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**KINESIOTHERAPY AS AN EFFECTIVE METHOD OF
TREATMENT AND REHABILITATION**

Kinesiotherapy is a method of treatment, rehabilitation, and prevention of musculoskeletal diseases based on the use of special exercises and movements to restore mobility, strengthen muscles, reduce pain, and improve coordination. It involves creating individual programs that may include active

exercises performed independently or passive exercises performed using special equipment under the supervision of a specialist.

Today, there are about ten different types of kinesiotherapy that use different movement systems to achieve a therapeutic effect. These include joint or floor gymnastics, yoga, martial arts, Pilates, callanetics, strength training, and others.

The main goal of kinesiotherapy is to improve the body's adaptive abilities.

Kinesiotherapy combines various methods and uses a variety of techniques, but its basic principles remain unchanged:

1. Naturalness of movement. It consists in understanding movement as a natural human state, which the body is able to use for self-healing.

2. Individual approach. A treatment, rehabilitation or prevention program is developed taking into account the patient's health status, age, gender and level of physical fitness. The first session begins with a history (health questionnaire), assessment of posture and mobility. Taking into account the data obtained, the kinesiotherapist creates an individual set of exercises.

3. From simple to complex. Classes begin with simple movements and small loads to adapt the body. Then the load is gradually increased, and the exercises are made more difficult. Breaks are necessarily taken between training complexes.

4. Regularity of classes. The effectiveness of treatment depends on this factor. Only regular exercise will help to get a positive result.

5. Repetition of exercises. Frequent repetitions of movements form behavioral acts and help restore correct reactions lost by the body during illness.

6. Proper breathing. Breathing techniques help you concentrate on performing exercises, engage deep muscles, and distract from painful sensations.

7. Attention and control. Correct execution of exercises is the key to safe and effective therapy. The kinesiotherapist explains to the patient the goals and techniques of performing the movements, shows what to do and how to breathe, and also, if necessary, adjusts the program.

Correct posture involves an upright, balanced body position without leaning forward, backward, or sideways. An important element in the prevention of posture disorders and joint diseases is a strong musculoskeletal system, which provides rigidity and stability of the muscular frame, as well as flexibility and elasticity of the body. A kinesiologist develops an individual exercise program to develop the neuromuscular mechanism that activates the deep muscles of the back without axial load on the spine.

Massage, gymnastics, taping, and other methods may also be used. With regular exercise, the muscles responsible for proper posture return to normal tone and physiological state. A strong musculoskeletal framework is able to support the body in the correct position, improving mobility and eliminating stiffness and pain in the neck, chest and lower back.

In physiotherapy, various treatment tools can be used: devices that generate ultrasonic waves, vibrations, electrical stimulation; massagers; tapes for taping, and more. To restore the amplitude of movements, normalize muscle tone and increase their strength, correct posture, eliminate pain, improve balance and develop coordination of movements, kinesiotherapy uses treadmills, exercise bikes, a wall bar, dumbbells, and special simulators for skeletal stretching.

Conclusions:

1. The use of kinesiotherapy helps reduce the intensity of symptoms.
2. In order to increase the effectiveness of recovery in patients with comorbid pathology, it is advisable to use comprehensive treatment and rehabilitation measures involving physical therapy.