



APPLICATION OF PHYSIOTHERAPY IN SANATORIUM TREATMENT

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Abstract: The article is devoted to the current problem of treatment using various physiotherapeutic procedures in sanatorium conditions.

Key words: sanatorium treatment, physiotherapeutic procedures.

Аннотация: Статья посвящена актуальной проблеме лечению с помощью различных физиотерапевтических процедур в санаторных условиях.

Ключевые слова: санаторное лечение, физиотерапевтические процедуры.

Introduction. Every person strives for comfort. You want to experience this feeling of comfort constantly, both at work and at home, in everyday life, and of course in your health. The desire to be healthy is, first of all, taking care of yourself and your family. This problem can be solved with the help of sanatorium-resort treatment.

Sanatorium treatment involves the use of physiotherapy. It affects the human body for medicinal purposes: water, heat, cold, light, electricity, electromagnetic field, ultrasound. The therapeutic effect of many simple physiotherapeutic procedures is explained primarily by the presence of a close neuro-reflex connection between internal organs and individual areas of the skin that have a common innervation.

Providing a strong irritating effect on the peripheral skin receptors of these areas. The methods, methods and means used to treat human diseases are extremely diverse. Along with drugs and surgical methods, there are many types of non-drug therapeutic effects. The main place among them is occupied by healing physical factors.

The main part. There are natural ones - climate, air, solar energy, water (mineral waters and with an admixture of salts), healing mud. Natural physical factors are studied and used by spa therapy. Natural factors have been used for treatment since ancient times. Physiotherapy has become an important element of medical care for the population. The rational use of physical non-drug factors significantly increases the effectiveness of complex treatment and rehabilitation of patients, reduces the period of temporary disability, reduces disability, accelerating the return of patients to active life and creative work.

Physiotherapeutic procedures have a variety of effects on the human body. As a result of their use, pain disappears or decreases, the functional state of organs is normalized, the activity of inflammatory processes decreases, the trophism of tissues and organs improves, and the general condition improves. The use of various physiotherapeutic procedures has been relevant for many years, since physiotherapeutic procedures are included in various programs for the complex treatment of many diseases. The provision of sanatorium-resort treatment is considered as an effective area of medical rehabilitation.

There are various types and methods of physiotherapeutic treatment. There are several dozen treatment methods in the arsenal of physiotherapy. They can be

classified based on which physical factor of influence is the leading one. There are several dozen methods of physiotherapeutic treatment. There are types of physiotherapeutic treatment based on application: электрического тока - электротерапия;

- magnetic field - magnetotherapy;
- light - phototherapy;
- mechanical factors - mechanotherapy;
- atmospheric pressure - barotherapy;
- air environment - aerotherapy and climatotherapy;
- thermophysical effects - thermotherapy;
- therapeutic mud - peloidotherapy;
- water and mineral water solutions - hydrotherapy and balneotherapy.

Absolute contraindications to any physiotherapeutic procedures are:

- oncological diseases;
- serious pathologies of the heart and lungs;
- pregnancy and lactation;
- renal or liver failure;
- acute mental disorders;
- skin diseases in the acute stage;
- acute infectious diseases.

Sanatorium-resort treatment can be considered the most natural and physiological, since for many diseases, especially in the period of remission, i.e. after the disappearance of acute manifestations, it is the most effective. Various non-drug types of treatment are widely used in complex spa treatment:

- hydrotherapy;
- diet therapy;
- physiotherapy;
- massage;
- acupuncture,
- use of various devices.

Depending on the predominance of one or another healing natural factor, resorts are divided into:

- climatic;
- balneological;
- mud therapy.

Conclusion. Every vacationer in the sanatorium first of all takes care of his health, chooses the time for treatment, and this is both an excellent preventive measure for the prevention of various diseases and active recreation.

Sanatorium physiotherapeutic treatment is simply necessary today, as it gives every vacationer the opportunity to receive treatment and relax.

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