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**ФІЗИЧНА РЕАБІЛІТАЦІЯ ТА ЗДОРОВ'ЯЗБЕРЕЖУВАЛЬНІ
ТЕХНОЛОГІЇ:
РЕАЛІЇ І ПЕРСПЕКТИВИ**

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KINESIOTHERAPY FOR ATHLETES WITH VARIOUS INJURIES

Abstract: The article deals with the influence of kinesiotherapy in case of disorders of the musculoskeletal system in students. The main functions of kinesiotherapy are described. An opportunity is provided for students to try out tape plasters during physical activity and in everyday life.

Key words: kinesiotherapy, mechanism of action of kinesiotherapy, effect of tape on various structures of the body.

Relevance of the study. During physical exertion in physical culture lessons in the system of medical support, the question arises of timely qualified assistance to students in rehabilitation after injuries, prevention of sports injuries and prevention of overstrain development. These problems can be solved by using kinesiotherapy.

Kinesiotherapy uses an adhesive plaster with elasticity similar to human skin. This method was proposed by the Japanese physician Kenzo Kassé in 1973, he received international recognition at the 1988 Olympic Games in Seoul, when the entire medical world saw Japanese athletes with kinesio tapes. While using kinesio tape, a person can move freely, rest or take a shower. Currently, tapes are used in hospitals, clinics, rehabilitation centers, professional sports teams and educational institutions [5].

The function of muscles is not limited to the movement of body parts, they also actively assist venous circulation and lymph movement. Unlike the circulatory system, the lymphatic system does not have its own heart - a pump that would ensure the movement of lymph. The movement of the lymphatic fluid is entirely dependent on the activity of the skeletal muscles. That is why dysfunction of the muscles creates the prerequisites for the emergence of a number of other symptoms. Therefore, more attention needs to be paid to the restoration of muscle function in order to activate and accelerate the healing process of the injury [1,4].

When injured, the muscle becomes inflamed and swollen. This leads to a deterioration in the outflow of lymphatic fluid and affects the pain receptors. After

applying the tape, the skin, muscle and ligaments contract and return to their original position, which leads to the formation of skin folds. Thus, the skin rises above the muscles and ligaments, which creates additional interstitial space and facilitates lymphatic drainage [3]. At the same time, the tape supports the injured area and reduces pain.

The main physiological effects of kinesiotherapy: reduces pain and interstitial pressure, supports muscles, eliminates congestion, and corrects biomechanics. The effect of kinesiotherapy on muscle functioning: reduces muscle fatigue, relieves pain, improves contraction of weakened muscles, reduces overstretching and excessive muscle contraction, promotes resorption of hemorrhages and hematomas [2,6]. Students with the following injuries were recruited for the study: ankle sprain, pain in the Achilles tendon, rehabilitation period after a knee injury. During the week, we observed the effect of the tape in physical education classes and in everyday life, discussed and compared their feelings.

Conclusion

The participants of the experiment noted that the tape-plaster takes on part of the load and the back muscles are not overstrained, as it was before; the effect of the knee joint became amplitude, the psychological fear of tucking the knee again gradually disappeared. Unlike elastic bandages, knee pads, bandages, kinesio tape does not create the effect of tightening the entire area of the musculoskeletal system and does not limit the functions of not only damaged, but also healthy tissues. Tape does not cause such side effects as addiction, unlike various supports, without which a person feels some discomfort and instability in the area of the musculoskeletal system, where they were previously used.

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