

# **HISTORY OF DEVELOPMENT OF PHYSIOTHERAPY AND MODERN METHODS OF PHYSIOTHERAPY**

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**Annotation:** Some time ago, physiotherapy was a little-known science or activity in society. However, today it is rare for a person not to consult a physiotherapist to treat a physical problem. Nowadays, many people do not know exactly what physiotherapy is. It is often confused with other disciplines such as chiromassage or osteopathy. It should be noted that physiotherapy is an unregulated profession in health care that differs from other similar practices, for example: Osteopathy is often confused with physiotherapy. However, it should be noted that the osteopathy mentioned above is not a higher education and such a degree can only be obtained through a master's degree. It can be considered as an alternative medicine that treats various health problems by massaging muscles and joints.

**Keywords:** Electrophoresis, anesthetics, magneto therapy, ultrasound, thermotherapy, hydrotherapy, natural and artificial physiotherapy, biochemical processes, natural and artificial factors, disease, physiotherapy treatments.

# **ИСТОРИЯ РАЗВИТИЯ ФИЗИОТЕРАПИИ И СОВРЕМЕННЫХ МЕТОДОВ ФИЗИОТЕРАПИИ**

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**Аннотация:** Некоторое время назад физиотерапия была малоизвестной наукой или видом деятельности в обществе. Однако сегодня редко кто не обращается к физиотерапевту для лечения физической проблемы. В настоящее время многие люди не знают точно, что такое физиотерапия. Его

часто путают с другими дисциплинами, такими как хиромассаж или остеопатия. Следует отметить, что физиотерапия является нерегулируемой профессией в здравоохранении, которая отличается от других подобных практик, например: Остеопатию часто путают с физиотерапией. Однако следует отметить, что упомянутая выше остеопатия не является высшим образованием и такую степень можно получить только через степень магистра. Его можно рассматривать как альтернативную медицину, которая лечит различные проблемы со здоровьем, массируя мышцы и суставы.

**Ключевые слова:** электрофорез, анестетики, магнитотерапия, ультразвук, термотерапия, водолечение, естественная и искусственная физиотерапия, биохимические процессы, естественные и искусственные факторы, заболевания, физиотерапевтические процедуры.

**Object of the article:** Physiotherapy and methods.

Relevance of the article: Further health of the future depends on physiotherapy in many ways and requires its application and development.

**Objective:** To shed light on the history of the origin of physiotherapy and to demonstrate the endless possibilities of modern science and technology in its development, to get acquainted with modern achievements and to arouse interest in physiotherapy.

**Article components:**

1. To get acquainted with the history of physiotherapy;
2. Introduction to modern physiotherapy;
3. Methods of applying physiotherapy.

Knowing the professional history of physiotherapists and their contribution to their health from the beginning of this history is crucial in defining their professional goals. Modern physiotherapy began in the 19th century in the United States and Great Britain. The outbreak of polio in the early nineteenth century and

the First World War were the most important reasons for starting professional physiotherapy, and the development of physiotherapy with the help of orthopedic surgeons was initiated. By the end of the 19th century, the development of the physical therapy profession had developed rapidly due to the rise of technology and events that had an impact on a global scale. Development in clinical practice has been ensured by professional specialization in physiotherapy, evidence-based research, and academic degrees.

Physiotherapy has long been used to treat a variety of ailments because it provides a good therapeutic effect, minimal stress on the patient's body, and the absence of unexpected side effects that may occur as a result of medication intake. In this case, physiotherapy treatment can be used both independently and as part of a complex therapy. The effectiveness of physiotherapy as part of complex therapy is particularly high, as combined with drug treatment and surgical intervention significantly accelerates the healing and recovery processes in cases where the patient is diagnosed with several infectious diseases at the same time. With complications and not always compatible with traditional medicine.

Physiotherapy is a branch of medicine that studies the therapeutic and physiological effects of naturally or artificially created factors on the human body. Physiotherapy also helps to get rid of surgery or disease and is used as a prophylactic method. The main feature of physiotherapy is that the treatment is carried out without the use of chemicals. Let's take a closer look at what physiotherapy treatments are.

#### Advantages of physiotherapy

The main advantage of physiotherapy over other treatments is its high efficiency and safety. It does not require the use of medications and also allows you to reduce the use of medications several times. Physiotherapy reduces the possible side effects of both the disease itself and its treatment, which can negatively affect the body's defenses.

The most familiar and convenient direction is hydrotherapy. This includes taking lotions, compresses, contrast showers, wraps, foaming, salty, steam baths and aromatic oils, as well as a visit to the sauna. A popular way to treat and prevent various diseases is climatotherapy, a beach holiday in a sanatorium.

Artificial physiotherapy includes:

- Magnet therapy (industry);
- Electrophoresis;
- Phototherapy (UHF therapy, laser and therapy);
- Termogerapiya;
- Ultrasound examination

#### Galvanization

The use of direct electric current in this physiotherapy is light tension and strength for medicinal purposes. Used in the following cases: traumatic, toxic and infectious peripheral nervous system damage, neurotic conditions, consequences of traumatic and infectious damage to the central nervous system, ulcers and early-stage hypertension, vasomotor disorders, migraine, trophic disorders, sexual and gastrointestinal diseases, chronic arthritis and polyarthritis, myositis and others.

In short, physiotherapy is a field of medicine in which natural physical factors are used to treat and prevent various diseases: magnetic field, ultrasound, electricity, ultraviolet and infrared radiation, heat, cold and others. Physiotherapy methods are used in almost all areas of medicine. Physiotherapy treatments are painless, long-lasting, non-toxic, combine well with each other and are combined with drug therapy, are safe when used correctly, and in practice do not cause adverse reactions.

Physiotherapy is one of the oldest branches of medicine. Methods of treating diseases using mud, mineral waters, heated sand, and even electric snakeheads are described in the works of Hippocrates, Galen, and Avicenna. Modern physiotherapy is a field that includes classical Eastern and European methods and

methods based on the use of laser radiation, magnetic fields and others. Physiotherapy is included in the treatment plan of pathologies of various organs and systems and is an important part of treatment. Thus, physiotherapy provides only beneficial effects on the human body, helps in the treatment of various diseases of systems and organs. In addition, physiotherapy is an excellent tool for the prevention of many diseases. Typically, this procedure is used as an adjunct to a general course of treatment.

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