

**TO STUDY THE GENERAL EFFECT OF MANUAL THERAPY ON THE HUMAN
BODY AND ITS USE IN VARIOUS DISEASES**

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Abstract: Manual therapy has been used more and more in recent years. This was helped by the scientific justification of the method, well-established training of specialists, good results of manual diagnosis and treatment of patients. In addition to nosological diagnosis, manual examination methods are of great importance for successful treatment. Manual diagnosis is a method aimed at identifying disorders in the spine, muscles and joints. The main task of the diagnosis is to make a differential diagnosis between diseases of the spine and joints and other nosological forms. According to the mechanisms of the therapeutic effect of manual therapy available in the databases MEDLINE, EMBASE and CINAHL literature review.

The purpose of the study: Manual therapy is widely used for the treatment and rehabilitation of many diseases and injuries at various stages, as a means of primary and secondary prevention. Acceleration of recovery processes, improvement of physical and mental work ability, study of procedures of wide-scale use as a physical development method.

Key words: Vertebroneurology, chronic nonspecific back pain, functional biomechanical disorders, manual therapy, examination, treatment.

Introduction: Manual therapy is a branch of medicine in which the doctor manipulates various body tissues and body parts and their impact relieves pain syndromes. That is, thanks to manual therapy, pain disappears, the mobility of tissues and joints improves, preventive measures are taken. The history of manual medicine has a long history of four thousand years. In ancient China, ancient Egypt, India, there were manual methods of influencing the spine and joints. In the second half of the 19th century, manual therapy was divided into two directions. 'lingan - osteopathy and chiropractic. They were based on different scientific theories, and the application technique was also different. In the second half of the 20th century, official medicine began to recognize manual therapy, which is often mentioned in scientific works, journals and articles. Diagnostics based on visual examination, functional anal tests and palpation in static and dynamic cases play an important role in manual medicine. During the Renaissance, the famous French surgeon Ambroise Pare was engaged in repositioning the spine. He focused on post-traumatic dislocations in grape pickers, as well as on the spine under static load. Proponent of such therapy was the famous Johann Schules (15951645). The starting point for the beginning of modern manual medicine is apparently set in the United States in the second half of the 19th century. Those who started it called themselves osteopaths. This term was introduced in 1874 by Andrew Still. The International Federation of Manual Medicine was established in 1962. Since 1963, the congress has been held every year.

Methods of manual exposure - manual therapy, osteopathy, applied kinesiology - are widely used in the treatment of chronic, non-specific back pain. The therapeutic effect of MT is based on the achievements of clinical vertebrology, orthopedics, neurology and neurophysiology - a new concept can be called the theory of rehabilitation of movement

disorders. In the literature, there is talk about pathological changes occurring at different stages of vertebro-neurological pathology: peripheral (soft tissues), neurophysiological and psychophysiological. Manual therapy procedure is used for the treatment and rehabilitation of many diseases and injuries at various stages, as a means of primary and secondary prevention. Acceleration of recovery processes, improvement of physical and mental performance is also used as a physical development method. It has been shown that manual therapy has a positive effect on venous and arterial blood and lymph flow, improves blood circulation in veins in the area of influence. Manual therapy has been found to improve venous flow in hernias of the lumbar region of the spine. Some methods of manual therapy have been proven to improve synovial fluid metabolism by affecting it. Palpation. Palpation assessment of the condition of joints, muscle tissue, and skin is the basis of functional diagnosis. Approximate (initial) palpation is performed with the patient lying on the back or stomach, you can sit (to study the shoulder girdle and neck muscles). Of course, general comfort is necessary. The force of palpation should not be high. This, first of all, leads to an increase in the general tone of the muscles, makes it difficult to determine the hard place, and secondly, the accuracy of the study does not increase with high pressure of the finger. Determining the general structure of the muscles, becoming "familiar" with it, is useful in eliminating this presumed tension response. This study is often able to obtain the contours of myovesicular hypertonicity, the facial seal in the most stressful part. The next step is to clarify the contours of the studied muscle, its hypertonicity, to determine the reserve (obstacle). For these purposes, palpation should be deep, penetrating, and at the same time moving along the muscle with the subcutaneous tissue. In addition to palpation, when assessing muscle tone and deformation, muscle condition is checked using a myotonometer. the second is average; the third is strong. When the patient's condition is severe and the pain is severe, in cases where manual therapy cannot be used, drug treatment is used to relieve pain. Rehabilitation treatment for chronic musculoskeletal pain includes:

1. Reduction and complete elimination of pain.
2. Elimination of proprioceptive disorders.
3. Elimination of microcirculation disorders in the spine.
4. Restoration of damaged neuromuscular tissue and intervertebral disc.
5. Elimination of postural and vicarious myoadaptive disorders.
6. Relief of vegetative views.
8. Combining the optimal motor stereotype.
9. Eliminating anxiety and depressive symptoms.

Summary:

The article contains new ideas about manual therapy methods with modern presentations. Unfavorable production factors and the psycho-emotional state of patients play an important role in the pathology of the disease. Treatment of patients should be timely, comprehensive,

differentiated and take into account the pathogenesis of the disease. In addition to manual therapy, drugs should be used more widely, neither diagnosis nor individual information can be the basis of sufficient treatment by itself. Only pathogenetic analysis allows to identify the most important disorders at the moment. After the treatment, it is necessary to study the consequences to evaluate the result. Thus, treatment does not become routine. It is constantly being tested and it supports a rational scientific process. Manual therapy is the most effective method of reflexology, which serves to treat the impaired function of the movement system, they restore the limited function of the joints. Any treatment is effective only if it is appropriate for the type of disorder.