

ERGOTHERAPEUTIC PROGRAMS IN REHABILITATION OF MILITARY PEOPLES

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Summary. *As a result of the war that began in Ukraine, many defenders of the country are now in rehabilitation after serious injuries and injuries. One of the pillars of Ukrainian rehabilitation is ergotherapy. These techniques help fighters regain mobility and limb functionality, including arms and legs.*

Keywords: *rehabilitation, physical therapy, ergotherapy.*

Старокошко І.С. ЕРГОТЕРАПЕВТИЧНІ ПРОГРАМИ В РЕАБІЛІТАЦІЇ ВІЙСЬКОВОСЛУЖБОВЦІВ

Анотація. *Внаслідок війни, яку почала Росія в Україні, багато захисників країни зараз перебувають на реабілітації після важких поранень і травм. Одним із стовпів української реабілітації є ерготерапія. Ці техніки допомагають бійцям відновити рухливість і працездатність кінцівок, у тому числі рук і ніг.*

Ключові слова: *реабілітація, лікувальна фізкультура, ерготерапія.*

As a result of the war that began in Ukraine, many defenders of the country are now in rehabilitation after serious injuries and injuries. In this difficult situation, a key role is played by Ukrainian rehabilitologists – specialists who are considered «wizards» in restoring fighters and returning them hope and strength. One of the pillars of Ukrainian rehabilitation is ergotherapy. These techniques help fighters regain mobility and limb functionality, including arms and legs. Rehabilitators develop individual programs for each patient, taking into account the complexity of the wound and the needs of a particular person. Ergotherapists use a variety of exercises, virtual simulators children’s toys, and even weapons to make the recovery process more interesting and motivating.

The war in Ukraine has serious consequences for military personnel involved in hostilities. Some of the main effects include injury, trauma, post-traumatic stress disorder (PTSD), physical and emotional exhaustion, and the loss of comrades in arms. The military may also have trouble adapting to civilian life after returning from combat. Ergotherapeutic programs – are complex plans and methods aimed at restoring or improving the functions of a person who has limitations in performing daily life activities due to physical or mental limitations. These programs are developed individually for each patient, taking into account his needs, capabilities and

rehabilitation goals. Ergotherapists use a variety of exercises, techniques and tools to achieve rehabilitation goals [1].

Ergotherapeutic exercises – are a complex of specially designed physical exercises and activities aimed at restoring or improving functional skills after injury, illness or other limitations in the ability to perform everyday activities. This can include working with mobility, coordination, muscle strength, endurance and other aspects of physical functionality. In the case of military injuries, this may also include exercises aimed at restoring mobility and upper limb functions.

Ergotherapy in the rehabilitation of military peoples plays an important role in restoring physical and mental health after injuries, operations and stressful situations. Ergotherapy programs are aimed at restoring functionality and independence, improving the quality of life and adapting to civilian life. A lot of military receive injuries that affect the upper limbs. Paresis or paralysis, the absence of nerves resulting from mine-explosive trauma greatly affects the condition and quality of life in the later life of the military peoples. One of the features of nerve damage is that there are shards of fragments that can not be removed with a magnet or an operation to remove the fragment, because there is a great risk of hurting another nerve that will lead to even greater problems. If there is such a problem, the ergotherapist takes this into account in the further rehabilitation of the patient [2].

In this case we can use a rehabilitation glove that will help us a lot. The robotic glove has movable parts that can support the hands in certain positions or provide the necessary resistance during movements. Sensors are also built in that can track hand movements and transmit information to the control system prepared by the device for patient actions. We can use both in game forms at the computer or simply performing exercises using various balls.

The first impression may seem that – «this is a kindergarten» and why perform exercises that still will not help. «No result», «I do not want to do this at all», «I have been in rehabilitation for a very long time, I am engaged in all without result» – such phrases you will hear constantly. Medical workers understand that rehabilitation it is not easy and quickly process, it need time. The military take rehabilitation lightly, not taking themselves and reluctance to perform the exercise. Therefore, at this time it is important for us to be patient, to support them. In the need to fill in a psychologist for a conversation, it is possible to pass psychological tests. Of course, one of the important aspects of successful rehabilitation is the motivation of the patient. For military personnel, returning to the front can be the main goal and rehabilitation is aimed at achieving this goal. Therefore, often in the work of rehabilitologists use a variety of

specialized tools. For example, shops where soldiers have to throw ammunition, help them see progress and feel that they are actively involved in the recovery process [1; 2].

One of the key aspects is the individualization of the program, focused on the specific needs and capabilities of each soldier. The program may include various types of therapies that aim to restore mobility, coordination, sensory functions, and cognitive skills. In addition to physical rehabilitation, an important component is psychological support. Ergotherapists collaborate with psychologists to improve the mental state of military personnel, helping them cope with stress, feelings of anxiety and depression.

Also, an important part of the program can be social rehabilitation. This includes training communication skills, working with the group, adapting to new roles, and rebuilding social connections. All these components of the program are aimed at achieving the main goal – the return of servicemen to a full life after service, while maintaining their dignity and self-esteem.

Reference

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