

# THE CAUSES OF KNEE JOINT ARTHRITIS AND PHYSICAL EDUCATION (IN THE CASE OF FOOTBALL PLAYERS) TO TREAT IT USING SPECIAL EXERCISES

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## Abstract

In this article, we will look at the causes of osteoarthritis of the knee joints and explore the role of specific exercises in its treatment. We look at how targeted exercise can benefit people with osteoarthritis, and offer a non-invasive and holistic approach to managing this condition.

**Keywords:** knee joints, arthrosis, exercises, injuries, surgery, genetic predisposition, osteoarthritis.

## Introduction

Arthritis of the knee joint is one of the most common orthopedic pathologies. It is a chronic disease of the knee joints, which can lead to mountain damage, thinning and bone failure. It significantly worsens patients' quality of life and causes disability due to persistent pain syndrome. The treatment of knee arthritis should be comprehensive. One of the most important conditions of successful treatment is timely diagnosis and the start of early treatment. This prolongs the duration of the remission, prevents mountain and bone damage and knee joint deformation. It should be noted that today there is no way to get rid of the disease altogether. Only the changes mentioned above can be reduced. The focus is on drugs that restore mountain tissue, a process that takes a long time and requires patience from the patient, because other treatments partially help and are temporary. Therefore, it is best to treat a doctor in constant communication. In general, this disease appears against the background of secondary, that is, other diseases, for example, obesity, injury, stress. All this begins treatment, taking into account by the doctor.

## LITERATURE ANALYSIS AND RESEARCH METHODOLOGY

Arthritis of the knee joints, commonly known as osteoarthritis, is a degenerative joint disease that affects millions of people worldwide, leading to decreased pain, stiffness and mobility. While arthritis can be a complex condition influenced by various factors, understanding its causes is necessary for effective treatment and prevention. Here we will look at the main factors that contribute to the development of arthritis in the knee joints.



1. Genetic predisposition: Genetic factors can play an important role in the development of knee arthritis. People with a history of osteoarthritis in the family are more likely to develop the condition on their own. Genetic changes can affect the structure and function of the joints, making them more susceptible to degeneration over time.

2. Injuries: Knee injuries, such as fractures, ligament ruptures or meniscus injuries, can increase the risk of developing arthritis in life later. These injuries can disrupt the normal mechanics of the knee joint, which leads to rapid abrasion of the cartilage and surrounding tissue.

3. Age-related changes: Older young people are an important risk factor for the development of knee arthritis. As people age, the cartilage in the joints naturally leads to progressive degeneration and thinning. Age-related changes in joint structures and functions contribute to the onset and development of arthritis.

4. Obesity: Excess body weight can cause additional stress on the knee joints, which can cause rapid wear to the cartilage. Obesity is a known risk factor for knee arthritis, as increased mechanical load can cause inflammation, joint instability and cartilage damage over time.

5. Joint misplacement: malfunctioning joints or biomechanical problems can make people susceptible to knee arthritis.

6. Occupational and physical activity factors: Some occupations or actions that include heavy lifting, kneeling, or repeated stress on the knees can increase the risk of developing knee arthritis. Without adequate rest or recovery, chronic overuse or misuse of the knee joints can lead to cartilage and the development of arthritis.

**DISCUSSION AND RESULTS**

Understanding the versatile nature of the causes of knee joint arthritis is essential for the implementation of preventive strategies and targeted treatment. By addressing potentially modified risk factors, such as obesity, stimulation of joint physical activity and adopting healthy lifestyle habits, people can reduce the risk of developing knee arthritis and improve their overall health and quality of life.

Treatment of knee joints with the causes of arthritis and special exercises.

A common degenerative joint condition characterized by arthritis of the knee joints, as well as knee osteoarthritis, falls on the cartilage in the knee joint. Understanding the causes of knee arthritis is very important for effective treatment and treatment. In addition to medical interventions, special exercises can play an important role in improving joint function, reducing pain, and improving mobility in people with knee arthritis.

**Table 1**

T/R	Sabbaths
1	Aging
2	Obesity
3	Joint trauma
4	Genetika
5	Sex (common in females)
6	Muscle weakness
7	Incorrect positioning of knees
8	Diseases of inflammation
9	Hormonal changes



## Causes of knee joint arthritis

Causes of knee joint arthritis:

1. Age: As people grow older, the cartilage in the knee joints can naturally deteriorate over time, leading to the development of arthritis.
2. Excess weight or obesity: Excess body weight increases and accelerates stress in the knee joints. The resulting embryo was placed in nutrients and then inserted into her womb, where it implanted.
3. Previous joint injuries: Knee injuries, such as fractures, ligament ruptures or meniscus injuries, can make people more prone to developing arthritis in the affected joint. Joint injuries can disrupt the normal biomechanics of the knee and eventually cause the cartilage to fall over time.
4. Genetic factors: Hereditary inclination also contributes to the development of knee arthritis. Some genetic changes may affect the structure and integrity of tissues, making people more susceptible to degenerative joint diseases such as osteoarthritis.

Treatment with special exercises:

1. Action diaphragm exercises: Soft motion exercises can help improve flexibility and joint mobility in people with knee arthritis. These exercises are aimed at moving the knee joint by full mobility without leaving pain, helping to maintain the function of the joints and preventing theft.
2. Strength exercises: Muscles surrounding the knee joint, such as a head with a head, a head with a head with a head, a head with a thigh muscle and a bolt muscle strengthening exercises, help provide additional support and stability to the joint. Strengthening these muscles can reduce stress in the knee joint and improve overall joint function.
3. Less impressive aerobic exercises: Low-impact aerobic exercises such as swimming, cycling or walking can help improve the cardiovascular system without putting excessive stress on the knee joints. These exercises can help reduce weight, which can relieve the symptoms of knee arthritis.
4. Balance and proprioception exercises: Balance and proprioception exercises can help improve stability and coordination in people with knee arthritis. These exercises are aimed at strengthening control, which reduces the risk of descent and improves functionality.
5. Stretch exercises: Regular stretching exercises can help improve muscle flexibility around the knee joint, reduce stiffness and improve joint mobility. Stretching exercises can help relieve muscle tension and improve the health of common joints.
6. Consultation with a physiotherapist: Before starting any exercise program for knee arthritis, it is necessary to consult with a physiotherapist or medical provider. A physiotherapist may provide personal recommendations, instructions on the right exercise technique, and adjustments based on individual needs and limitations.

## CONCLUSION

In conclusion, a comprehensive method of treating arthritis of the knee joints should include medical interventions, lifestyle changes and targeted exercises. Special exercises designed to improve the flexibility, strength and stability of joints can play an important role in knee arthritis management, improving quality of life and strengthening long-term joint health. By including these exercises in a structured treatment plan, people with knee arthritis can relieve symptoms, feel improved function and overall well-being.



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