

ACTIVITY METHODS AND REHABILITATION PRACTICES FOR PEOPLE WITH DISABILITIES**Namazova Nargiza Khusniddinovna**

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Annotation: this article presents a scientific analysis of the methodology of physical training, the basics of the rehabilitation process and the practical mechanisms of the integrative approach for persons with disabilities. The study highlights the importance of the effectiveness of models of development of movements, adaptive physical education, which are used in the rehabilitation system, as well as the importance of cross-sectional and pedagogical support. Also, the methods used in international experiments and the practice of Uzbekistan were compared, their advantages and improvement directions were given conclusions. The article contains scientifically based information on an inclusive approach, rehabilitation, adaptive sports and wellness technologies.

Аннотация: В данной статье дан научный анализ методики физических нагрузок для лиц с ограниченными возможностями здоровья, основных принципов реабилитационного процесса и практических механизмов интеграционного подхода. В исследовании освещаются технологии развития движений, применяемые в системе реабилитации, эффективность адаптивных моделей физического воспитания, а также значение психолого-педагогического сопровождения. Также проведено сравнительное изучение международного опыта и методов, применяемых в практике Узбекистана, даны выводы об их преимуществах и направлениях совершенствования. Статья содержит научно обоснованную информацию об инклюзивном подходе, реабилитационных практиках, адаптивных видах спорта и оздоровительных технологиях.

Keywords: Opportunities, rehabilitation, adaptive physical education, physiotherapy, psychomotor development, inclusive education, adaptive sports, rehabilitation technologies, motor activity, adaptive training methods.

Ключевые слова: Людям с ограниченными возможностями, реабилитация, адаптивная физкультура, физиотерапия, психомоторное развитие, инклюзивное образование, адаптивный спорт, реабилитационные технологии, двигательная активность, методы адаптивной тренировки.

Today, the issue of ensuring the active participation of people with disabilities in the world community in social life is considered as one of the priority areas. Large-scale reforms are also being implemented in the Republic of Uzbekistan. In particular, comprehensive approaches are being formed on the basis of the law "on the rights of people with disabilities", European rehabilitation models, as well as the UN Convention on the rights of people with disabilities.

One of the most important links in the rehabilitation process is the scientific development of the methodology of physical training. Because action activity is considered an important factor in human health, independent life skills and psychological stability. This article analyzes training methods and modern areas of rehabilitation practice for persons with disabilities.

The concept and principles of rehabilitation in working with people with disabilities

Rehabilitation is a systematic process aimed at reconstructing, compensating, and ensuring the adaptation of an individual's lost or limited functions to society. Modern rehabilitation is based on the following principles:

1. Individual approach – the physiological, psychological and social status of each person is taken into account.
 2. Step-by-step approach – diagnostic, treatment, adaptation and reinforcement processes are carried out sequentially.
 3. Multidisciplinary approach – a doctor, speech therapist, psychologist, physiotherapist, trainer and social pedagogue work together.
 4. Continuity – rehabilitation is viewed as a continuous process, not a one-time event.
 5. Inclusion and social integration – helping an individual fully integrate into society.
- These principles determine the main directions of physical training methodology.

Adaptive physical education and training methods

When developing a training methodology for those with disabilities, their personal needs, type of disease, motor capabilities are analyzed separately. The main methods used in adaptive physicality are:

1. Differential movement training

This method focuses on exercises to strengthen the individual's existing movement functions. For example, for individuals with paraplegia, exercises to strengthen the arm muscles are of primary importance.

2. Customized gaming technologies

Individuals with limited opportunities for games increase their psychological activity, they learn to communicate among themselves. Customized sports like basketball, boccia, goalball increase motor activity.

3. Integration of passive and active exercises

During the rehabilitation process, passive movements are used until muscle function begins to recover, then gradually replaced by active exercises.

4. A comprehensive approach with physiotherapy exercises

In this method, exercise is used in conjunction with physiotherapy (electrotherapy, magnetotherapy, heat therapy). This normalizes muscle tone and accelerates recovery.

5. Biomechanical analysis-based exercises

The step, movement of the limbs, functional state of the joints are analyzed and a corresponding exercise is formed. This approach is very effective for athletes and children.

Psycho-pedagogical support in rehabilitation practice

Psychological assistance in the rehabilitation of persons with disabilities is considered an important link. Because many patients experience psychological barriers – fear, insecurity, a state of social isolation. Main areas of psychological support:

- methods to increase motivation;
- stress reduction exercises (breathing exercises, relaxation);
- teaching social skills;
- methods to work with parents and families.

The pedagogical approach focuses on developing the individual's learning activities, communication skills, and independent living skills.

International experience: Analysis of European and Asian rehabilitation models

1. European model

In countries such as Germany, Norway and the Netherlands, the rehabilitation system operates on a state–health–education triad system. Here:

- Adaptive sports are widely developed,
- Rehabilitation centers are funded by the state,
- An individual rehabilitation program is developed for each person.

2. Japanese model

Japan has developed technological rehabilitation:

- robotic exoskeletons;
- sensor technologies;
- intelligent rehabilitation programs are widely used.

These technologies accelerate the rehabilitation process of people with disabilities.

3. US experience

Sports rehabilitation is widely developed in the US. Through "Adaptive Sports Programs", individuals are involved in Paralympic sports. This is very effective in increasing motivation.

Opportunities for improving the rehabilitation system in Uzbekistan

Uzbekistan has implemented significant reforms in the field of rehabilitation in recent years.

In particular:

- The number of rehabilitation centers is increasing;
- Programs to involve people with disabilities in sports are expanding;
- The system of supporting the activities of the Paralympic Committee is being strengthened.

However, modernization is needed in some areas:

1. Strengthen the training of adaptive physical education trainers and specialists;
2. Adapting curricula to international standards;
3. Increase the share of digital technologies in the rehabilitation process;
4. Increase the number of scientific research increase.

Training methods and rehabilitation practices for persons with disabilities require an integrated, scientifically based and individualized approach. Models based on modern adaptive physical education technologies, physiotherapeutic exercises, psychological and pedagogical support, as well as international experience increase the effectiveness of this process. The introduction of innovative technologies for the rehabilitation system of Uzbekistan, enrichment of Personnel potential and expansion of an inclusive approach are among the priorities.

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