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

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REALITIES AND PERSPECTIVES**

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FEATURES OF LEARNING TO SWIMMING CHILDREN WITH DISABILITIES

Abstract: This article examines the use of hydrorehabilitation classes and the possibility of teaching children with disabilities to swim. The division of children according to diseases and groups of deviations in health status allows equalizing the opportunities of those involved and more effectively managing the pedagogical process. In certain groups, children with various diseases and diagnoses can be trained, such as childhood autism, obesity, cerebral palsy, congenital deformities of the hip and children without pathology. In this case, a restriction on age (6-11 years) and physical capabilities may be significant.

Key words: adaptive physical education, hydrorehabilitation, swimming, children with disabilities

Relevance of the topic. Adaptive physical education is a very capacious and broad social phenomenon, the main goal of which is the socialization of an individual with disabilities or disabilities. Such members of our society should not only receive physiotherapy treatment or physical exercise, but also the state guaranteed raising the level of their quality of life. These guarantees should apply to all citizens with disabilities. The problem of rehabilitation of children with disabilities remains one of the important problems of modern society.

According to clinical studies, children with varying degrees of illness have not only impaired muscle movement, but also speech and mental functions. This, in turn, significantly complicates the processes of education, upbringing and socialization of children and is one of the most common causes of child disability. In this regard, solving the problem of rehabilitation of children and adolescents is quite topical [1,3].

The purpose of our study was to reveal the features of teaching children with health disabilities to swimming based on the analysis of scientific research and methodological literature, as well as our own work experience [4].

Research questions:

1) To analyze the modern scientific and methodological literature on the studied topic of the dissertation work;

2) To investigate the features of teaching swimming for children with disabilities in health;

3) To identify the most significant teaching methods.

The generalization of the data of many studies on the scientific and methodological literature and the author's experience shows that among the various sports used in the work with such patients, swimming is the most popular. An experimental method of hydrorehabilitation was developed with the inclusion in the group of children with various diseases, as well as children without pathology [2].

The experiment involved 36 people. - 3 groups of children with different diagnoses at the age of 6-10 years.

The first group underwent a general course of hydrorehabilitation. The group consists of children 6-10 years old with a diagnosis of autism infantile, cerebral palsy. The second group underwent a course of hydrorehabilitation using an experimental technique. The composition of the group - children 6-11 years old with a diagnosis of childhood autism, obesity, cerebral palsy, congenital deformities of the hip. The third group underwent a course of hydrorehabilitation using an experimental technique. The group consists of children 6-11 years old with a diagnosis of autism, obesity, cerebral palsy, blindness, scoliosis. The group also included children without health restrictions.

Conclusion:

Currently, research practice has confirmed the position that adaptive physical culture summarizes numerous scientific studies, empirical knowledge and positive experience accumulated in the field of physical activity of disabled people and persons with disabilities and acts as an innovative direction of educational activity, the purpose of which is to attract a huge segment of the population to mastering the values of physical culture and, consequently, to improve the quality of life of this category of people [5]. Based on the results of the research, it is planned to develop modern methodological approaches to the use of hydrorehabilitation with the inclusion of children with one diagnosis in groups, as well as with various pathologies.

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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

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