

THE IMPORTANCE OF PHYSICAL EDUCATION IN ARTHROSIS

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Abstract

Arthrosis is one of the degenerative diseases of the joints and often occurs in people with advanced age. This disease causes changes in the tissues of the joints, especially in the bones and cartilage. As a result, it causes pain, movement restrictions and deformities of the joints. For patients suffering from osteoarthritis, the importance of physical education and an active lifestyle is great. Physical activity helps not only to improve the function of the joints, but also to strengthen general health.

Keywords: Arthrosis, degenerative diseases, joint pain; health, physical activity, exercise.

Introduction

Physical education is an important process aimed at developing a person's physical activity, strengthening his health and improving his general well-being. It serves not only to strengthen muscles, but also to improve mental state, develop social ties and improve the quality of life. The main goal of physical education is to promote the development of the human body. Through this process, a person's physical condition, mobility, endurance, and strength increase. Through exercise, sports activities and various physical activities, all systems of the body are strengthened, including the cardiovascular, respiratory and muscular systems. The benefits of physical education are many. It improves a person's mental state, reduces stress and raises mood. Physical activity stimulates the production of endorphins – hormones of happiness, which makes a person feel happy and cheerful. Also, regular exercise strengthens a person's immunity, protects against diseases and helps to live longer. Physical education also serves to promote social interaction. Doing sports or physical exercise together allows you to get even closer with friends and family members. This process also develops social skills such as working in a group, collaborating, and supporting each other. It is very important to bring physical education to life. Everyone should choose exercises according to their physical condition, age and abilities. Activities such as light walking, swimming, cycling or sports games are considered comfortable and beneficial for everyone. Strengthening exercises and stretching exercises are also an integral part of physical education. Physical education is a process necessary not only to maintain health, but also to improve the quality of life, ensure mental stability and promote social ties. Each person can





introduce physical activity in their life and improve their health through it. Through physical education, a person develops not only physically, but also mentally and socially, which makes his life more meaningful and satisfying.[1]

The importance of physical education in osteoarthritis is seen in several ways. First, physical activity improves blood circulation in the joints, which ensures tissue nutrition. When nutrition is good, the cartilage and bones of the joints are strengthened, which slows down the development of the disease. Also, physical activity strengthens the muscles around the joints. When the muscles are strong, they provide additional support to the joints, which reduces the load and reduces pain. Secondly, physical education helps to reduce pain associated with osteoarthritis. Studies studied show that regular physical activity reduces pain and increases the quality of life of patients. Exercise stimulates the production of endorphins, substances that reduce pain that are present in nature. These substances also help to improve a person's mental state, as a result of which patients feel more comfortable. Thirdly, physical activity helps to reduce excess weight associated with osteoarthritis. Numerous studies show that excess weight brings an additional load on the joints, which accelerates the development of osteoarthritis. Weight control through physical education reduces pressure on the joints and improves their health. When emphasizing the importance of physical education in osteoarthritis, it is also important to consider different types of movement. Aerobic exercise, strengthening exercises, and stretching exercises can be useful for patients suffering from osteoarthritis. Aerobic exercise, such as walking, swimming, or cycling, can help strengthen the cardiovascular system and improve overall fitness. Strengthening exercises, on the other hand, strengthen the muscles and support the joints. Stretching exercises, on the other hand, increase joint mobility and improve muscle elasticity. It should be noted that it is very important for patients with arthrosis to consult a doctor before starting physical education. Each patient's condition is individual, and the doctor must draw up an exercise program that matches the patient's condition. When starting exercises, patients should start slowly and gradually increase the load so that they do not feel uncomfortable. In the event of pain or discomfort during the exercise, it is necessary to stop the exercise and contact your doctor. Physical education plays an important role not only in osteoarthritis, but also in many other diseases. It improves the overall health of a person, raises his mental state and reduces stress.[2]

Making a plan that involves physical activity in arthrosis increases the patient's quality of life and slows down the progression of the disease. In addition, the social environment is also important in stimulating physical activity for patients with arthrosis. Group exercise, which involves performing physical activities with friends or family members, increases motivation and improves the patient's mental state. Social support helps the patient to maintain physical activity and motivates them to a more active lifestyle.[3]

To start exercising in osteoarthritis, it is very important to first consult a doctor or rehabilitation specialist. They can recommend exercises that suit your posture. This is necessary in order to carry out the process safely and efficiently. At the initial stage, it is recommended to choose light exercises. Aerobic exercise, such as walking, swimming, or cycling, can be started, for example. This type of exercise gives the joints little load and makes them move. When you start exercising, you need to slowly increase the duration and intensity. In the first weeks, aim to exercise 2-3 times a week for 10-15 minutes, and then increase the time and intensity. This process will strengthen





your joints and improve their mobility. It is also important to perform stretching exercises before and after doing the exercises. Stretching exercises increase joint mobility and improve muscle elasticity, which reduces the risk of injury. As your physical condition improves, add strengthening exercises. This strengthens the muscles and supports the joints. You can use your own weight or light weights. Including strengthening exercises will help you increase your overall strength. In the event of pain or discomfort during the exercise, it is necessary to immediately stop the exercise and consult a doctor. Choosing exercises aimed at reducing pain will reduce the risk of injury and improve your health. Maintaining regularity is also very important. Doing physical exercise regularly, exercising at least 3-5 times a week, can help improve joint health. This will improve your physical condition and increase your overall well-being. In addition, exercising with friends or family members will increase motivation and make your process more fun. Social support will help you through the exercise process and make it easier for you to achieve your goals. Taking these recommendations into account, people with osteoarthritis can successfully start physical activity and improve their health.[4]

Conclusion:

In conclusion, the importance of physical education in arthrosis is very great. It helps to improve joint function, reduce pain, control excess weight and promote overall health. Regular exercise of physical activity increases the patient's quality of life and reduces problems with osteoarthritis. Therefore, everyone who suffers from osteoarthritis should try to increase their physical activity. A correct understanding of the importance of physical education in osteoarthritis and its implementation into life is an important step towards improving the health of patients and combating the disease. Through physical activity, patients can not only improve their physical condition, but also maintain mental stability. Therefore, the adoption of physical education as an integral part of life is important in the fight against arthrosis.

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