

SUMY STATE UNIVERSITY  
ACADEMIC AND RESEARCH MEDICAL INSTITUTE

ABSTRACT BOOK

**BIOMEDICAL  
PERSPECTIVE  
IV**

*International Medical Conference  
of Students, Postgraduates, and Young Scientists*

April 24-25, 2024

**2024**

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## CARDIORRESPIRATORY LOAD IN COMPLEX REHABILITATION OF OBESITY WOMEN

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**Introduction.** The use of physical rehabilitation among obese women is of great importance. When the processes of involution begin, the manifestations of aging progress, the body's performance decreases, adaptation possibilities are limited, and the regulation of the internal environment is disturbed, there is a need for comprehensive and comprehensive strengthening of health.

**Aim.** To determine the effect of comprehensive program of physical rehabilitation for women with obesity, the purpose of which was to strengthen physical health, improve functional capabilities and reduce body weight in women.

**Materials and methods.** A complex program for physical rehabilitation of women aged 30-45 with 1-2 degrees of obesity included the following means: diet therapy, therapeutic massage and self-massage, therapeutic and morning hygienic gymnastics, physical education minutes. Features of cardiorespiratory load were determined using functional indicators and samples.

**Results.** Looking at the general picture of changes in body weight, blood pressure and heart rate in women, we can see that the body mass index decreased by 24%, the Kettle index decreased by 27%, which indicates a decrease in the body weight of a woman. Indicators of the cardiovascular system in women also improved - systolic pressure decreased by 14%, diastolic - by 6,6%. The indicators of the orthostatic test decreased by 11 units. The vital capacity of the lungs increased by 0,25l in relation to similar indicators at the beginning of the experiment. Thus, in women, the vital capacity of the lungs increased by 8,7%. The results of the Genchi test in women increased by 8,6 seconds. The results of the Stange test before the experiment were 31,3 seconds, which indicates a satisfactory condition of the woman's respiratory system. The analysis of the results of the repeated test at the end of the experiment made it possible to state that the results of the Stange test in women increased by 8,6 seconds (by 30%).

**Conclusion.** The results testify to the effectiveness of the complex program developed by us, namely the use of such means of physical rehabilitation as: diet therapy, therapeutic massage and self-massage, a complex of therapeutic gymnastics and morning hygienic gymnastics.

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