

## USE OF PHYSIOTHERAPY IN POSTACNE

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**Abstract.** It is a common skin disease that affects teenagers and adults. It can be uncomfortable and embarrassing, leading to self-esteem and mental health issues. Although treatments such as medication and skin care products are often used to combat breakouts, physical therapy is an effective alternative for post-acne care.

**Key words.** Health, skin care, physiotherapy, scar management, pain management.

Physiotherapy, also known as physical therapy, is a branch of healthcare that focuses on restoring and maintaining physical function and mobility. While traditionally associated with musculoskeletal injuries and conditions, physiotherapy has shown promising results in the treatment of various dermatological conditions, including postacne. Postacne refers to the residual effects of acne, such as scarring, redness, and inflammation, that can persist even after the acne itself has been treated. In recent years, physiotherapy has emerged as a potential treatment option for managing these lingering symptoms and improving the overall quality of life for individuals with postacne. One of the main ways that physical therapy can benefit people with post-acne is through the use of manual therapy techniques. Manual therapy involves manual manipulation of soft tissues to reduce inflammation, improve circulation, and promote healing. Physiotherapists can help improve skin texture and appearance by targeting specific areas of concern, such as scar tissue or hyperpigmentation, resulting in smoother skin and less scarring.

In addition to manual therapy, physiotherapy can also encompass a range of therapeutic exercises designed to strengthen the muscles and improve overall function. For individuals with postacne, targeted exercises can help to improve circulation, reduce inflammation, and promote the healing process. By incorporating exercises into a comprehensive treatment plan, physiotherapists can help individuals with postacne regain confidence in their appearance and improve their quality of life. Another important aspect of physical therapy in postacne treatment is education and self-management strategies. Physical therapists can provide valuable information and resources to help people understand their condition, identify triggers, and develop strategies to manage symptoms at home. Physiotherapy can help people improve outcomes and improve their overall quality of life by giving them the knowledge and tools to take control of their condition.

**Physiotherapy** (also known as **physical therapy**) plays a role in managing **post-acne** conditions. While it's not a standalone treatment for acne itself, it can address some of the consequences that may persist after acne has resolved. Here are some ways physiotherapy can be beneficial:

**Scar Management:** Physiotherapists can provide techniques to improve scar tissue mobility, reduce adhesions, and enhance overall skin flexibility. This is particularly relevant for individuals with acne scars.

**Manual Therapy:** Hands-on techniques, such as massage, myofascial release, and scar mobilization, can help improve tissue health and circulation around acne-affected areas.

**Exercise Prescription:** Physiotherapists can design exercise programs to strengthen muscles, improve posture, and promote overall well-being. This indirectly contributes to skin health by enhancing blood flow and tissue oxygenation.

**Pain Management:** If acne lesions were painful or if scars cause discomfort, physiotherapy can address pain through modalities like heat, cold, or electrical stimulation.

**Education:** Physiotherapists educate patients on proper skincare, posture, and movement patterns to prevent recurrence of acne or exacerbation of scars.

Remember that physiotherapy complements other treatments, such as dermatological interventions and lifestyle modifications.

Furthermore, physiotherapy techniques such as ultrasound therapy and laser therapy have shown promising results in the treatment of postacne. Ultrasound therapy uses high-frequency sound waves to stimulate collagen production and improve skin texture, while laser therapy can target specific areas of concern, such as hyperpigmentation or scarring, to promote healing and improve overall appearance. By incorporating these advanced techniques into a comprehensive treatment plan, physiotherapists can help individuals with postacne achieve noticeable improvements in their skin. Overall, physiotherapy offers a comprehensive and holistic approach to the treatment of postacne, addressing both the physical and emotional aspects of the condition. By incorporating manual therapy techniques, therapeutic exercises, education, and advanced technologies, physiotherapists can help individuals with postacne achieve noticeable improvements in their skin texture, appearance, and overall quality of life. With its focus on restoring function and promoting healing, physiotherapy stands as a promising treatment option for individuals looking to manage the lingering effects of acne and improve their confidence and self-esteem.

Acne is a common skin condition that affects millions of teenagers and adults worldwide. It can be uncomfortable and embarrassing, leading to self-esteem and mental health issues. Although treatments such as medication and skin care products are often used to combat breakouts, physical therapy is an effective alternative for post-acne care. Physiotherapy is an emerging form of treatment that uses physical tools, such as massage and heat therapy, to improve mobility and relieve pain. In post-acne care, it helps treat breakouts, improve healing, and promote healing. For people with severe acne breakouts, scarring, or discoloration, physical therapy may be a useful option to consider. One of the post-physiotherapy treatments for post-acne treatment is to improve its blood and lymphatic drainage. It helps restore healing and regeneration when affected. Physiotherapy can also stimulate the production of collagen, which is necessary for the recovery and regeneration of the skin. In addition, physiotherapy helps to improve the tone and strength of the support when affected. This can be especially helpful for individuals who experience facial paralysis, either strong or weak. Certain therapies and treatments through physical exercise and massage techniques can help restore function and improve overall health. Another benefit of post-acne treatment after physiotherapy is to support pain and discomfort. Acne can often be painful, especially when cysts or nodules form under the skin. Physiotherapy can help

relieve this pain through techniques such as massage and heat therapy, which relaxes and helps when affected.

In addition to the physical benefits, physical therapy can also have a positive effect on mental health and well-being. Postacne can significantly affect a person's confidence and self-esteem, leading to feelings of isolation and depression. By providing a supportive and encouraging environment, physical therapists can help people with post-acne feel confident and empowered to face the world. By addressing the physical and emotional aspects of postacne, physical therapy can help people gain a positive outlook and improve their quality of life.

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