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PECULIARITIES OF COMBINATION OF ESTABLISHED AND NON-TRADITIONAL MEANS OF REHABILITATION

Introduction. Much of what has helped many generations over the centuries, unfortunately, has been lost. Modern rehabilitation techniques are beginning to return to the profound investigation of non-traditional rehabilitation methods. Of course, they continue to be even more effective in combination with proven and established means. Non-traditional means of rehabilitation impress connoisseurs with their authenticity adapted to modern trends and current actual needs. The correct use of non-traditional methods of recovery and rehabilitation for a person practically cannot hurt the body and health and action according to its physiological mechanisms which appears to be more effective for a person and has a prolonged effect.

Statement of the problem. Are mentioned and reinterpreted more and more often the ancient rehabilitation techniques. It is confirmed that in most of the cases, they are not only not worse than the established means but rather show as a result of a proven experience that they surpass the established means at some indicators. It appears to be that the optimal effect is gained in the combination of established and non-traditional means of rehabilitation. As a separate benefit, the users confirm the optimization of the inner power resources that also improve the person's psycho-emotional state.

Discussion. Let's dwell in more detail on the methods of rehabilitation and refinement, which are based on the accumulation of internal energy, the concentration of which increases when performing specific physical movements or as a result of contact with certain points of the human body. The following means belong to the list of such activities:

- Shiatsu - an ancient Chinese method of treatment by pressing fingers on the corresponding body spots;
- Sujok- a unique healing method in Eastern medicine, the basis of which is the effect on the points of the hands (su) and feet (jok);
- Reflexology - a non-traditional method of healing with the help of various methods of influencing certain areas of the body for the treatment of various diseases;
- Yoga - a method of calming the mind and directing energy into the right channels;

- Ayurveda - an Indian health system, knowledge about a healthy lifestyle and achieving happiness and longevity;

- Reiki - a human healing system based on the laying on of hands technique.

The most authoritative are those methods and techniques that enable quick pain relief, relief and predicted physical recovery. Traditional recovery and rehabilitation are based on the principles of science, effectiveness, pragmatism, and reproducibility.

For the non-traditional methods we have highlighted above, we interviewed 100 respondents. The distribution of the results also reflected the global popularity of the tendencies in non-traditional rehabilitation. Yoga is one of the most widely practiced alternative therapies worldwide. Estimated usage: 25–35% (i.e., 25 to 35 people out of 100). Ayurveda is currently gaining global recognition. Estimated usage: 10–15%. Sujok is less known compared to others but has a growing community - 2 to 5 people out of 100. Reflexology, which involves applying pressure to specific points on the feet, hands, or ears, appeared to be quite common in holistic health circles (10–15%). Estimated usage of reiki is equal to 5-10%.

Conclusion. And yet, what methods of rehabilitation should be used? The experience of scientists and certified specialists or the experience of all mankind, accumulated over centuries? There is no unequivocal answer to this question. After all, depending on the situation, both traditional and non-traditional methods of rehabilitation can be effective. One thing is certain: alternative (non-traditional) rehabilitation is now creating a powerful competition to scientific methods of rehabilitation, hinting that there is always room for wonder in life and opportunity to turn your internal resources into power.

LIST OF REFERENCES

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