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APPLICATION OF THE METHOD OF ALPHA-GRAVITY FOR THE FEMALE PATIENTS WITH ANOREXIA

Formulation of the problem. Nervous anorexia is a serious disease, which does not only complicate the patient's micro-social functioning but also reduced the quality of life. It is critical that in worst-case scenario, it can lead to death. During the last decades, there has been a growth trend of anorexia nervosa [1, 3]. During the last 5–10 years, there has been a pathomorphosis of the disease, which manifests itself in the severity increase, as well as in frequency increase of bulimic manifestations. In this case, the nervous anorexia is predominantly faced with at a young age [3].

The goal of the research is to work out a scientific justification of alpha gravity phenomenon in the structure of comprehensive rehabilitation program of 13–18 years old patients sick with anorexia.

Materials for research were received from «Revocanda», the Center of Food Addiction, Kyiv. They are based on investigation made during the period from September 2016 to February 2017. The study involved 23 girls suffering from anorexia nervosa.

The results of the research and their discussion: the content analysis of the history of the diseases demonstrated the presence of endocrine disorders in the girls identified nosology, which was manifested in the form of violations of the pituitary-hypothalamic system (58%) and genital system (66%), thyrotoxicosis (67%), myxedema (8%), diabetes mellitus (51%).

Clinical analysis of somatic symptoms showed that girls had a rather high severity of pain syndrome, which was manifested as a headache of episodic

or chronic nature (97%), migraine pain without aura (45%), cardiology (79%), musculoskeletal pain of the lower back (64%). Patients were widespread psycho-vegetative syndrome (98%). The symptoms of this syndrome were presented by tachycardia (98%) and hyperhidrosis (94%).

We have developed a comprehensive program of physical rehabilitation, which was worked out on the basis of pedagogical principles and the principle of differentiation of physical exercises with special orientation. The rehabilitation measures envisaged the phased introduction of for three motor regimes: sparing, sparing training and training [4]. The basis of these regimes were individually selected and differentiated aiming to improve the metabolism; increase in body weight; development of functional adaptation of the basic systems of an organism to the disturbed metabolism and increase of adaptation possibilities; prevention of possible complications; changing diet and lifestyle habits; improving the quality of life [2].

After the rehabilitation is scheduled and planned, the rehabilitation process itself begins. The developed program of physical rehabilitation is based on the major principles of physical rehabilitation and physical education, general principles of constructing occupation of exercise therapy with respect to motor regimes.

In order to regulate the motor activity of female patients during the implementation of the program of physical rehabilitation, the following three motor modes were applied: gentle mode, gentle-training and training mode. Each one consisted of individual tasks and ways of their implementation, as well as specific methodical features.

Conclusions: experimental verification of the developed program of alpha gravitation of female patients sick with anorexia proved its effectiveness in 6 months. Health indicators of female patients who were engaged in the Pilates program were the following: the physical functioning was the best – by 24.10 points ($p < 0.001$), the total health status – by 20 points ($p < 0.001$), life activity – by 10 points ($p < 0.01$), body weight – by 2,81 kg ($p < 0.05$), Keethe index – by 1, 05 ($p < 0.05$), the percentage of fat – by 1,11% ($p < 0.001$), metabolic age – by 0,80 years ($p < 0.05$), the Skibinsky index – by 1,54 U. D. ($p < 0.05$); with a significantly lower heart rate – by 5,8 ($p < 0.001$), anxiety and depression index – by 2 points ($p < 0.01$). Those indicators are informative criteria for confirmation of program effectiveness and might be considered as the basis for the introduction into the activity of specialized institutions.

LITERATURE

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