TOPICAL ISSUES OF HEALTH ON THE PART OF THE LOCOMOTOR APPARATUS OF CHESS PLAYERS

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ANNOTATION

Violations of posture, deformities of the feet, diseases of the joints, various deviations in physical development today are observed in 40% of preschool children and about 60% of schoolchildren. Late diagnosis, lack of preventive measures and untimely treatment lead to the progression of the disease. Note that 90-95% of cases of postural disorders are acquired. The specificity of each sport requires the search and selection of therapeutic and diagnostic measures, an individual approach, taking into account the sport.

Key words: athletes, chess players, musculoskeletal system, prevention, posture disorder, training process.

One of the most popular sports around the world is chess. Chess is associated with emotional stress against the background of mental work. Chess is a type of competitive activity and refers to abstract game sports, where an athlete is not engaged in physical activity, competes in competitions in abstract and logical outplaying an opponent. One of the key places in the preparation of chess players is professional and intellectual training, while physical training is of a general nature. In the formation of a healthy lifestyle, as well as the development of general endurance [2,10]

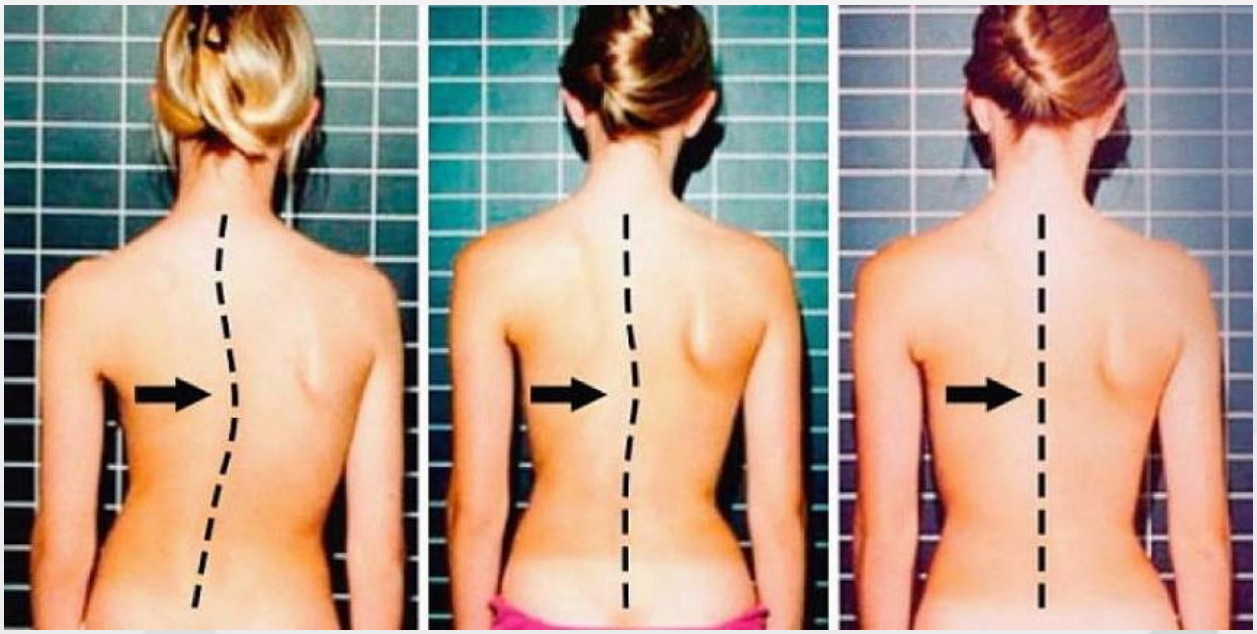
Today, one of the main tasks in the country is the implementation of a unified state policy in the field of medicine and sports, through the developing and implementing modern sports and recreational activities based on the use of innovative technologies Analyzing the experience of foreign countries in developed chess. in a number of cases C, the formation of a system for the formation of professional strong chess players is traced by training young people as chess players from the school bench, also in sports medicine is the study of the adaptive capabilities of the body, psychophysiological features of the regulation of the nervous system associated with intellectual overloads, hypodynamic disorders of the musculoskeletal system.

Thinking chess is a highly intellectual game that requires the development of intellectual abilities, as well as psycho-physiological stability. Classes in this sport begin from an early age Already 4-6 year old children show increased interest and

intensive classes are conducted with them, and subsequently they are drawn into the training process [8]. Active have a multidirectional effect on the child's body, primarily increased requirements for mental abilities in this game, perseverance, this contributes to the overload of the LMA of the psycho-emotional status of hypokinesia of the neuromuscular apparatus and overstrain of the central nervous system.

After studying the emerging changes on the part of the body, developing adaptive mechanisms, it is possible to develop optimal modes of regulation of mental work and rest, which will provide a positive effect on the body as a whole, learning a dosed load of sports training while maintaining health and age-related development of all functional units of organs and systems of a growing organism [7,11]

Taking into account the fact that chess players play for a long time, maintaining a certain position at the chessboard, special attention should be paid to the diagnosis of changes arising from the musculoskeletal system. This becomes relevant, due to the fact that classes begin at a very young age, when the formation of bone structures of the musculoskeletal system occurs. The lack of active physical activity and exercise during this sport can lead to the development of obesity, disorders and pathological changes in the neuromuscular system, blood supply to the lower extremities. associated with long stay in a monotonous posture sitting position. A feature of this sport, leading to the formation of the pathology of the musculoskeletal system, is the childhood and youth age of athletes, in which the main processes of bone growth and development occur, and children do not pay attention to their posture and unconsciously stoop, which ultimately leads to the development of various curvatures. Spinal column and weakened the muscular apparatus [3,8].



Already at an older age, long-term athletes experience pain, which is associated with overstrain of the neuromuscular apparatus and deformation of the bone structures of the spine at various levels. Functional disorders of the musculoskeletal system and the neuromuscular system lead to the suspension of classes and training, which is accompanied by a general reaction of the body and is characterized by a decrease in the functional abilities of a systemic character, development with psychophysical disorientation [7,11]. These processes subsequently contribute to the development of the disease, emotional disturbances, loss of sports form. A decrease in working capacity and the formation of a negative psychophysiological status.

Studies of recent years, conducted by sports medicine specialists of various profiles, do not show the main components of the changes occurring in the body, which are associated with morphological disorders that are determined in the cartilage tissue among athletes involved in chess [9,12].

The decrease in the physical performance of the general state of the body of H athletes involved in professional chess requires the search for ways to diagnose and treat emerging disorders that are systemic in nature.

Violations arising in the body from the LMA cannot but affect other systems, primarily the cardiovascular, neuromuscular and lymphatic systems. The main recommendations for athletes who are professionally involved in chess as a sport are the fight against a sedentary lifestyle, the activation and inclusion of motor exercises, and the fight against hypokinesia. This can be achieved through fitness and yoga classes, daily physical activity and morning exercises, combined with outdoor walks to saturate the body with oxygen.

During rehabilitation activities, a special bias should be made on the use of massage, which allows not only to prevent, but also to treat many serious diseases, thanks to the normalization of blood and lymph flow. This procedure helps to cope with varicose veins, chronic venous insufficiency, hemorrhoids and other diseases caused by circulatory disorders.

Increased loads on the part of the musculoskeletal system and the neuromuscular apparatus can also be corrected by using therapeutic back massage to prevent and combat developing osteochondrosis and scoliosis, which are conditions associated with the effects of improper loads on the back muscles of athletes. To prevent the chronicization of the process, an accurate topical diagnosis of emerging changes in the musculoskeletal system is necessary, followed by the appointment of adequate treatment and timely rehabilitation [4,13,14].

The main risk factors for musculoskeletal pain are: individual, physical, clinical and psychological components.

Risk factors for chess players are incorrect position and permanent posture, which is in a long-term static imbalance, muscle tension in the neck and upper limbs, which contribute to the formation of muscle spasm with subsequent loss of the function of maintaining the musculoskeletal system in a certain state. The presence of repetitive stereotypical movements, non-compliance with the load norms for the musculoskeletal system during training contributes to the persistent formation of injuries in the form of scoliosis. Decrease in the functional activity of the muscular apparatus of the back Formation of instability of the spine and abnormal mobility of the spinal column [15,16,17]

Existing long-term loads that exceed the functional capabilities of the body lead to a disruption of adaptive-compensatory processes, characterized by the development of the above disorders, as a result of which athletes seek medical help.

A brief review made it possible to determine the existing range of issues on the main factors contributing to postural disorders in chess players associated with an asymmetric load on the musculoskeletal system, the occurrence of neuromuscular overloads, the result of which is the formation of pathological deviations from the spinal column. This requires intervention by sports doctors and specialists in various fields to establish a diagnosis and subsequently prescribe treatment and rehabilitation measures.

As the literature sources show, the treatment and rehabilitation of emerging disorders from the musculoskeletal system is a long process. In this case, early diagnosis plays a special role, when it is possible to carry out the necessary therapeutic and preventive work, followed by correction of the training process and an explanation of the implementation of the necessary rehabilitation measures.

This review was carried out to study possible disorders of the musculoskeletal system in chess players that occur during regular and professional training, which will later help solve the problems of the treatment and diagnostic plan and rehabilitation, improve the quality of life of children chess players, contribute to consistent training with dosing the training process to prevent development musculoskeletal system pathology in this group of athletes.

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