

PHYSICAL REHABILITATION FOR TREATMENT DISEASES

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A professional in physical rehabilitation takes care of patients in all phases of curing, from defining the initial diagnosis through the restorative and preventive stages of getting over. This sphere is a standalone option, or it may be in assistance with other treatments and so it's so important to discuss this topic.

Physical rehabilitation heals many diseases. Physical therapist applies a lot of ways and physical exercise of curing the disease. Nowadays there is a better understanding of training with muscle strength, aerobic capacity, balance, gait and functional mobility by means of cueing, cognitive movement strategies and physical exercises. Additionally, aerobic exercise, massage, basic body awareness therapy and yoga might reduce eating pathology in patients with anorexia and bulimia nervosa. Aerobic exercise, yoga and basic body awareness therapy might improve mental and physical quality of life in patients with an eating disorder a greater emphasis is now given to the evaluation and treatment of physical inactivity in daily life. Physiotherapist can offer the best treatment for the patient, keeping in mind the available scientific evidence. Patients with faults in weight who engage in excessive exercise have an intense aversion of fat and report that their primary reason to exercise is to influence weight and shape.

Physical rehabilitation appraises the available evidence on exercise therapy and other types of physical therapies.

Physiotherapist can help an athlete in enhancing their performance by developing specific parts of the body and using muscles in new ways.

The main efficient means in rehabilitation treatment are: 1) muscle strengthening exercises; 2) aerobic exercises; 3) breathing exercises; 4) others such as relaxation techniques, exercises to improve mobility including transfers and walking, functional electric stimulation, education of the patient, family and caregivers; or 5) a combination of these means.

Physical rehabilitation is related to improving and enriching quality of life and movement potential within the spheres of treatment, prevention, intervention, habilitation and rehabilitation. The importance of accepting the regular exercises in physical rehabilitation should be fostered also by clinically healthy people. This leads to physical, psychological, emotional, and social wellbeing.

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