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#### METHOD OF HEALTH IMPROVEMENT OF PEOPLE WITH PHYSICAL DISABILITIES THROUGH HIPPOTHERAPY TRAINING

Ibadullayev Daston Rashidovich

Physical upbringing and sports science research institute Uzbekistan, Chirchik city E-mail: <u>ibodullayevd101@gmail.com</u>

Аннотация:В данной статье Гарвардский степ-тест использовался для определения функционального состояния пациентов, перенесших инсульт. Разработан специальный комплекс упражнений для использования на занятиях иппотерапией с учетом физического состояния больных, перенесших инсульт.

**Annotation:**In this article, the Harvard Step Test was used to determine the functional status of stroke patients. A special set of exercises was developed based on the physical condition of stroke patients for use in hippotherapy sessions.

**Ключевые слова:**иппотерапия, инсульт, Гарвардский степ-тест, упражнения, реабилитация, тренировка, физическое состояние, функционал.

Keywords:hippotherapy, stroke, Harvard step test, exercise, rehabilitation, training, physical condition, functional.

Relevance. In our country, serious attention is being paid to improving the education system, educating and bringing up the young generation that ensures the prosperity of the Motherland. One of the important steps in this regard is the adoption of the "National Program for Personnel Training" and the Law "On Education" for the first time in Uzbekistan. The Law of the Republic of Uzbekistan "On Physical Education and Sports", adopted on September 5, 2015, pays special attention to physical education and sports in our Republic, considering their development and popularization as one of the priority areas. "It is important to increase and realize the creative and intellectual potential of the younger generation, to form a healthy lifestyle among children and youth, and to widely involve them in physical education and sports. More than 600 thousand disabled people live in Uzbekistan. Many people with disabilities face various difficulties in their daily lives, which negatively affects their active participation in the political, social, economic and cultural life of the country. In our country, great attention is paid to solving social issues, in particular, problems related to disability.

According to current data, people with disabilities are less likely to undergo medical examinations, and a quarter of people with disabilities do not have access to the necessary medical services. Various activities are being carried out to improve the health and lifestyle of people with disabilities. "The state guarantees that, based on an assessment of the limitations of life activities, their needs for social assistance and protective measures are taken into account, and that necessary measures are taken to implement programs for the rehabilitation and social protection of people with disabilities, as provided for in the legislation." In our country, great attention is paid to solving social issues, in particular, problems related to disabilities. The Republic of Uzbekistan was one of the first in the Commonwealth of Independent States to



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create a legal framework "On Social Protection of Persons with Disabilities" that includes the rights of people with disabilities.

**Research goal:** to improve the health of stroke patients through hippotherapy exercises **Research objectives:** 

- Assessing the physical condition of stroke patients

- Creating a special set of exercises for stroke patients

- Provide suggestions and recommendations for organizing hippotherapy sessions for stroke patients

Hippotherapy is a technique that solves the problem of teaching horsemanship in an easy and stress-free way.

During our research, we have developed a comprehensive plan of hippotherapy exercises for stroke patients in order to teach them hippotherapy exercises and strengthen their health, improve their overall physical development and increase their level of physical fitness. The main goal is to restore partially lost movements in the legs and arms of patients, improve coordination of movements, and overcome walking difficulties easily and stress-free.

Of hippotherapy is not to teach you how to ride a horse, but rather to use the horse and its movements to achieve specific goals through specific therapy. Sessions are usually supervised by a certified riding instructor. Each participant works individually with a physical therapist or occupational therapist.

The physical exercises used in hippotherapy sessions for stroke patients range from simple to complex. This is because the physical condition of the respondents, their interaction with the horse, and their adaptation to the horse were also taken into account. Special physical exercises performed in hippotherapy sessions to improve walking difficulties and movement coordination in stroke patients were classified.

1. Twisting the body to the right and left with the arms raised to the sides

2. Half-crouching while holding the saddle

3. Standing upright while holding onto a horse's saddle

4. Sitting on a horse facing backwards and raising the legs up while holding the saddle with the hands

5. Sitting on a horse facing backwards and raising your arms to the sides, then lowering them with your arms up

6. Catching a ball thrown from a sitting position on a horse facing left

7. Turning right, left and back while sitting on a horse

Harvard step test stroke in humans mainly heart and blood vein system and organism general ability assessment for This test is used from a stroke after following aspects to be determined possible :

1. Cardio -respiratory system Status: Breath test to take system and heart activity in evaluation help gives , because from a stroke after this in systems many in cases changes to be possible .

2. Physical endurance and recovery Ability: Test physical brightness and from activity then organism recovery speed to determine help Gives. From stroke then, people often this in terms of to difficulties face they come .

3. Postural stability: Test to perform postural stability during the process assessment it is possible, this and from a stroke then important importance has, because many in patients balance in storage difficulties will be .



Table 1.

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4. Muscle power and answer Speed : Test person muscle power and fast answer to give ability to determine help gives , this and from a stroke after muscles and actions management with related to be possible .

Research had a stroke of patients functional status determination for Harvard step test was held .

FISH	Normal in the state pulse	F1	F2	F3
E.Q	79	128	102	97
<b>A.</b> N	78	104	94	80
A. G	102	150	120	116
A.S	86	108	90	84
D. J	108	138	120	110
<b>P. J</b>	96	115	90	80
U.G	108	116	110	96
<b>A.</b> N	100	114	110	97

### Harvard step test research at the beginning indicators

In the table every one participant's normal state pulse indicators and in stages F1, F2, F3 pulse indicators The following are provided . seeing we go out:

EQ Normal pulse (79). F1 to F3 pulse decrease being observed (128 - 97).

AN Normal pulse (78). F1 to F3 decrease is felt (104 - 80).

AG Normal pulse (102). F1 to F3 pulse noticeable at the level decreased (150 - 116).

AS Normal pulse (86). Recovery in the phase pulse to the norm approached (108 - 84).

DJ Normal pulse (108). F1 to F3 decrease observed (138 - 110).

PJ Normal pulse (96). Pulse very fast recovering (115 - 80).

UG Normal pulse (108). Stages between on the pulse decrease is felt (116 - 96).

AN Normal pulse (100). Recovery (114 - 97).

Research at the beginning indicators analysis do this conclusion we did , the most good recovery :

PJ (115 - 80) and relatively slowly recovery :

DJ (138 - 110) and

AG (150 - 116) was determined.

#### Graph 1.

Pre-study Harvard step test scores of stroke patients



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Above graphic every one participant's normal state from the pulse Starting from , in stages F1, F2 and F3 heart beat how changed shows .

Graphic according to analysis to do if:pulse the most big promotion at the F1 stage all participants for pulse noticeable at the level raised . AG participant the most high pulse (150) record PJ . participant in the F3 stage normalize the pulse the most close at the level (80 beats / min).

AG and DJ participants recovery in the process pulse slowly fall observed . In the AN participant pulse recovery process relatively better .

FISH	Normal in the state pulse	F1	F2	F3
E.Q	79	118	100	95
A. N	78	104	89	80
A. G	102	137	110	106
<b>A. S</b>	86	97	90	81
D. J	108	128	110	100
<b>P. J</b>	96	115	90	80
U.G	108	111	110	92
<b>A.</b> N	100	112	100	95

# Table 2. Harvard step test research at the end indicators



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**2-grafik.** End-of-study Harvard step test scores of stroke patients

Many participants research per head than pulse recovery level improved .

For example, AS (81) and AN (80) in the fitness index noticeable growth shown.

Lowest result : AG (106) pulse in recovery still weak shows that physical exercises continue to continue demand does .

Research at the end of the participants average pulse increased , this general physical preparation level improved shows .

**Conclusion :** Stroke of patients not only physical situation and activity in the increase maybe functional status hippotherapy also improves of training importance is big . **References:** 

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