

## THERAPEUTIC PHYSICAL CULTURE IN HUMAN LIFE

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**Abstract:** This article examines the role of therapeutic physical culture in human life.

**Keywords:** Therapeutic physical culture, sports, health, means of rehabilitation

Therapeutic physical education occupies a prominent place in the curricula of many pedagogical, physical education and medical specialties as an effective means of functional therapy and rehabilitation. In recent decades, the importance of physical education in the functional rehabilitation of people with health problems has been given increasing importance. More and more tools and techniques are appearing that show its almost limitless possibilities in solving this problem.

Therapeutic physical education is a scientific-practical, medical-pedagogical discipline that studies the theoretical foundations and practical ways of using physical education means for the prevention, treatment and rehabilitation of various diseases. Therapeutic physical culture, based on modern achievements of physiology, morphology, biochemistry, clinical medicine, studies the effect of various means of physical culture on the body of a weakened and sick person. She develops methods and methods for using specific agents at various stages of treatment and rehabilitation. A distinctive feature of therapeutic physical culture in comparison with other methods of healing, treatment and rehabilitation is that it uses physical exercise as the main therapeutic agent, which is a type of natural innate quality of a person - physical activity, which is the main stimulator of the processes of growth, development and formation body. Contributing to the maintenance of health, improvement and rehabilitation of the patient, therapeutic physical culture is one of the most important branches of medicine. By cultivating in a person a conscious attitude towards the use

of physical exercises and involving him in active participation in the treatment and rehabilitation processes, therapeutic physical culture is a pedagogical process.

Therapeutic physical education is the most important means of rehabilitation. Rehabilitation is a method and process of restoring the health, functional state, ability to work and social status of a person, impaired by diseases, injuries or other biological, mechanical, social, etc. factors. It is thanks to gradually more complex physical activity that the process of rehabilitation - medical, physical, psychological, professional, socio-economic, etc. - proceeds much more actively both in time and in intensity. Therapeutic physical education is recommended for almost all diseases and injuries. The improvement of methods of treating patients in recent years has expanded the possibilities of using therapeutic physical culture and makes it possible to use it at an earlier date, even for those diseases for which it was not previously used. This is also facilitated by the development of new methods of therapeutic physical culture.

Contraindications to therapeutic physical education classes are divided into absolute and relative. As for absolute ones, their range is extremely small: it is absolutely impossible to use therapeutic physical culture for malignant neoplasms, for some mental conditions, etc. As for relative contraindications, they, in turn, are divided into temporary and contraindications according to means. Temporary contraindications involve refusal to use physical exercises in certain conditions of the patient, when it is undesirable to activate physiological processes in the body. Thus, therapeutic physical culture cannot be used in the acute period of the disease, in the general serious condition of the patient, at a high temperature, in severe pain, in case of danger of severe bleeding, intoxication, in case of a sharp decrease in the adaptive capabilities of the body, etc. As for contraindications by means, they imply refusal to use certain types of physical exercises or modes of their use, starting points for a given disease or injury.

**Conclusions:** The above information allows us to draw a conclusion about the exceptional role that targeted physical activity in the form of therapeutic physical culture plays in correcting the level of health or in treating a disease, which is associated with its numerous beneficial effects on the body.

### References

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