International Journal of Studies in Natural and Medical Sciences
Volume 02 Issue 12, December, 2023
ISSN (E): 2949-8848
Scholarsdigest.org

Mealability of the Support System Disease Using Physical Education

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Abstract:
The article in the article is the peculiarities of the base system diseases and ways to restore the first condition of the body through physical education. Symptoms of the disease, their reasons for their appearance contain statistics on the number of diseases of the base system in the country. The essence, treatment, advantages and peculiarities of exercise in the main movement system are described in treatment.

Keywords: Maciation, system, physical education, joints, symptoms, exercises.

Introduction

`The person's support is understood as a complex made up of skeleton and skeletal muscles. Initially, this system is a protective crust surrounding the base and internal organs of the entire body (heart, lungs, gastric chairs, kidneys, spunic, etc.). Every living organism is an act. Its occurrence is this supporting system. All life processes in the body are maintained only when moving is moving normally. The base movement system - consists of 3 parts: bone, muscle and guests. The human base movement consists of a 5-part passive movement apparatus - a skeleton muscle system - a skeleton muscle system. The morphological composition of bone tissue includes cell elements and a medium element (matrix). They, in turn, are divided into the following: for example: osteosites are the osteosites - this is a non-divided mature cell holding a homeostasia system. 2. OsteoBasts are a young bone forming cells. 3. Osteoclasts are made up of a desolate or disruptive cell and have a shooting appearance (Fig. 1).

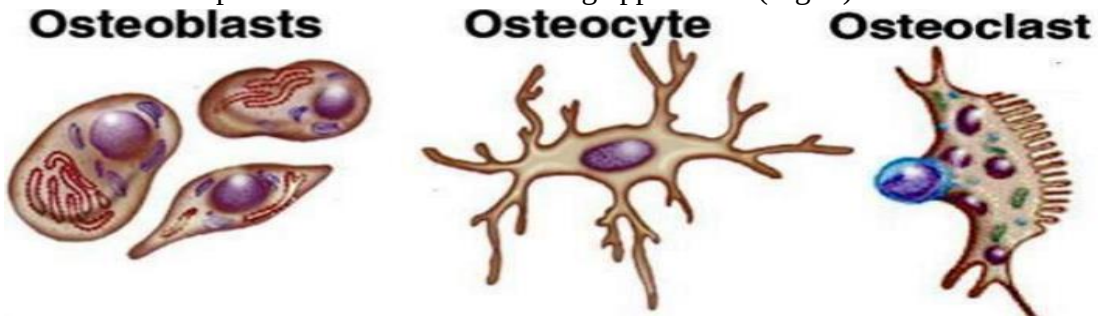

Fig - View of cell elements

The composition of the median substance is that the fiber and the main substance (70% is mineral components). Osteoows are the growing cells in the formed zones, while osteoclasts provide disintegration of bonable substances. The joint activities of osteooblast and osteeoclast are based on a change in periodic re-structure of UIIs during the change of bone growth and functions. Due to the interdependence of decomposition and creation, bone tissue has a high regenerative ability. The bone contains 60% of mineral substances, 30% of organic matter and 10% water. Calcine calcium salts, phosphorus, magnesium, and a number of a number of a number are in the form of a number of a number of micronuties (aluminum, fluores, mangations, iron, kobalt, etc.). 99% of the calcium element in the human body will be in the bones. Collagen (fiberini proteins: ossein, osephoopsoid), carbohydrates, nucleic acids and others. If the mineral substances harden bones, the organic substances will make them mutable.

The base system consists of skeletons and muscles, who will participate in the processes, movement, blood crushes that surround the body's support and internal organs. Bones are passive, and muscles are active in the movement. When the skeletal growth ends in 20-25 years old, the culture and development of muscles can be 30-35 years old. The proper formation of the musculosis has a significant impact on the development of all internal organs and the nervous system.

In the restoration of the maintenance system disease, more hydrokinetic methods of healing physical education are used.

Hydrokinesotherapy is a decrease in the patient's muscle system (shooting, archimed and Pascal systems) and the strength of muscle tense during the mulk movement decreases. These factors make the exercise significantly for weakened patients. To maintain the balance and eliminate the resistance of the moving water mass, the patient performs intensive motion that enhances muscle tone. Due to the heat component of the water environment and its heat in the body, muscle fibers loose, veins increase and the catabolic processes in the skeletal muscle are increasing [2].

Special equipment allows you to swim and exercise using mubs, eliminating the spine and a damaged musd support load. The water will allow the static position of the body away, strengthens the strengthening of the joints and increases their movement in the contract, which creates a favorable environment for a hard-pleasing walk. The movement in water is easily done, the intensification of cardiovascular and respiratory systems leads to an increase in work capacity and physical endurance.

Because of exercise, the patient increases the strength of the lower muscle strength, correcting the spine deformations, increases the reserves and general durability of adaptation. Cure results: trophy, myostymylware, refreshing, local correction, have influent impacts, protection protects (actophytors).

Instructions. Arthritis and arrocures after diseases and injuries of the musculoskeletal system (spastic and kewins) and peripheral nervous system (spastics) and peripheral nervous system (spastics) and peripheral nervous system (spastics and minalaches), in bone-joint reconstruction and plastic surgery , Post-infarction cardiosclerosis (1 year),

children's paralysis, disease in the period of remission, the diseases of the gastric intestinal and substance members, the sharp weakening of the body due to long or severe illness. Contraindications that are not possible. Conditions of internal organs of internal organs and peripheral nervous system (neurite, neurrality, radiculitis), acute inflammatory diseases and chronic illness, central veins Atherosclerosis, central Organic diseases of the nervous system, granulated surfaces, open wounds, trophics, follow-up condition, acute inflammatory diseases of the kidneys and urinary tract diseases.

The parameters: the main forms of hydrokinesisotherapy are therapeutic swimming, aquatic, axa-fitnesss. Classes are carried out at various water stamps under the control of specially trained employees, in hydrotherapeutic complexes. In patients with therapeutic gymnasium in the pools with water temperatures 25-27 ° C, patients with diseases and damage of the base system and the base system. In most cases, the chronic disease is characterized by the clear compensation and stage of remission. The water, which is 34-36 ° C 34-36 ° C, helps muscle relax, which is used to reduce pain and spastic situation during action. In this regard, it allows you to work under water supply skills, working in the joints of spaster and paresis, and reduce muscle registry in the spastic paralysis and paresis.

Technique. Healing swimming. The surface of the water allows in a calm position - to improve the muscle strength and reduce the load on the spine. Depending on the techniques of swimming movements, their strengthening effects will be effectively ensured. Three methods of swimming are used: swimming in the chest, back Krol and brass methods. The closer muscles of emerging muscles of the brass is strengthened, the three-headed muscle of muscles and shoulder writer in the knee joint. Krol is characterized by the strengthening of the tricepses muscle of the shoulder to strengthen the four-heads, printing muscles, breast muscles, waterproof bones. The strengthening of the muscles of the back and abdominal muscles are observed with all floating methods. Periodicity of actions is affected by their continuity in a muscle system. The duration of training, the speed of swimming speed and method of actions) is dosed on (swimming method).

Aqua-gymnastics. A combination of artificial actions performed correctly with the correct directions, amplitude and quickly. During the treatment process, general charging, special respiratory career exercises (dynamic, drainage, special), corrective perform patients, muscles relaxing exercises, as well as pull, balance and coordination exercises; Based on the use of rhythmoplasty using gymnastics and shells. According to the shape, gymnastics is different from individual (patients with severe motion violations) and group of groups (patients with light-movement violations). The voltage and relaxation of voluntary and dosing muscasis, coordination and balance, coordinate and balance, the promotional muscle tonus, is aimed at developing compensatory skills, increasing muscle amplitude. Group Aqua-Rhymastics, on the other hand, is aimed at

improving the order of physical activity, improving the system, and improving the system and local hemodynamics [3-4].

Classes are based on complex developed for identical or small (3-5) and large (10-12 patients) groups in groups developed for the same patterns. Group training is executed in non-profited pools (100-120 cm) or performed in deep pools (180-200 cm) without touching the bottom of the pool. For children under 7, the depth of the pool should not be deep than 0.6 m. The physiological load should not exceed 60% of the maximum load, the duration of treatment should not be less than 15 minutes, and the total duration of weekly duration should not exceed 120 minutes. Exercise is carried out by a rhythmically or average in a moderate image with a repetition of up to 5 to 12 times; The course of treatment is 10-20 trainings every day or day. In the pool, the patient is confiscated by special Aquebellar to maintain a vertical balance.

There are three stages of water gymnastics: Introduction (breathing and heating exercises for the small and medium muscle groups and breathing exercises) and final (respiratory exercises, muscle relaxing exercises). Dosing Physical Doses, Intensity of Exercise, Number of Duration, Amptitude, Affairs of Actions, Number of Affairs, Number of Radiation, Number of Trust, Number of Rhydration, Number of Rath, Emotional Tension, the density of emotional strain, emotional strain.

Aquistep. Along the bottom of the pool, special walking exercises for the feet, laptops, thigh muscles are performed, and the hydrostatic pressure of water is affected during the process. The active movement of the legs of the legs during walking causes muscle contractions that lead to the blood supply of lower muscle (muscle pump) and lymphodyrene. The cold (26-27 ° C) water increases the tone of the surfaces and deep veins [2-4].

Training is carried out in a 6-15 group of the 6-15-human instrukor - in the direction of the music stood in the shallow water and through the pond water. Duration of training is 20-30 minutes, every day or day; The course of treatment is 10-12 treatments.

Aquavafitness. It is a set of water performed, designed for the development and strengthening of various muscle groups. During the process, the patient's respiratory depths, lungs capacity, fat exchange and muscle mass will increase. Light movements in water will improve the patient's condition and help you to do all kinds of exercises with relief. The classroom is headed by DJT Teacher, in a group of DJT Teachers, in the direction of a shallow tutorist, in the direction of the music, in the under the underlined of the pool in the direction of the music, using the accessories - "Liama" is done. Every day or everyday treatment - 30 minutes; The course of treatment is 10-12 treatments. Exercises on the regular and speedy performance of exercises from 4-6 to 10-12 times. The physical load is 60-75% of the maximum number possible. The training is used for multifacia grasses (submarine, brusses, brusses, skiing, senching, cycling, stepers). In the bottom of the water, the movements to swim with hands are performed; The patient rests for 10-15 minutes before the training session. Every day or day duration of treatments between between 15 and 30 minutes; The course of treatment

is 12-20 treatments. The treatments are dated according to the duration of duration, speed, the number of stops.

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