantly expanded the range of possible physical therapy exercises for patients with cerebral palsy.[4 art. 36] Children's communication increased significantly. A significant increase in children with the first degree of restriction was not observed for children in the comparison groups.[5 Art.43]

Modern approaches to the comprehensive rehabilitation of children with disabilities due to cerebral palsy have been developed, including various types of physical therapy. [4 Article 54] The significance of the work follows from its objectives and lies in the development of measures aimed at improving medical, social, expert services for the child population due to childhood cerebral palsy, strengthening measures of their social protection.

The data obtained on the state and dynamics of primary disability, the social and hygienic characteristics of the contingent of people with disabilities due to cerebral palsy can be used in the development of comprehensive programs for the prevention of disability due to cerebral palsy. [2 Article 53] A method of artificial correction of movements through electrical muscle stimulation has been introduced into clinical practice .[1 st 34]

The proposed method of complex rehabilitation of patients with cerebral palsy can serve as a method for significant correction of muscle function deficits, and is also a prevention of further progression of deformities in such patients.[5st 62] The use of a complex of developed techniques in patients with cerebral palsy contributed to the effective elimination of their remaining predisposition to early formed pathological stereotype of posture and walking.

The identified need for medical and social assistance is the basis for the development of a standard individual program of medical and social assistance for disabled children due to cerebral palsy, and the need for rehabilitation treatment is 100%.

An individual rehabilitation program for this pathology includes a medical aspect (physical therapy, massage, physiotherapy, acupuncture, walking training, technical means of rehabilitation).

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