

Modern Viewpoint, Theoretical and Methodological Aspects of Physical Rehabilitation

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Problem Definition and its Connection with Important Scientific and Practical Tasks. Taking care of health is one of the basic principles of human rights. Diseased or traumatized or injured person which became temporarily incapacitated for work or disabled, must obtain from the civilized state and society all necessary for recovery of his or her health, alleviate the condition and return for active life.

In the system of general rehabilitation takes a leading role physical rehabilitation, which uses a means of physical culture for the treatment, regression of the disease, prevent complications and exacerbations, recovery of labor and life skills.

It should be noted that today in Ukraine is not enough of elucidated and investigated such a thing as physical rehabilitation as a whole, the overall system of theoretical and practical knowledge and skills.

Necessity of a comprehensive approach to determine the possibility of expanding the limits for application of modern methods of investigation and consideration the concept of “physical rehabilitation” through the prism of its comprehensive systematization which requires primarily identify current trends and issues for disclosure of physical rehabilitation in Ukraine [11, 14, 18].

Analysis of Recent Research and Publications. How researchers point out, the current state of our country determines its passive participation in the formation, strengthening and maintaining the society health. Individual activity covered population, which wants to improve the level of their health and lifestyle, using in this direction in the lead a means of physical culture, hoping for its positive impact not only on the life and health but also on physical fitness, behavior, emotional state, a manifestation of volitional qualities [05, 16, 26].

According to the research of international organizations every 10th inhabitant in the world is «disabled», nearly 30 million people annually gets different ugliness and destruction, the number of disabled persons in the XXI century will increase to one billion people. Disability – a global social phenomenon, which must be focused on constant attention every country, its public authorities, researchers and physicians, psychologists, educators, including specialists in physical culture, sport and physical rehabilitation. This necessitates the creation organization of quality system for preparation of these profile specialists in accordance with modern international standards of education [025, 29].

Designated position indicate the significant interest by specialists contemporary issues of formation and development of physical rehabilitation, outlining specific research areas and creating scientific approaches in considering issues.

Formulation of Research Goal and Objectives. Based on the foregoing, we have formulated the following research objectives:

– to conduct the analysis of scientific and methodological literature for the study of the general concept of «physical rehabilitation»; – Definition of terminological apparatus, goals, objectives, principles and methods of fixed assets; – to generalize domestic and international experience on current directions the current state of physical rehabilitation in Ukraine.

Research Methods and Organization. To achieve the objectives of the research, we have used the following methods: analysis and synthesis of special scientific and methodical literature data, monitoring of information resources on the Internet, content analysis of theoretical and methodological work (monographs, textbooks, and methodical materials), and systemic approach.

The main research Material with Scientific Results Analysis. Over the last decade tendencies of development of medicine in Ukraine are characterized by moderate successes formation of rehabilitation direction target orientation which was and remains a gradual, complex restorative treatment of pathological processes, diseases and injuries of the human body [06, 17, 22].

The general term «rehabilitation» has a broad understanding and meaningful reflection on a number of areas of human activity – political, legal, intellectual, sports and others. Medical sphere defines this term as a process of restoring health and disability of patients and disabled people [5, 10, 19].

However, a coherent and meaningful understanding of the concepts defined medical field directly performs of physical rehabilitation, aimed at improving the quality of treatment, prevention of possible complication for developing various diseases and injuries, accelerate functional recovery of organs and systems, training and hardening of the body, performance return, reduce the probability of disability [1–3, 10].

Comprehensive research of any phenomenon is primarily based on the definition of the concept, the choice of terminology a reasonable content.

Under data of specialized scientific and methodological literature is most common following definition of «physical rehabilitation»: «is the use for therapeutic and prophylactic purposes of physical exercise and environmental factors in the complex process of restoring health, physical condition and capacity of patients» [1, 2].

According to the Law of Ukraine № 2961-IV from 06.10.2005 «On the Rehabilitation of the Disabled in Ukraine» the concept of «physical rehabilitation» is considered as a system of measures designed to development and applying complexes of physical exercise at different stages of treatment and rehabilitation, providing functional recovery of a person detected and encourage reserve and compensatory capacities of the organism through the development of new movements, compensatory skills, use of technical and other means of rehabilitation, medical devices [1].

According to the Ukrainian Latin-English Medical Dictionary, physical rehabilitation – a «set of measures aimed at restoring violated functions and capacity of patients and disabled people» [5, 10].

World Health Organization presents general term «rehabilitation» as a process focused and limited in time [5, 10].

T. Yu. Krutsevych defines the concept of «physical rehabilitation» as «a set of measures aiming to restore lost or weakened functions after illness or injury» [8].

A. S. Vovkanych believes that specialists from a physical rehabilitation should be prepared as «pedagogues in sphere of recovery or processing of motor activity and disabled [2].

V. G. Savchenko and V. V. Klapchuk indicate that physical rehabilitation is carried out not only under medical rehabilitation [11]. This statement is supported by other authors' scientific publications that are not inclined to oppose physical rehabilitation and pharmacological treatment drug, and believe that the work of specialists from a physical rehabilitation should be planned in the partnership with doctors and just this synergy will significantly improve the health of the nation [7].

In this way, rehabilitation – a complex medical, psychological, educational, social and labor measures aimed at restoring health and disability of patient [10].

Almost 80 % of all scientific papers and practical development of the field of scientific direction devoted to the specificity of action facilities of physical rehabilitation on the human body. Physical rehabilitation primary means – physical exercises and environmental factors. Prerequisite physical rehabilitation – active, strong-willed and purposeful patient's participation during treatment and physical exercises performance [1, 23, 26].

Exercise is an important factor in maintaining high productive and not only physical, also mental human activity for many years. The use of exercise in physical rehabilitation requires the active participation of the patient in the treatment process. It is important to determine which level of activity recommended one or another patient considering the nature of the disease, the degree of functional disorders, the general patient's condition and adaptability to physical activity [9, 22, 30].

Physical exercises are affecting by muscle to the level of metabolism and activity of the major functional systems. The therapeutic effect of physical exercise appears for sophisticated psychological, physiological and biological processes that occur in the body during employments by a physical rehabilitation [1, 12, 24].

L. G. Shahlina [14] has shown that during many decades physical rehabilitation, which is an important component of rehabilitation, is characterized by improvement of its facilities and methods. Nowadays, physical rehabilitation represented by complex means of therapeutic physical culture, physiotherapy, therapeutic massage, hydrotherapy, work therapy.

Important aspect of contemporary for physical rehabilitation is an individual approach to the patient, the principle of a gradual increase in exercise, its systematic implementation. Draws the attention the fact, that now more and more physicians and rehabilitators take into account in to a complex medical rehabilitation the sex of the patient, age, is crucial to achieve a positive treatment effect.

Is important a psychological factor – motivation of the patient to the proposed treatment. Motor activity at individual approach should include a set of special physical exercises, which based on volume and duration of the training sessions, its intensity, character and speed of recovery [14].

In opinion of many scientists, physical rehabilitation occupies one of the main places in a complex of rehabilitation measures, based on the wide use facilities of physical culture and aims to treat injuries and diseases, prevention of complications, restoring psychological sphere of patient, restoring household and labor skills [10, 13].

Scientists indicate that physical rehabilitation is used as an active method of functional and pathogenesis' therapy; it is designed to restore for a patient affected functions, generally improve and strengthen the power of the patient and prevent complications of diseases. In addition, the Ukrainian Association of

Physical Rehabilitation aims: to form status and promote the profession of «physical rehabilitation» to provide rehabilitation assistance appropriate level, volume and quality of people who need it [5, 10].

Conclusions and Recommendations for Further Research. Physical rehabilitation is part of a complex therapy which successfully combined with drug therapy, various physiotherapy treatment methods using methods of promotion, prevention, intervention and rehabilitation, resulting in improved physical, psychological, emotional and social status of the individual.

All this allows understanding the needs of physical rehabilitation and the importance of rehabilitologists with higher physical culture education, because the subject of labor is a program of physical rehabilitation, its implementation and determining efficiency at all stages of patients' rehabilitation, middle-aged and elderly, and those who engaged in physical culture in special medical groups.

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Summary

The article is devoted to topical issues of the definition for physical rehabilitation. The data regarding the terminological meaning of «physical rehabilitation», categorical apparatus, the current state and perspectives of development for physical rehabilitation separately as integral parts of medical science and the independent direction of medical therapy.

Research tasks: to conduct analysis of scientific and methodological literature on the study of the general concept of «physical rehabilitation»; to consider the definition of terminological apparatus, goals, objectives, principles and methods basic means; summarize domestic and international experience of actual trends of physical rehabilitation current state in Ukraine.

To achieve the objectives of the research, we used the following methods: analysis and compilation of special scientific and methodical literature, monitoring of information Internet resources, content analysis of theoretical and methodological publications (monographs, textbooks, and methodical materials), a systematic approach.

The results showed that physical rehabilitation is part of the complex treatment, which successfully combined with medicinal therapy, physiotherapy and different treatment methods, applying methods promotion, prevention, intervention and rehabilitation, resulting in improved physical, psychological, emotional and social condition of the individual.

Key words: *physical rehabilitation, medical physical culture, science, physical exercises, means and methods, medicine.*

Сергій Футорний, Лариса Шахліна, Борис Коган. Сучасний погляд та теоретико-методичні аспекти фізичної реабілітації. *У статті досліджено актуальні питання визначення поняття фізичної реабілітації. Представлено дані про термінологічний зміст і поняття «фізична реабілітація», категоріальний апарат, поточний стан і перспективи розвитку фізичної реабілітації окремо як невід'ємна ланка медичної науки й незалежного напрямку лікувальної терапії.*

Завдання дослідження – проаналізувати науково-методичну літературу з вивчення загальної концепції поняття «фізична реабілітація»; розглянути визначення термінологічного апарату, мету, завдання, принципи й методи, основні засоби; узагальнити вітчизняний і міжнародний досвід актуальних напрямів фізичної реабілітації, а також її поточного стану в Україні.

Для виконання завдань дослідження ми використовували такі методи: аналіз й узагальнення спеціальної науково-методичної літератури, моніторинг інформаційних інтернет-ресурсів, аналіз змісту теоретичних і методичних публікацій (монографій, підручників та методичних матеріалів), системний підхід.

Результати засвідчили, що фізична реабілітація – це частина комплексного лікування, що є успішним у поєднанні з лікарською терапією, фізіотерапією й різними методами лікування, застосовується як сучасний засіб профілактики, лікування та реабілітації, що сприяє покращенню фізичного, психологічного, емоційного й соціального стану індивідуума.

Ключові слова: *фізична реабілітація, лікувальна фізична культура, наука, фізичні вправи, засоби та методи, медицина.*

Сергей Футорный, Лариса Шахлина, Борис Коган. Современный взгляд и теоретико-методические аспекты физической реабилитации. *В статье исследуются актуальные вопросы определения понятия физической реабилитации. Представлены данные о терминологическом содержании понятия «физическая реабилитация», категориальном аппарате, текущем состоянии и перспективе развития физической реабилитации отдельно в качестве неотъемлемого звена медицинской науки и независимого направления лечебной терапии.*

Задачи исследования – провести анализ научно-методической литературы по изучению общей концепции понятия «физическая реабилитация»; рассмотреть определение терминологического аппарата, цели, задач, принципов и методов, основных средств; обобщить отечественный и международный опыт актуальных направлений физической реабилитации, а также текущего состояния в Украине.

Для решения задач исследования мы использовали следующие методы: анализ и обобщение специальной научно-методической литературы, мониторинг информационных интернет-ресурсов, анализ содержания теоретических и методических публикаций (монографий, учебников и методических материалов), системный подход.

Результаты показали, что физическая реабилитация является частью комплексного лечения, успешного в сочетании с лекарственной терапией, физиотерапией и различными методами лечения, применяемого в качестве современного средства, профилактики, лечения и реабилитации, что способствует улучшению физического, психологического, эмоционального и социального состояния индивидуума.

Ключевые слова: *физическая реабилитация, лечебная физическая культура, наука, физические упражнения, средства и методы, медицина.*