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# **PROGRESSIVE RESEARCH IN THE MODERN WORLD**

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## PHYSICAL REHABILITATION: REALITIES OF TODAY

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Physical rehabilitation is a set of measures that contribute to the restoration of full body functions and are used at certain stages of treatment. This is a set of physical exercises that contribute to improving health, physical condition and working capacity. It occupies a leading place in the complex of rehabilitation measures and is distinguished by the wide use of physical culture tools.

In general, the term "rehabilitation" is a foreign language, it comes from the Latin "habilitatis" and means suitability, ability. In addition to medicine, it is also used in the legal field, meaning the restoration of a wrongly accused person by the court.

The development of physical rehabilitation is due to several historical events - world wars. The increase in the number of people with various movement disorders led to the fact that certain elements of physical rehabilitation were used in almost all countries of the world. It is noteworthy that the first physical therapists were women who worked in military hospitals.

The World Health Organization notes that rehabilitation is an active process aimed at restoring functions disrupted as a result of the disease. If the restoration of impaired or lost functions is impossible, then the task of rehabilitation consists in adapting the disabled person to the conditions of society, creating the most favorable conditions for his integration. The use of methods of physical rehabilitation is necessary both for the purpose of prevention of possible health disorders and for the

purpose of treatment.

Physical rehabilitation is a medical and pedagogical process. The exercises themselves are a therapeutic element, and the process of their application includes a pedagogical and educational aspect. The patient must be interested in his recovery, and creating a positive attitude towards rehabilitation should help in this.

The quality of the exercises, the result of their application depends on the skill and level of professional education of the specialist in physical rehabilitation. Specialists in Ukraine receive professional training at higher educational institutions at the bachelor's and master's levels. Physical rehabilitators provide their services in medical institutions, social welfare institutions, and sports centers.

The main task of physical rehabilitation is:

- Restoration of impaired body functions;
- Adaptation to social conditions, adaptation to everyday life;
- Supervision of the rehabilitated patient.

A specialist in physical rehabilitation examines the patient in order to identify dysfunctions, selects forms of treatment, develops a treatment plan with an individual approach, helps the person in the use of prostheses and other devices.

Physical rehabilitation closely links medical and social problems. Since, in addition to restoring the functions of the patient's body, it also aims to adapt it to the life process, return the disabled to the labor process.

Achieving results with the help of physical rehabilitation is possible thanks to certain principles: the principle of continuity means that treatment should be carried out from the moment the disease is detected until the person fully returns to the conditions of everyday life; timeliness of application of measures; individual approach in prescribing rehabilitation measures.

The means of physical rehabilitation are therapeutic physical culture, physiotherapy, mechanotherapy, occupational therapy and therapeutic massage.

Physical rehabilitation is a part of treatment, but considering it as the final stage is a false statement. Despite the fact that rehabilitation is most actively used in the last stages of treatment, it begins in the very first stages.

Physical rehabilitation is becoming more and more important nowadays. Lack of physical training, unbalanced nutrition, permanent stress and mental challenges make a person vulnerable, thereby increasing the role of physical rehabilitation. Specialists in the field of physical rehabilitation are able to adjust lifestyle, postpone and prevent the development of diseases and restore lost body functions.