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### **THE IMPORTANCE OF PHYSIOTHERAPY FOR CHILDREN**

**Annotation:** Physiotherapeutic treatment, or in another way treatment with physical factors, is based on the principle of unity of the organism and the environment. This means that in physiotherapy we apply only those effects to which the human body, in particular the child, is able to create a directed response.

Key words: Physiotherapy, children, water treatments, sunbathing, mud treatment, air bath, thermotherapy, massage.

Physiotherapy is one of the most effective and safe methods of treating various childhood diseases. With its help, you can increase the immune defense of the body, improve the overall well-being of the child, prevent the development of relapses of chronic diseases. Natural or artificial factors are used in physiotherapy. There are several types of this type of treatment.

Therapy using natural factors. This type of treatment includes:

- water treatments;
- sunbathing;
- mud treatment;
- air baths;
- thermotherapy;
- massage.

Electrotherapy. It is carried out by alternating or direct currents.

Magnetic therapy. There are two types – high-frequency and low-frequency. Magnetolaser therapy is often isolated into a separate type. Features of magnetolaser therapy – simultaneous effect of laser radiation and magnetic

pulse field on organs, tissues, blood. This technique gives a good effect as part of the complex therapy of many childhood diseases.

Phototherapy. It is based on the useful properties of visible, ultraviolet and infrared radiation. The taping technique allows you to simply and effectively treat diseases of the musculoskeletal system, the central nervous system and the consequences of injuries. With the help of physiotherapy techniques, diseases of the respiratory, digestive, heart and blood vessels, nervous and musculoskeletal systems, as well as dermatological diseases are treated. In addition, such therapy helps the body to recover from serious illnesses and surgical interventions.

The appointment of physiotherapy is not carried out in the presence of the following contraindications:

- physical or mental fatigue of the child;
- individual intolerance;
- during an acute infectious disease or immediately after it;
- with a decrease in the adaptive capabilities of the body;
- tendency to bleed;
- the presence of purulent-inflammatory diseases in the patient's anamnesis;
- reduced body weight.

In addition, treatment is not carried out in the area of the bone growth zone, endocrine and hollow organs, heart muscle, as well as in areas where the integrity of the skin is violated.

Physiotherapy for children is one of the methods of treatment and prevention of children's diseases of various localization, based on physical, chemical and biological effects on the body, applied:

- as an additional measure to the main therapy,
- as a way of recovery and rehabilitation after illness,
- to prevent exacerbations and strengthen the body.

Referral for physiotherapy procedures is usually issued by the attending pediatrician or a doctor of a narrow specialty - an otolaryngologist, orthopedist, etc. The physiotherapist individually determines the methods of physiotherapy for each child, the number of sessions, the power of exposure and localization, taking into account the characteristics of the patient's body, age, diagnosis, severity and stage of the disease. The specialist monitors the dynamics of changes in the patient's condition and, if necessary, adjusts the treatment regimen.

As a rule, physiotherapy treatment is prescribed to children after passing a general treatment course. Physiotherapy procedures allow you to gently and safely achieve such therapeutic effects in children as:

- improvement of the general condition;
- pain relief;
- positive dynamics during treatment;
- reduction of excitability;
- improvement of motor activity.
- Types of physical therapy
- Electrophoresis

Electrophoresis in pediatrics is used for the administration of drugs when it is not possible to administer the drug in any other way. The drugs are administered topically by means of currents, therefore they do not have a systemic effect on the child's body, which avoids side effects. Indications for the appointment of the procedure:

- diseases of the musculoskeletal system (arthritis, hip dysplasia);
- respiratory diseases (pneumonia, bronchitis, sinusitis);
- birth injuries;
- torticollis;
- problems with the muscles of the arms and legs;

- neurological diseases (hypoxia), etc.
- UHF therapy

UHF in children implies exposure to problem areas with a strong or weak electromagnetic field. The therapeutic effect is the release of heat by the body's own cells. Indications for UHF for children are:

- diseases of ENT organs (bronchitis, frontitis, sinusitis);
- dermatological diseases (eczema, psoriasis);
- diseases of the musculoskeletal system (fractures, bruises).
- Ufa for children

The therapeutic effect of exposure to ultraviolet radiation on tissues and organs varies depending on the wavelength used. Biodose and localization are taken into account both for local and general quartzization of children. UFO procedures are prescribed according to indications:

- inflammation of the respiratory system;
- treatment of mastitis and wet navel in newborns;
- dermatological diseases;
- lack of vitamin D in the body.

Inhalation therapy is an effective way of direct healing effects on the respiratory system by inhaling medications, mountain or forest air in respiratory diseases.

Phonophoresis allows children to combine the effects of ultrasonic vibrations and active medications, which allows for deep penetration of medicinal substances into tissues with inflammation of the ENT organs and diseases of the musculoskeletal system. The use of a static or alternating magnetic field during magnetotherapy has a mild therapeutic effect on the child's body when specialists identify neurological, dermatological, endocrine pathologies.

The central nervous system of an adult or a child is a very complexly organized computer, a control center to which the organs and systems of our body are subordinate. You need to know that the response to the physical factor will be a double reaction of the body: nervous and humoral. Humoral regulation is carried out through body fluids (blood, lymph, tissue fluid). In response to the effects of current, light, heat or cold, magnetic fields, water, ultrasound, etc., these changes occur in the child's body. Moreover, changes in the physical and/or chemical state of tissues will be both specific (characteristic of the body's response to this factor in this dosage) and non-specific (characteristic of the body's response to the effects of many physical factors). Non-specific reactions are aimed at restoring physiological balance in the body and at mobilizing protective forces to fight the disease. But the specific responses of the body are affected by the intensity of the applied physical factor, the duration of its action, the sequence of application and localization of exposure. The same factor can have an exciting or depressing effect, depending on the dosage.

A child's body differs from an adult not only in height and weight, but also in the reactivity of the central nervous system, humoral reactions, the cellular structure of organs and tissues. For example, a child's body consists of 80% water, therefore, its tissues are more electrically conductive, respond better to the action of currents and can give a more pronounced reaction than an adult. Therefore, the choice of the physical factor, its dosage, as well as the combination of techniques should be approached very competently and carefully. Such a choice can be made only by a specialist – a physiotherapist specializing in children's practice. From here it becomes clear that no self-medication without prior consultation of this doctor can be justified.

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