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NECESSITY OF PHYSICAL REHABILITATION FORDENTISTS

Purpose: to give a clinical and physiological justification and develop methodological approaches to the implementation of physical rehabilitation of postural disorders in the frontal plane in dental practitioners.

Methods: questionnaire, assessment of the posture rating in the frontal plane by 14 somatoscopic signs, determination of body balance, as well as functional ability of the muscles of the back and abdomen by testing, lung capacity by spirometry and expiratory muscle strength by expiratory manometry and calculation of the hypoxia resistance index.

Results: The article substantiates methodological approaches to the physical rehabilitation of dentists who have postural disorders due to professional activities. It is shown that under the influence of special professionally oriented trainings the examined dentists significantly improve their physical condition and posture rating.

Conclusions: Dental practitioners have postural disorders in the frontal plane (scoliotic posture). Moreover, they have reduced static endurance of the muscles of the back and abdomen, spirometry, expiratory pneumomanometry and resistance to hypoxia. In professionally oriented physical rehabilitation of dentists with scoliotic posture there is justified a methodical approach through corrective gymnastics and volitional breath

control in the rehabilitation complex during respiratory practices. After a course of independent physical training of dentists on assignment at home for 3 months, professionally important indicators of their physical condition and posture rating are significantly improved. This justifies the feasibility of implementing the proposed program.

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