

**MODERN POSSIBILITIES OF REHABILITATION FOR
CRANIOVERTEBRAL PATHOLOGY**

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Abstract

Craniovertebral junction (CVJ) pathology is a defect in the occipital bone, foramen magnum, or the first two cervical vertebrae, resulting in decreased space for the lower brainstem and cervical spinal cord. One of the important components in the treatment of patients with CVP is restorative treatment both after surgical treatment and in cases where surgical treatment is not indicated [Safin Sh.M., 2019].

Keywords: kinesiotherapy, physiotherapeutic methods, approach in balneology.

Rehabilitation for CVJ includes a set of techniques aimed at restoring lost functions. In the presence of a motor deficit, kinesiotherapy is used with the selection of specialized exercises for a specific muscle group. Recently, techniques from robotic simulators with computer support and biofeedback have been actively introduced into clinical practice. The RT200 is the only system that provides simultaneous functional stimulation of the upper and lower extremities. This type of therapy is called "hybrid" therapy, which has been successfully used by rehabilitation specialists in recent years. Positional treatment, therapeutic massage and physiotherapeutic methods (including acupuncture) in combination with the use of botulinum toxin type A have positively proven themselves in spasticity of the muscles of the extremities [Akhmadeeva L.R., 2017]. Modern hardware relaxation techniques are actively included in clinical practice in CEP. The use of non-contact hydromassage "Aquarelax" is a new approach in balneology. Hydromassage bath "Aquarelax" is divided into six zones, water is supplied under pressure through 24 nozzles, which can simultaneously massage all parts of the body. In case of impaired coordination in order to train balance, increase the support function of paretic limbs, to improve the stability of the vertical position and reduce the risk of falling, the stabilometric platform is

actively used in rehabilitation programs. The use of the STABLE system can be combined with interactive games, which increases patient motivation and allows effective monitoring of therapy progress.

Thus, in addition to classical methods, modern rehabilitation opportunities for CVP are replenished with new hardware methods that complement the established programs, improve the quality of life of patients and are an economically beneficial measure for the state and society, counting on the reduction of days on the disability list and the system of providing rehabilitation treatment to the able-bodied population.

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