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## **REHABILITATION METHODS FOR CARDIO-CEREBRAL SYNDROME.**

**Annotation:** An important role in the genesis of prognostic adverse factors of cerebral circulatory disorders and ischemic heart disease belongs to the autonomic nervous system. Ethnological cerebral pathology is connected with hypertension, atherosclerosis, but most often it is observed in case of heart disease with the phenomena of cardiac weakness and disorders of heart rhythm, so called cardio-cerebral syndrome. At present, the improvement and search for new methods in the system of rehabilitation treatment of patients with combined cardio-cerebral pathology is continuing. The scientific and methodological literature presents data indicating the feasibility of using physical methods in early neurorehabilitation.

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## **РЕАБИЛИТАЦИОННЫЕ МЕТОДЫ ПРИ КАРДИО-ЦЕРЕБРАЛЬНОМ СИНДРОМЕ.**

**Аннотация:** Важная роль в генезе прогностических неблагоприятных факторов нарушения мозгового кровообращения и ишемической болезни сердца принадлежит вегетативной нервной системе. Этнологическая церебральная патология связана с гипертонической болезнью, атеросклерозом, но наиболее часто она наблюдается при заболеваниях сердца с явлениями сердечной слабости и нарушениями сердечного ритма, так называемый кардио-церебральный синдром. В настоящее время продолжается совершенствование и поиск новых методов в системе восстановительного лечения больных с сочетанной кардио-церебральной патологией. В научно-методической литературе представлены данные, свидетельствующие о целесообразности применения физических методов в ранние сроки нейрореабилитологии.

**Abstract.** Cerebral-cardiac syndrome (CCS) refers to cardiac dysfunction following varying brain injuries. Ischemic stroke is strongly evidenced to induce CCS characterizing as arrhythmia, myocardial damage, and heart failure. CCS is attributed to be the second leading cause of death in the post-stroke stage; however, the responsible mechanisms are obscure. Studies indicated the possible mechanisms including insular cortex injury, autonomic imbalance, catecholamine surge, immune response, and systemic inflammation.

**Methods.** Of the advances in rehabilitation, mainly, methods of kinesotherapy. aimed at the elimination of pyramidal and extrapyramidal disorders, leading to spastic and hyperkinetic phenomena. Positional treatment is aimed at preventing contractures. During positional treatment, patients are instructed to maintain active muscle relaxation. Passive exercises. The necessary condition for performing passive movements is their strict isolation, observance of clear trajectory, maximum possible amplitude, slow tempo, smoothness and painlessness. Passive exercises should start with large joints. Number of repetitions is regulated by muscle tone: with extrapyramidal hyper tonus the number of repetitions is 4-6, with pyramidal - 12-14 times. Passive-active exercises for paretic limbs. Active exercises for both healthy and paretic limbs, starting with large muscle groups. Isometric exercises for the spastic muscles. Long tensions with predominance of the relaxation phase are performed.

### **Conclusion.**

Consequently, the use of differentiated technique of therapeutic gymnastics has a positive effect on the functional state of patients with combined cardio-cerebral pathology, excluding the possibility of overload and failure of adaptation mechanisms. This technique can be recommended for patients with combined cardio-cerebral pathology at the in-patient stage of rehabilitation, from the patient's admission to his/her discharge.

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