



THE ROLE OF THERAPEUTIC PHYSICAL EXERCISES IN COVID-19 RECOVERY

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The Role of Therapeutic Physical Training (TPT) in Improving and Strengthening Public Health and Enhancing Medical Care Quality

In hospitals, sanatoriums, and outpatient (polyclinic) settings, therapeutic physical training (TPT) is used to treat patients suffering from various diseases, prevent complications, and promote overall health. The application of physical and therapeutic exercise methods aims to strengthen public health and improve adaptation to social and domestic conditions.

Under the supervision of a physician, physical training and sports participants undergo assessments of their physical development, functional state of the body, primary system conditions, and responses to physical loads.

The Importance of TPT in Treatment and Rehabilitation

- Utilizing TPT to influence the body, treat various diseases, prevent complications, and enhance the body's resistance.
- Developing comprehensive treatment plans that incorporate TPT to promote health.
- Understanding the mechanism of physical exercises and their role in treating diseases, preventing complications, and strengthening immunity.
- Selecting and applying appropriate TPT movement regimens, tools, and forms during treatment and rehabilitation.
- Teaching the principles of medical examinations for different population groups to encourage engagement in physical training and sports.
- Evaluating the impact of physical exercise on the body to strengthen health and improve adaptation to social and domestic conditions.
- Determining the body's physical performance capacity through independent somatoscopy and anthropometry, conducting functional tests, and assessing the cardiovascular, respiratory, and autonomic nervous systems based on the results.



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- Understanding sanitary and hygienic requirements for sports facilities, types and organization of physical therapy dispensaries, the mechanism of physical exercises, and indications and contraindications for TPT.

- Knowing the therapeutic physical training tools, methods, and forms, as well as the effectiveness of TPT in rehabilitation.

Practical Applications of TPT

- Designing therapeutic gymnastics complexes considering primary and associated diseases.

- Defining movement regimen objectives, selecting appropriate TPT tools, and equipping TPT rooms.

- Providing first aid and correctly prescribing TPT procedures for various diseases.

- Identifying the optimal impact of physiotherapeutic procedures, selecting patients for sanatorium-resort treatment, filling out sanatorium-resort cards, and providing first aid in case of pathological reactions to electrotherapy.

- Applying general and specialized physiotherapeutic methods alongside conventional treatments (medication, diet, surgery, etc.).

- Conducting medical supervision during physical training and sports activities, classifying individuals into medical groups, and assessing exercise effectiveness.

- Ensuring compliance with sanitary and hygienic standards for sports facilities and assessing the impact of physical loads in rehabilitation settings.

TPT in Treating Various Diseases

- Pulmonary diseases (pneumonia, pleuritis, chronic bronchitis, emphysema, bronchial asthma, bronchiectasis) – defining TPT objectives, selecting treatment methods, and designing therapeutic gymnastics programs.

- Gastrointestinal diseases (peptic ulcers, gastritis, colitis, enteritis, enterocolitis, splachnoptosis, hepatitis, cholecystitis) – determining indications and contraindications, selecting TPT methods, and developing exercise programs.

- Metabolic and musculoskeletal disorders (arthritis, polyarthritis, arthrosis, diabetes, obesity, gout) – choosing suitable TPT methods and designing therapeutic exercise complexes.

- Vascular diseases, pre- and post-operative rehabilitation for thoracic and abdominal surgeries, fractures (limbs, spine), flat feet, osteochondrosis, scoliosis,



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kyphosis, and lordosis – defining TPT objectives, selecting appropriate methods, and structuring treatment plans.

The presence of rehabilitation and physiotherapy departments plays a crucial role in health restoration, hardening (strengthening) the body, reducing treatment duration, and preventing complications. These methods enhance the effectiveness of primary therapy while minimizing the adverse effects of medication.

Understanding open and closed methods of external respiration, evaluating spirometers to measure minute ventilation, respiratory rate, lung capacity, maximal voluntary ventilation, and oxygen volume is essential. Medical supervision of physical training participants includes analyzing spirometers to assess the effectiveness of training.

Furthermore, knowledge of medical groups and classification principles, the structure and operation of medical physical training dispensaries, and the proper documentation of medical supervision records is essential. By implementing therapeutic physical training, selecting proper movement regimens, and conducting adequate medical monitoring, the effectiveness of rehabilitation and overall healthcare can be significantly improved.

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