

REHABILITATION IN SCOLIOSIS

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ABSTRACT

The information covered in this article is mainly about the rehabilitation of patients with scoliosis and scoliosis with the help of exercises and equipment, as well as with the help of sports equipment and items that can be found at home. and aimed at reducing complications.

Keywords: Spine, back muscles, S-curve, physiotherapist, paraspinal muscles, monster walk

Scoliosis is a medical condition in which the curvature of the spine is twisted or misaligned. Often, scoliosis can produce a characteristic S-curve or S-curves in the spine compared to a normal, straight spine. In this article, we will focus on strengthening the muscles that can alleviate and limit the development of this condition - with a strong focus on the core and back muscle.



Along with these exercises, we recommend increasing your daily exercise, such as jogging or swimming. If you have already had a confirmed diagnosis, we advise you to consult a doctor (physician, chiropractor, physiotherapist or similar) whether these exercises are suitable for you. The side plank is a very important exercise for stabilizing the spine - here you will quickly notice which side is overactive and which side you are too weak. The purpose of this exercise is to correct this balance and thus ensure proper use of your core and back muscles. At first, the exercises will be very difficult, but if you do this exercise regularly, you will most likely notice rapid progress. Physical exercises can be done dynamically or statically.

A



B



-Support your elbows and make sure your body is in a straight line across the exercise mat. -Slowly lift yourself up - then hold the position for 30-60 seconds. - Do 3 sets of 3 x 60 seconds on each side. Can't use 60 seconds? Zero stress, start with 20 or 30 seconds and work your way up to 60 seconds.

2. Back Raises Back raises are one of the few exercises proven to cause hypertrophy (larger muscle mass) in the deep back muscles called multifid. The multifidus are increasingly being recognized as some of the most important, spinal injury-preventing muscles. They are also called the deep, paraspinal muscles, reflecting the fact that they sit at the base of the spine - and are therefore very important when it comes to stabilizing the spine.



Start with your upper body and stomach against the therapy ball. Then slowly move up until your back is fully lifted. You can choose whether you want your hands behind your head or grow them to the side.

3. "Monster walk" elastic As most of you can tell, we're big fans of this exercise. For those who suffer from scoliosis, this will help you improve stability in your hips and pelvis - both of which serve as the foundation for your arched spine. Find a training belt that wraps around both ankles like a big circle. Then stand with your feet shoulder-width apart so that there is good resistance from your waist to your ankles. Then you should walk to keep your feet shoulder-width apart, like Frankenstein or a mummy - hence the name. Exercise 2-3 sets for 30-60 seconds.

4. Yoga exercises: (Scout dog pose)



Yoga can be a great way to improve body control and ensure proper use of the back muscles. This yoga position opens the chest, stretches the abdominal muscles and activates the back. Begin by lying flat on the floor with your palms roughly between your ribs. Then pull your legs up and press the top of your feet into the ground - at the same time use your back, not your arms, to lift your chest off the floor - you should feel a slight stretch in the back - make sure you don't take too much do it Keep

your legs straight and hold the position for 5 to 10 deep breaths. Repeat as many times as you think is necessary.

5. Scrap exercises



The Schroth method is specific exercises based on your specific scoliosis and curvature. The exercises were developed by Christa Lehnert-Schrot and in most cases have very good results. If you want to try these exercises, you will find them in this book: What should I do for muscle and joint pain due to scoliosis? 1. General exercises, specific exercises, stretching and activity are recommended, but stay within the pain limit. Walking twice a day for 20-40 minutes has a good effect on the whole body and on sore muscles. 2. We recommend the acupoint / massage balls - they come in different sizes so you can hit all parts of the body well. There's no better self-help! We recommend the following - a complete set of 5 trigger points / massage balls in different sizes:



3. Training: Helps to train specific strength and function with different competitors' training tricks. Knitting training often involves more precision training, which in turn leads to injury prevention and pain reduction.



4. Pain Relief - Cooling: BIOFREEZE is a natural product that relieves pain by gently cooling the area. Cooling is recommended, especially when the pain is severe. After they calm down, heat

treatment is recommended - so both cooling and heating are possible. 5. Pain Reduction - Warm Up: Warming up tight muscles increases blood circulation and reduces pain. We recommend this reusable hot/cold pack (click here to read more about it) - both for cooling (freezeable) and heating (microwaveable).

REFERENCES

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INTERNET MATERIALS

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Googlee.com

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