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КИЇВСЬКИЙ УНІВЕРСИТЕТ ІМЕНІ БОРИСА ГРІНЧЕНКА



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CHARITY FOUNDATION "THE CITY OF DREAMS"
БЛАГОДІЙНИЙ ФОНД «МІСТО МРІЙ»

ЗДОРОВ'Я, ФІЗИЧНЕ ВИХОВАННЯ І СПОРТ: ПЕРСПЕКТИВИ ТА КРАЦІ ПРАКТИКИ

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KINESIOTHERAPY IS A NON-SURGICAL METHOD OF RESTORING THE VERTEBRAL COLUMN

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Method of kinesiotherapy, proposed by Dr. S. M. Bubnovsky, is based on the treatment of the vertebral column by natural means. The article reveals these natural means: diaphragmatic breathing, movement, cold water, sauna, positive setting. This method excludes surgical intervention and medical treatment.

Key words: vertebral column, kinesiotherapy, diaphragmatic breathing, motion, cold water, sauna, positive setting.

Introduction

Vertebral and spinal trauma (VST) — one of the most complex problem of modern neurosurgery. According to World Health Organization (WHO) experts, every year more than half a million people in the world gets various spinal injuries. Compared to 2010, number VST related to Road accidents, in 2016 has grown in 3–4 times. Frequency of injury according to damage levels: cervical department — 10%, breast — 40 %, lumbar — 50 %. Damage of the spine caused spinal injury make up 90 %, and only 10 % — fractures, due to hemangiomas, tuberculosis, metastases. The most frequent spinal injuries are compression fractures of the vertebrae (from 60 to 90 %), which lead to disability. According to the statistics, 8–10 thousand new cases of complicated spinal cord injuries are registered in the USA every year, in Ukraine — 2–3 thousand per year. According to WHO statistics, in 2016, almost 25 % of injured people after the treatment have problems with chronic pain and depression. Among them, cases of premature death are higher in 2–5 times (the indicator depends on the level of development of the country's economy and income of the population). Consequently, the whole complex of treatment and rehabilitation after an injury should be aimed at returning the patient mobility, the ability to service themselves and maintain the quality of life and work ability [2].

The aim of the study was to get acquainted with kinesiotherapy — a non-surgical method of regeneration of the vertebral column.

Results and discussion

S. M. Bubnovsky is an author of one of the methods of kinesiotherapy — a nonoperative method of treatment of the spine and joints, thanks to the internal reserves of the body in which the patient himself actively participates [1]. The basis of the method is the treatment of the right movement. Rehabilitation exercises are intended for improvement of joint mobility, elasticity of muscles, ligaments and tendons, due to which the pain syndrome is removed, deep muscles are activated, the nutrition of affected tissues is restored, the mobility of joints and the spine returns, motor abilities, working capacity, the quality of life improves. The method of kinesiotherapy does not require the use of medication anesthesia, since in the treatment of natural methods — five keys, as the author calls them, for the restoration of the code of health, namely: diaphragmatic breathing; movement; cold water; a sauna; positive setting.

First key: diaphragmatic breathing

Learning to manage the respiratory muscles, you can learn to manage the pain, or rather, overcoming the pain dominant without painkilling anti-inflammatory drugs, without injuring the diseased tissues of the body. So, lying on the back the right or left palm (helps to concentrate on the muscles of the abdomen, through which you can control the diaphragm) put on the stomach. Inhale through the nose, while the stomach, filled with air, raises its palm upwards. You do not have to strive to breathe too long. Exposed through the compressed lips, as if flashing candles on the flame, so that it was deflected. The longer the exhalation is, the better. The muscles of the face and shoulder girdle should not strain, only the stomach works. Make for 20 breaths “ha-a”. Due to such breathing, intracranial, intraperitoneal pressure is reduced, the anatomical bed of organs is restored and along with it disappears and pain.

Second key: movement

Motion is life. First, perform exercises with minimal load, which gradually increase. A special emphasis accent on the correct breathing, without which healing movement is impossible. When exercising, breathing always goes ahead of the movement. The ability to use these simple rules gives a significant therapeutic effect at any stage of the rehab program. The patient only needs to accurately perform them and remember that the correct movement treats — the wrong cripes. The benefits of therapeutic exercises: providing nutrients, oxygen for muscles and tissues; improvement of metabolic processes in tissues and muscles; Each department of the vertebral column is involved:

cervical, thoracic and lumbar; uniform load on the muscles, joints, vertebrae and ligaments; Performing exercises at home makes them comfortable and accessible to the public; do not require additional equipment.

Third key: cold water

Water — the main component of the human body, the environment in which the cells, organs, tissues work. In the vessels of the weakened muscles of the injured people there is a stagnation of blood causing muscle pain. But the pain will disappear if in the morning, after sleep, and the next day, after exercises, for 5 seconds immerse yourself in the bath in a cold water (shower, compress, wrap the area of pain with a cold wet towel). In response, the brain secretes hormones (heat shock proteins) that tone the smooth muscle of the vessels. They are shrinking and pushing blood further. This removes inflammation of the vessels, and with it pain. In addition, such daily water procedures strengthen immunity and prevent the development of other diseases, which sometimes interfere with the implementation of the health program.

Fourth key: sauna, bath

Sauna and bath are also designed to prevent or relieve muscle pain. The muscles strengthen the vascular walls and remove from the cells of the connective tissue all the excess through the capillaries. In weakened people, there is not enough muscle energy to remove all lactic acid, much of it remains in the capillaries of the muscles and crystallizes. These same crystals cause pain in the muscles. Properly used heat after exercising gymnastics promotes faster relaxation of muscles, increasing the therapeutic effect. Under any thermal procedure should follow the cold. The therapeutic effect gives the cold effect — after the steam room does not allow the muscles to «spill». It is important that contrasting souls begin with cool water, bring it to the hottest and end up only cold. Then the body is rubbed with a rigid towel until reddened.

Fifth key: a positive mood

One of the hardest tasks that a traumatized person must solve — is to defeat negative emotions. Positive mood, belief in oneself, and anti-disease settings will surely lead to victory [1].

Conclusion

The method of kinesiotherapy, developed by Dr. Bubnovsky, today allows treating severe patients with spine problems.

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КІНЕЗІОТЕРАПІЯ ЯК НЕХІРУРГІЧНИЙ ЗАСІБ ВІДНОВЛЕННЯ ХРЕБТА

У статті розкрито суть методу кінезіотерапії, розробленого лікарем С.М. Бубновським, що ґрунтується на лікуванні хребта природними засобами, як-от: діафрагмальне дихання, рух, холодна вода, сауна, позитивні емоції. Цей метод виключає оперативне втручання і медикаментозне лікування.

Ключові слова: хребет, кінезіотерапія, діафрагмальне дихання, рух, холодна вода, сауна, позитивне налаштування.

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КИНЕЗИОТЕРАПИЯ КАК НЕХИРУРГИЧЕСКИЙ МЕТОД ВОССТАНОВЛЕНИЯ ПОЗВОНОЧНИКА

В статье раскрыта суть метода кинезиотерапии, разработанного доктором С.М. Бубновским и основанного на лечении позвоночника природными средствами, такими как: диафрагмальное дыхание, движение, холодная вода, сауна, положительные эмоции. Этот метод исключает оперативное вмешательство и медикаментозное лечение.

Ключевые слова: позвоночник, кинезиотерапия, диафрагмальное дыхание, движение, холодная вода, сауна, позитивный настрой.