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**ФІЗИЧНА РЕАБІЛІТАЦІЯ ТА ЗДОРОВ'ЯЗБЕРЕЖУВАЛЬНІ
ТЕХНОЛОГІЇ:
РЕАЛІЇ І ПЕРСПЕКТИВИ**

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REALITIES AND PERSPECTIVES**

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РОЗДІЛ 3 ОЗДОРОВЧИ АСПЕКТИ ФІЗИЧНОЇ КУЛЬТУРИ, СПОРТУ ТА РЕКРЕАЦІЇ

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USE OF CARBOXYTHERAPY AS DOPING FOR ATHLETES

-Introduction:

The competition in the world of sport pushes some athletes to resort other twisting methods, which make them in a state of extreme activity, such as doping. is common not only among professionals, but at any level, it can be found in school leagues. Therefore, the World Anti-Doping Agency (WADA) annually publishes a list of banned substances in the world of sport. This list mainly includes anabolic steroids, . Steroids are synthetic materials similar to the testosterone hormone that is secreted in males, which has a muscle-builder. The doctor can prescribe in certain medical cases, such as cases of testosterone deficiency, but it is never prescribed for the structural benefit, and there are several different types of them, and the following are the most common:

-Anadrol -Dianabol -Winstrol -Deca Durabolin. -Equipoise

It's usually taken orally, but it can be given as an injection under the skin to directly affect a muscle. Athletes can follow a method called stacking, by taking two or more steroids simultaneously and mixing oral and parenteral routes of administration, in which way the muscles are supposed to grow faster. While others follow the pyramid method, taking low doses and slowly increasing the doses to a peak, and then starting to reduce the doses to zero. Of course, there is no scientific evidence for the effectiveness of the above methods, and they are only random uses. Ambition and short career of the athletes usually, makes them look for quick results, titles or trophies. This makes them use legitimate or illegal methods to achieve their goals without taking into account the negative consequences of it.

Doping, practicing of regular exercise and an increase in the size of the body's muscles have an impact on the athlete's skin. Many stretch marks spread inside the body, especially with the length of time of exercise, and these signs lead to poor skin shape.

-Stretch marks:

The middle layer of the skin, the dermis, has elastic properties that allow the skin to return to its normal position after being stretched, pinched or pressed. However,

when the skin undergoes repeated stretching or significant stretching, it may not return to its normal position.

The reason is that the skin by nature contains elastic fibers in the dermis layer, but when these fibers are torn due to excessive tension or repeated stretching, then what appears as cracks in the skin, and the skin may appear loose and saggy, and excessive tightening of the skin leads to the appearance of purple or pink lines on the skin, or the so-called stretch marks. When the stretch marks appear for the first time, they appear in a relatively prominent color, but the color fades with time. However, the striped tissue remains the same over time. Stretch marks often appear on the thighs, buttocks, or arms, especially near the armpits, or on the abdomen and chest.

There are many factors that an athlete can encounter in his career, and one of these problems is stretch marks. Among the most important factors that cause this problem:

- Constantly and frequently gaining and losing weight.
- Long-term use of corticosteroids.
- Significant increase in muscle mass, especially in the arms and legs.
- Genetic disorders, such as: Marfan syndrome (MFS) or Ehlers-Danlos syndrome.
- Long-term use of steroids.

There are several medical methods that athletes use to get rid of this problem, including carboxytherapy.

-Carboxytherapy :

Carboxytherapy is an aesthetic treatment to get rid of localized fat, as carbon dioxide applied in the area is able to promote the release of fat from the cells responsible for storing it, adipocytes, thus helping to get rid of localized fat. This type of treatment can be used to combat localized fat in the eyelids, neck, face, arms, buttocks, stomach, and legs.

There are some minor side effects that appear after the injection and vary according to the condition in which it is used Burning and itching, specifically in the place where carboxy is injected to get rid of stretch marks. Feeling of intense pressure, especially in case of carboxy injection to get rid of cellulite Blue spots, bruises that appear at the injection site sometimes, especially for people who suffer from blood thinners, but they disappear automatically within 3 days.

-Conclusion :

Medical carbon dioxide introduced into the skin and adipose tissue causes minor damage to fat-storing cells and fat cells, which can be used as an energy source. It also increases blood flow and microcirculation, which augments local oxygenation, contributes to the elimination of toxins, and also increases collagen fibers, making the skin firmer. In this way, there is a reduction in localized fat and an improvement in the firmness of the skin in this area, which achieves great results. Problems that carboxytherapy helps to overcome, activation of the production of natural collagen responsible for the smoothness and elasticity of the skin, split body fat, improved blood supply and tissue regeneration. Acceleration the elimination of toxins. Increased synthesis of polysaccharides, fibronectin and amino acids, increasing of cellular immunity.

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FEATURES OF LEARNING TO SWIMMING CHILDREN WITH DISABILITIES

Abstract: This article examines the use of hydrorehabilitation classes and the possibility of teaching children with disabilities to swim. The division of children according to diseases and groups of deviations in health status allows equalizing the opportunities of those involved and more effectively managing the pedagogical process. In certain groups, children with various diseases and diagnoses can be trained, such as childhood autism, obesity, cerebral palsy, congenital deformities of the hip and children without pathology. In this case, a restriction on age (6-11 years) and physical capabilities may be significant.

Key words: adaptive physical education, hydrorehabilitation, swimming, children with disabilities

Relevance of the topic. Adaptive physical education is a very capacious and broad social phenomenon, the main goal of which is the socialization of an individual with disabilities or disabilities. Such members of our society should not only receive physiotherapy treatment or physical exercise, but also the state guaranteed raising the level of their quality of life. These guarantees should apply to all citizens with disabilities. The problem of rehabilitation of children with disabilities remains one of the important problems of modern society.

According to clinical studies, children with varying degrees of illness have not only impaired muscle movement, but also speech and mental functions. This, in turn, significantly complicates the processes of education, upbringing and socialization of children and is one of the most common causes of child disability. In this regard, solving the problem of rehabilitation of children and adolescents is quite topical [1,3].

The purpose of our study was to reveal the features of teaching children with health disabilities to swimming based on the analysis of scientific research and methodological literature, as well as our own work experience [4].