

PLAYING IN CHILDREN

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Annotation:One of the most observed cases in children in this article is about neck tilt and its treatment measures. It is caused by improper raising of children and other improper actions.

Keywords: Deformation, muscle, baby, pathology.

Neck tilt is a congenital or acquired deformation of the neck characterized by an incorrect head position. Neck tilt is a neck deformation in which the head is bent to one side. Neck oblique is a sign that the condition of bone, muscle and nerve tissue is disturbed. In addition, in most cases, neck oblique may be acquired during childbirth, especially in misalignment of the fetus (50-80%). Most often, the oblique neck is accompanied by a fracture of the spine, paresis of the shoulder tissue on the same side, and damage to the cervical spine. The disease is most often caused by pathological changes in the chest-spinal muscles. The function of this muscle is to bend and rotate the head. When one of these muscles contracts, the face is turned to one side, while the head is tilted in the opposite direction. If both muscles contract, the head moves slightly forward and turns back.

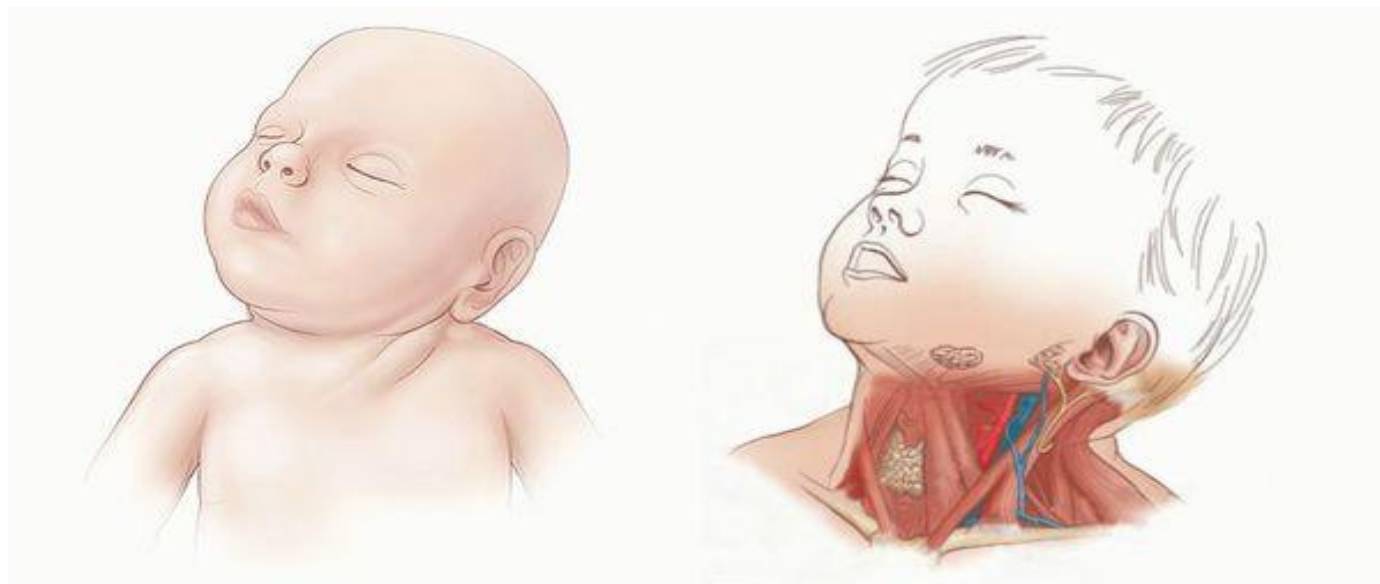


Figure 1 the appearance of a neck tilt in a child

Types of neck tilt:

The neck tilt will be 2 different congenital and acquired. Congenital neck curvature is a very common disease. Girls are often affected. Usually the oblique neck develops on the right side. The development of the disease is caused by injury in the process of childbirth and pathology in the development of the neck muscles.

Unfortunately, congenital neck curvature is very difficult to know in the maternity hospital itself. In only 1% of cases it is detected in the first days of the baby's life. As the child grows, the development of the diseased side of the neck is left behind from the healthy side, and when the baby arrives at 3 weeks, it is clearly noticeable that the child is facing his head only to one side.

If in time the oblique neck is not treated, more and more the child's face undergoes asymmetry, due to the fact that the head is always facing one side, the facial bones develop oblique, and squeal can occur. When a child reaches the age of 6-7 years, the bias is clearly visible not only on his head, but also on his spine.

Symptoms of neck tilt:

- The child bends his head only to one side. In rare cases to the second side and the chalet will creak;
- The head is slightly thrown back;
- There will be asymmetry in the structure of the face;
- One part of the body stands higher than the other when the child lies at the waist;
- A depth is formed on one side between the shoulder and the neck.
- These symptoms sometimes also manifest themselves in neurological pathology-hypertonus of the muscles of the neck.

Prevent neck tilting:

- The Prevention of pathology is determined by its form and depends on the reasons for its occurrence.
- Daily massage in combination with therapeutic exercises provides an extension of the sternocleidomastoid muscle fiber, which reduces the risk of damage during the active growth of the child.
- Timely effective treatment of purulent inflammatory diseases of soft tissues, lymph nodes of the neck prevents the development of dermodesmogenic neck oblique.
- Rational care of the child will prevent the appearance of positional neck oblique.



Figure 2 prevention of neck tilt

Neck oblique treatment

Congenital neck tilt in newborns is a very common disease. Visually, the head of newborns is turned towards the muscle, which is infected with obliquity, and towards the healthy side. The back of the head, shoulder and shoulder girdle are asymmetrical, with one shoulder girdle much higher than the other. When palpation, a thickening of the muscle fiber is felt on the affected side, limiting the mobility of the head to the diseased side. In mild cases, the curvature prevents the child from freely twisting (twisting) his head in all directions, the tone of the muscles is impaired. In severe or advanced cases, facial asymmetry develops (narrowing the eyelid or eye, "pulling" the cheek or mouth), cerebral circulation is disrupted, lagging behind in physical and mental development, scoliotic changes are formed in the cervical-thoracic, then lumbar sections. Often in newborns, the cause of neck curvature is the hypertonus of the muscle responsible for turning the head. It is a sternoclavicular-mastoid muscle located on the side of the child's neck. There are many clinical forms of neck oblique, which can be one or more during the baby's life. It is advisable to start treating neck curvature in babies as early as possible. There are several methods of treating this disease in newborns. To achieve results, it is better to use the following methods:

1. Rub for neck tilt in babies;
2. Healing Gymnastics;
3. Treatment status;
4. Physiotherapy procedures;
5. Applying a special collar covered with cotton and gauze rag (trench collar) ;
6. Activities in the pool (bath).

Massage is very important for neck flexion in babies. It helps to improve blood circulation and lymph flow in the neck muscle. The opposite calm side of the muscle, on the contrary, should be stimulated and toned with the help of massage. In infants, it is best to entrust to a specialist in child massage with a neck tilt. Usually mark the first massage in 2-3 months. Until then, you can do the massage yourself if you find symptoms of neck curvature in a child. At the beginning of the massage, it is necessary to perform general massage, gentle vibration of the chest area with an emphasis on the muscles of the large chest area, and Massage (Massage) of the abdomen. In the neck area, the side massage is performed by stroking, light crushing and gentle vibration. Then the back massage of the child is performed, lying on the abdomen. Massage is completed by stroking the arms, legs and abdomen. The duration of the entire treatment should be about 10 minutes.



The simplest method of massage for neck curvature in babies: turning the head first to one side, then slightly to the other. A slight numbness of the neck with two fingers from the ear. Smooth and gentle rubbing movements relax the muscles. The movements of the fingers touching the muscle and then hitting again are performed. You can make vibrational movements by wrapping your hands around the muscle on both sides and shaking the muscle a little. After massage, gentle methods are performed from the middle of the muscle

to the opposite end. Massage done in a bath at a temperature of 36-37 °C increases the effectiveness of treatment. All physical exercises and gymnastics are performed after massage.

Healing Gymnastics for neonatal neck flexion:

1. The baby lies on his back. All parts of the body are rubbed with some pressure. Remember that the movements on the back and stomach are performed according to the neck, that is, from bottom to top, massaging the limbs from the elbows to the body.
2. All joints of the child are moved. Rotating, the methods are performed clockwise to all joints.
3. Hold the baby's head straight, raise his legs, turn to the right and left.
4. Press the baby's knees against your chest. Turn to the right, pause, now do the method to the left. Repeat this way.
5. Turn them in all directions, giving good exercises to the neck area.
6. Take the ball. Lay the child with his belly facing down. Hold the baby firmly and shake it into the ball so that his head falls below the bed. This will relieve tension from the neck muscles. Try to do this exercise yourself. The course of massage for healing Gymnastics and neck flexion in babies is carried out for 5 months every day for 15-20 minutes, with a break between courses.

Conclusion: therapy should be started at birth to maximize muscle recovery. With effective treatment, the oblique size decreases and after 2-12 months can completely disappear. The muscle acquires normal elasticity and thickness, the symptoms of neck curvature disappear. But even after a completely conservative treatment complex, neck oblique is sometimes not treated — the muscle is less stretchy and elastic and can lag behind the muscles of the opposite side in growth. Symptoms can recur in old age, which requires surgical correction. Usually conservative treatment methods do not help after 1-2 years of age. Operations, including endoscopic operations, are performed in children over 2 years of age. Late diagnosis of neck oblique, restriction of neck mobility and, as a result, functional scoliosis of the cervical and thoracic spine (lateral curvature) with asymmetry of the face and skull, shoulder blades and shoulder straps. It should be noted that the decisive factor in solving the issue of surgical treatment is not the age of the patient, but the development of deformation. In the case of anomalies in the development of the spine, a conservative treatment is carried out, which involves immobilization, massage and physiotherapy with the collar of the Shants with the head turned upside down — electrical stimulation of the neck muscles. counterparty. In some forms of this disease, the methods of treatment are limited to conservative methods. In other forms, for example, surgery with abnormalities in the development of the first cervical spine is possible.

For the treatment of spastic neck curvature in adults, drug treatment is initially used, which includes muscle relaxants, anticholinergics, tremor-preventing drugs and the introduction of botulinum toxin into the spasmodic muscle.

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