

PHYSICAL THERAPY FOR BRONCHIAL ASTHMA

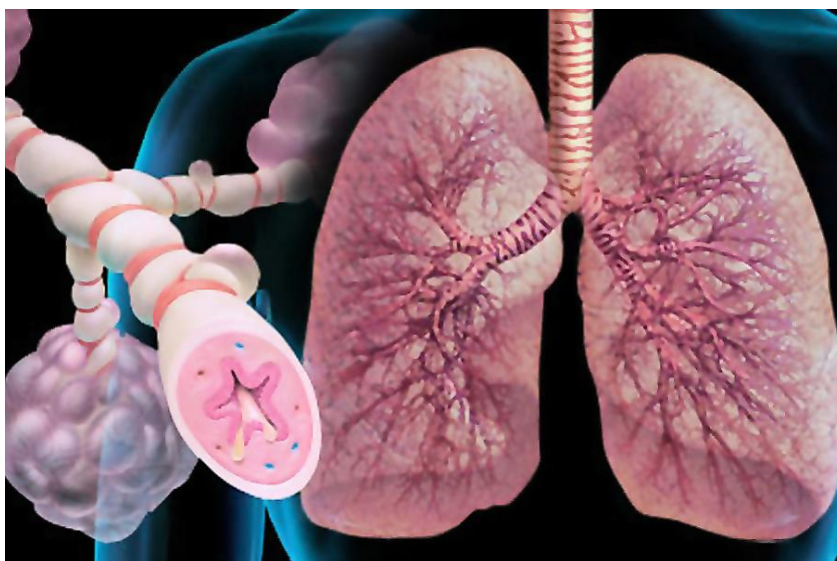
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Annotation: Physical activity can have both positive and negative impacts on people with asthma, a chronic inflammatory illness of the airways. Exercise can be therapeutic and help alleviate some of the symptoms of asthma, despite the common belief that it is not recommended for those who have the condition. Examining physical therapy for bronchial asthma is the focus of this article.

Keywords: asthma, exercise, chronic inflammatory disease, good posture, oxygen levels

Asthma is a chronic inflammatory disease of the airways, and physical activity can have both beneficial and detrimental effects. Although it may seem that exercise is contraindicated for people with asthma, it can be therapeutic and help relieve some of the symptoms associated with the disease.



Although supervised exercise training has been used to treat asthma for decades, recent research has shed light on how this form of therapy can improve patients' quality of life. A study of 56 adults with asthma by Brazilian researchers found that after three months of condition-specific exercise therapy, patients reported improved breathing function and quality of life..

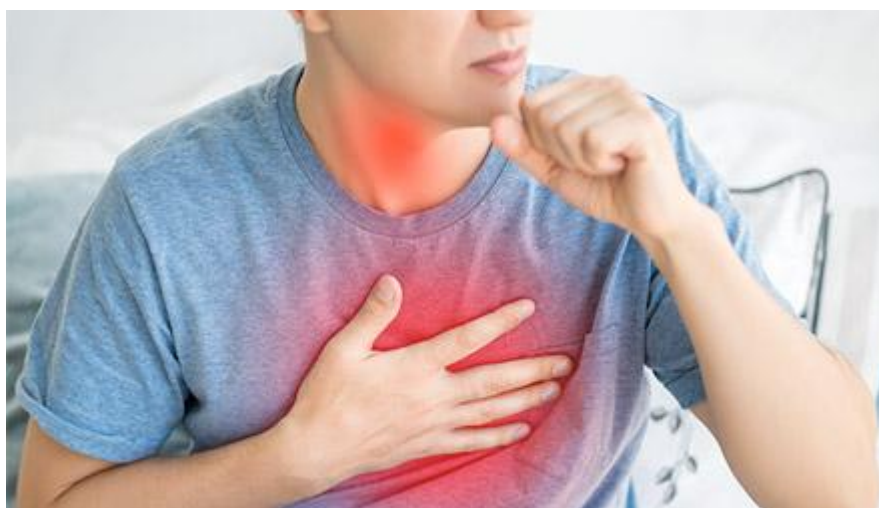


The main goal of exercise therapy is to improve overall health by maintaining good posture, increasing oxygen levels in the body, increasing endurance and muscle strength, gently stretching the joints to maintain a healthy range of motion in the muscles and joints important for breathing control, while reducing stress levels, which have been found to worsen asthma symptoms



In addition to aerobic exercise—bicycling (outdoors or indoors), jogging/walking on level ground (avoiding busy streets), swimming (indoors or outdoors if the environment meets certain temperature requirements)—physical therapy may also include: strength training, such as lifting light weights; balance exercises, such as stretching on a ball or standing on one leg; flexibility exercises, such as yoga or Pilates; relaxation techniques, such as meditation; agility exercises that involve reaction time, such as tennis drills—all within the limits prescribed by your doctor based on your individual condition.

Patients with asthma are advised to start with low intensity exercise, such as slow walking for short distances, until the body gradually adapts. The key here is consistency: regular exercise is most effective in preventing exacerbations, as opposed to sporadic exercise, which can lead to exacerbations if too much is done too soon without proper supervision by a professional who understands the mechanics and physiology behind the type of exercise that is specific to this type of chronic disease. Before starting any program, it is important to consult with a doctor first: they should determine what type(s) of exercise is best for the individual, taking into account important information about personal climate preferences, as the weather can significantly affect the level of difficulty breathing depending on humidity/dryness, as well as other factors that affect the intensity of exercise, such as age/weight/physical condition, and remembering to take preventative medications, if any, before starting vigorous exercise.



In conclusion, an appropriate regimen, tailored specifically to each patient by health professionals, can help reduce the frequency and severity of episodes, reduce the number of medications taken and improve overall health, which is beneficial not only from a physical but also from a psychological point of view, as it allows people with asthma to gain confidence in their daily lives, knowing that they will not have to constantly worry about sudden attacks thanks to proper preparation for their specific case, rather than relying on supportive forms of treatment that aim to manage rather than react when an attack occurs.

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