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## **THE METHOD OF INCREASING MOTOR ACTIVITY OF MILITARY SERVICEMEN WITH LOST KNEE MOBILITY USING PHYSICAL THERAPY**

At present, the defeat of the musculoskeletal system of a person is one of the most pressing problems that negatively affect socio-economic relations in the state, as it leads to a decrease in the quality of life of a person, his ability to self-service, an increase in the volume of disability, an increase in the likelihood disability. The most common reasons for the growth of diseases of the musculoskeletal system and the increase in the number of people seeking medical help are degenerative-dystrophic diseases of the joints and spine (osteoarthritis and osteochondrosis), impaired architectonics and mineralization of bones (osteoporosis), and severe non-energetic bone fractures. A private and severe form of osteoarthritis is gonarthrosis, which in the structure of diseases of the musculoskeletal system has one of the leading places in terms of prevalence. The main reason for the development of primary gonarthrosis is overload, microtraumatization of the articular cartilage, the main cause of secondary gonarthrosis is trauma. Consequently, excessive physical activity and traumatization are the main factors influencing the damage to the human musculoskeletal system, which indicates the need to study the specifics of injury in order to substantiate the actual means and methods of physical rehabilitation [1].

The purpose of the study is a theoretical and experimental substantiation of the effectiveness of the methodology for restoring the lost motor function of the knee joint in military personnel based on the consistent implementation of three interdependent programs: educational, psycho-correctional and physical rehabilitation.

Research objectives

1. To analyze the causes of recorded injuries, as well as the characteristics of knee joint injuries in military personnel.

2. To determine the methodological approaches to the choice of means of physical culture, allowing to increase the motor activity of athletes by restoring the lost range of motion in the knee joint.

3. To develop and experimentally substantiate a methodology for restoring motor activity in military personnel with lost mobility of the knee joint by means of physical culture

Rehabilitation of military personnel and evaluation of the effectiveness of the experimental technique for restoring the motor function of the knee joint by means of physical rehabilitation was carried out at the Skalyansky Clinic Medical Center [2]. The methodology of this study was built on the basis of dynamic observations of the state of military personnel, which determine the integrity and recovery orientation of the recovery process. This approach determines the construction of a rehabilitation complex aimed at normalizing the functions of the body, their physical and mental state. The general scientific basis of the study was a systematic approach. As a specific scientific methodology, three methodological approaches were considered: holistic, personal and activity. A holistic approach allowed us to consider the system of physical rehabilitation as a combination of active, active-passive and passive activities. Integrity in this case consists in integrating the means of physical culture, pedagogy and psychology, which together act not only as a means of influence, but also allow you to get a patient's response, which greatly enhances the effect of these means. A personal approach means a consistent attitude towards the patient as a person, a responsible subject of his own development and as a subject of educational interaction [3].

**Conclusion.** Developing a technique for restoring the motor function of the knee joint in the rehabilitation period, the individual characteristics of the patient's physical condition and individual factors that may affect the recovery process should be comprehensively taken into account. On the other hand, rehabilitation should be aimed at identifying and revealing the patient's capabilities, which play a decisive role in overcoming the psychological and physical barriers that impede a speedy recovery.

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