

**OPTIMIZATION OF REHABILITATION FOR LESIONS OF THE
LOCOMOTOR APPARATUS OF ATHLETES PARTICIPATED IN
CHESS**

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Abstract: Diseases of the musculoskeletal system in athletes due to severe pain syndrome are accompanied by a sudden cessation of training sessions, causing a violation of the established life stereotype, which entails a painful reaction of the whole organism.

Keywords: musculoskeletal system, painful reaction,

This leads to the extinction and destruction of the conditioned reflex connections developed as a result of many years of systematic training. The functional ability of the body and all its systems decreases, physical and mental detraining occurs [4,6]. Negative emotions associated with the disease, the inability to participate in competitions, the prospect of a long-term loss of fitness and performance have a depressing effect on the psyche, which further intensifies the processes of detraining. Existing experimental studies on this subject remain debatable and do not yet allow a holistic view of the pathomorphosis of structural changes in cartilage tissue [7].

For young chess players, injuries or deviations in the body (injuries) become a severe test, both psychological and physical. Even with a favorable outcome of the disease, many children and adolescents lose their desire to play chess. The physical rehabilitation of athletes, in contrast to the treatment of ordinary victims, has a number of significant features. The main difference lies in the fact that the athlete, in addition to the returned ability to perform work and household duties, must be able to endure large intellectual loads of the training process and competitions.

Chess is an exciting intellectual sport in which players practically do not move. However, it can be extremely hazardous to health. An uncomfortable posture and

a strong mental load greatly affect both the body and the psyche of a professional chess player. Of course, injuries in chess are almost never encountered, and if they do occur, they are extremely minor and caused by negligence. Stories about how chess players break their fingers when hitting a chess clock are just myths [1,3,5]. Nevertheless, the load on the body when playing chess is still present. Players spend long hours at the board, bending over and rearranging pieces. In such an unnatural position, the back is strongly tense, the leading arm gets tired, the legs become numb from immobility, and blood circulation and lymph flow are disturbed throughout the body.

In the future, this leads to a mass of diseases of the musculoskeletal system, cardiovascular and lymphatic systems. The main recommendation for chess players, as for all people with a sedentary lifestyle, is to move more. They should engage in physical sports, attend fitness and yoga classes, or at least do morning exercises daily. Walks in the fresh air are especially useful - they saturate the body with oxygen.

If occupational diseases have already been earned and it is too late for preventive measures, massage will come to the rescue. It is useful not only for the prevention, but also for the treatment of many serious diseases. Massage procedures help to return the blood supply and lymph flow back to normal. Thanks to this, you can cope with varicose veins, chronic venous insufficiency, hemorrhoids and other diseases caused by constant circulatory disorders. Due to this effect, massage is also useful for the treatment of heart diseases. It is often used for arrhythmia, tachycardia, hypertension.

Therapeutic back massage helps with osteochondrosis and scoliosis, which chess players often suffer from due to the constant load on the back. Regular procedures reduce symptoms and prevent complications, therefore they are prescribed for treatment in courses of at least 5–10 procedures [2].

Thus, early detection of disorders of the musculoskeletal system of athletes involved in chess is necessary. It is necessary to solve a number of problems that improve the quality of life of children-chess players in order to carry out preventive measures to help identify posture disorders in children who play chess regularly.

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