

USING CREATIVE-ARTISTIC AND BODY-ORIENTED PRACTICE IN THE DEVELOPMENT OF SMALL MOTOR SKILLS OF HANDS IN ADOLESCENTS WITH CEREBRAL PARALYSIS.

1.Ibragimova Malika Shavkatovna, 2.Kholmurodova Khulkar Kholiyorovna

1, Assistant at the Department of Medical Rehabilitation, Sports Medicine and Traditional Medicine

2. Student of group 620 of the 2-medical faculty of Samarkand State Medical University

Abstract

The given article reveals the use of creative arts and body-based practices to develop small motor skills in adolescents with cerebral paralysis. Creative arts and crafts activities such as painting, sculpting and crafts require precision and fine hand movements, promoting improved motor control and coordination. Body-oriented practices such as dance, yoga and special exercises help develop motor skills and strengthen hand muscles. It is important to take an individual approach to each child and work with experienced specialists to develop individual programs and approaches, taking into account their needs and capabilities.

Keywords: Creative and artistic practice, body-oriented practice, development of small motor skills, cerebral palsy.

Introduction

determination of optimal methods and approaches to the use of creative, artistic and body-oriented practice for the development of fine motor skills in adolescents with cerebral paralysis. The study analyzes different types of artistic and physical activities to determine which are most effective for teenagers with the condition.

Exploring the impact of creative arts and body-based practice on the emotional well-being and self-expression of adolescents with cerebral palsy. Assess the impact of such activities on self-esteem, self-confidence and emotional state of adolescents. Determination of factors contributing to the successful implementation of creative, artistic and body-oriented practices in rehabilitation programs for adolescents with cerebral palsy.

Materials and Methods

Groups of adolescents with cerebral palsy who participated in the study were analyzed. Participants were selected based on specific inclusion criteria. A program of creative, artistic and

body-oriented practice has been developed, which will be used to develop fine motor skills in adolescents. Include different types of activities such as painting, sculpting, crafts, dancing, yoga or special physical exercises.

The total number of participants is 43. For the comparison group: participants were divided into 3 groups to compare the results. One group participated only in creative arts practice (21) with MACS activity groups 2 and 3, another group participated only in body-oriented practice (13) with MACS activity group 4, and the third group did not receive any of these interventions (control group) 5 people with 1 and 4 with 5 MACS activity group.

Examination of Sample

Standard methods of assessing fine motor skills were used to measure participants' progress. Some measurements included tests of motor precision, coordination, hand strength, or use of tools to perform tasks.

The study was conducted over several weeks, months and several years, with regular assessments of participants' progress.

To assess the condition and control, the MACS (Manual Ability Classification system) scale was used.

CLASSIFICATION OF UPPER LIMB FUNCTIONING IN CHILDREN WITH Cerebral Palsy AGED FROM 4 TO 18 YEARS (MANUAL ABILITY CLASSIFICATION SYSTEM, MACS)

Level	Characteristic
<i>1st activity level</i>	The upper limbs are used successfully and with ease. Basically, problems in object manipulation manifest themselves in slight speed limitations and sloppiness. The existing minor limitations do not affect the degree of independence in daily activities. Children are limited in their ability to manipulate very small, heavy and fragile objects. Limitations appear in new, unfamiliar situations.
<i>2nd activity level</i>	The child is able to manipulate most objects, but some actions are of poorer quality and/or performed more slowly. Children are able to perform manipulations and can grasp most objects with minor limitations in quality and/or speed. Certain types of manipulations are unavailable or cause a certain amount of difficulty; the patient can use alternative ways of performing manipulations, but the possible amount of hand motor activity does not affect the degree of independence in daily activities.
<i>3rd level activity</i>	Functionality is impaired, the patient needs to prepare for the action and/or is forced to modify the action. Holds an object with difficulty, requires outside assistance to prepare to grasp the object and/or adjusts the environment to do so, and no time constraints. Manipulations are slow, the quality of action and the possible number of repetitions are limited.
<i>4th level activity</i>	Limited function, possible satisfactory use of the limb in an adapted situation. Need constant assistance during the activity and can only participate successfully in part of the activity. Can capture a limited number of objects that are easy to manipulate in an adapted situation. Needs constant assistance and adaptive equipment even to partially perform activities.

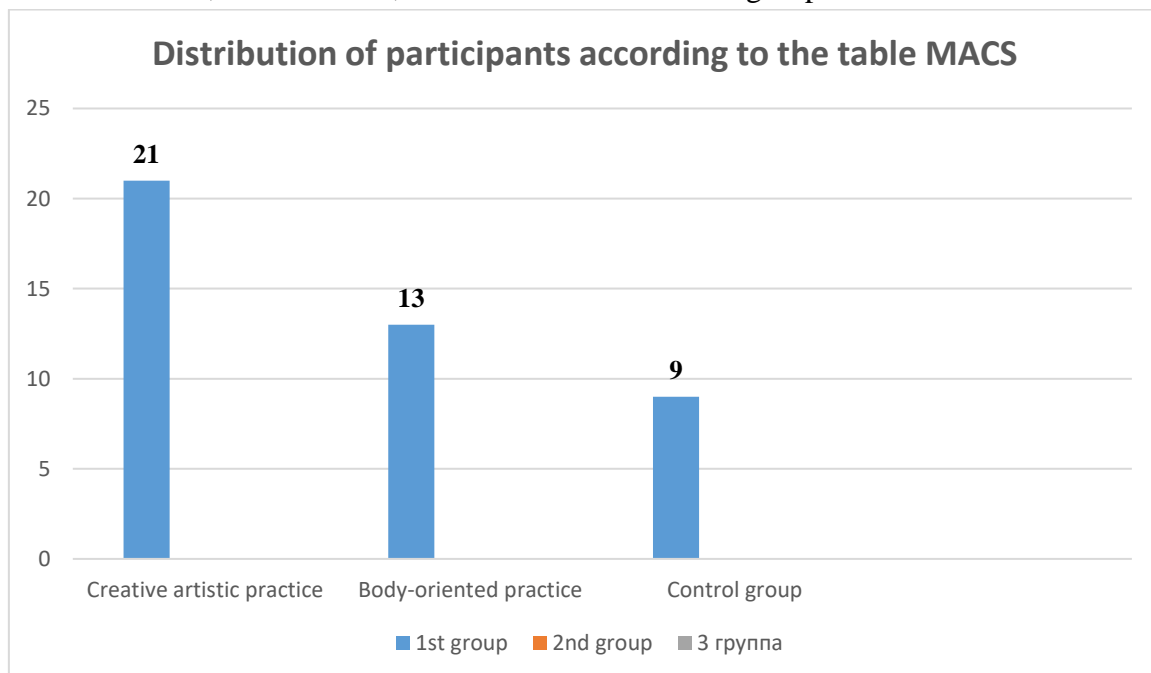
<i>Level 5</i> activity	A practically non-functional limb, even simple movements are significantly limited. The patient can participate in activities with just simple movements in an adapted environment. Does not grasp objects and has severe persistent limitation even in simple movements. Needs total outside help.
----------------------------	--

Results

as a result of the study, the following results were obtained: Improvement of motor skills in creative, artistic and body-oriented practice (25%). Participants showed improved movement precision, better hand coordination, increased strength and dexterity. Increased task independence (30%): The study found that adolescents with cerebral palsy who participated in creative arts and body-based activities became more independent in tasks requiring fine motor skills. They showed greater independence when using tools, drawing, sculpting, or other techniques.

Increased emotional well-being (35%): The study found that participation in creative, artistic and body-oriented activities had a positive effect on the emotional well-being of adolescents with cerebral palsy. They showed increased self-esteem, self-confidence and joy from achievement in the creative process.

Improved Social Skills (10%): Research has shown that participation in group creative arts and body-based activities improves social skills in adolescents with cerebral palsy. They can improve communication, collaboration, and interaction with other group members.



Conclusion

The study found that participation in creative, artistic, and body-oriented practices resulted in improved overall quality of life in adolescents with cerebral paralysis. They may experience greater joy, satisfaction, and satisfaction with their accomplishments and improved motor skills.

References

1. Shavkatovna I.M EFFECTIVENESS OF HYDROKINESIOTHERAPY IN THE REHABILITATION OF CHILDREN WITH SPASTIC CEREBRAL PALSY //Conference Zone. – 2022. – P. 507-511.
2. Mavlyanova Z. F., Urinov M. U., Abdusalomova M. A. SUZUVCHILARDA NAFAS OLISH TIZIMINING FUNCTIONAL HOLATINI ORGANISH //Conference Zone. – 2022. – P. 177-178.
3. Shavkatovna I.M STUDYING RISK FACTORS FOR THE DEVELOPMENT OF INFANTIAL CEREBRAL PALSY IN CHILDREN AND THE NEED FOR THEIR PREVENTION //JOURNAL OF BIOMEDICINE AND PRACTICE. – 2023. – T. 8. – No. 2.
4. Mavlyanova Z. F., Urinov M. U., Abdusalomova M. A. YURAK KON TOMIR TIZIMINING FUNCTIONAL KHOLATIGA SUZISH SPORT TOURING TASSIRI //Conference Zone. – 2022. – P. 173-176.
5. Mavlyanova Z. F., Ibragimova M.Sh. Cerebral palsy and risk factors for its occurrence // Science and Education. – 2023. – T. 4. – No. 2. – pp. 42-47.
6. Ibragimova M. Sh. Rehabilitation Method of Kinesio Taping for Infantile Cerebral Palsy //Central Asian Journal of Medical and Natural Science. – 2022. – T. 3. – No. 6. – pp. 138-144.
7. Shadieva H., Khaidarova S., Mamutova E. Clinical case of dilated cardiomyopathy complicated by ventricular extrasystole and left ventricular thrombus // Journal of Hepato-Gastroenterological Research. – 2021. – T. 2. – No. 3.2. – pp. 51-55.
8. Khaydarjonovna KS, Nuriddinovna SX Evaluation and prognosis of community-acquired pneumonia with prolonged course in children. – 2022.
9. Khaidarova S. Kh., Azimova Sh. T. Features of the course of cerebral ischemia in premature newborns // Youth and medical science in the XXI century. – 2017. – P. 48-49.
10. Abdusalomova M. A., Mavlyanova Z. F., Kim O. A. Orka miya va umurтка pogonasining b'yyin kismining tufruk zharoxatlari bilan bemorlarning diagnosticsida electroneuromyography y'rni // journal of biomedicine and practice. – 2022. – T. 7. – No. 2.
11. Burkhanova G., Mavlyanova Z., Kim O. The influence of sports nutrition on the physical development of children and adolescents with increased physical activity // Journal of Problems of Biology and Medicine. – 2017. – No. 4 (97). – pp. 24-26.
12. Sharafova I. A. et al. Etiopathogenetic aspects of the clinical course of prosoparesis in children // Science and Education. – 2023. – T. 4. – No. 6. – pp. 332-338.
13. Khudoikulova F.V. et al. THE STRUCTURE, AGE FEATURES, AND FUNCTIONS OF HORMONES //PEDAGOG. – 2023. – T. 6. – No. 1. – pp. 681-688.
14. Burkhanova G. L., Mavlyanova Z. F., Ravshanova M. Z. Convulsive Syndrome In Children: Tactics Of Conduct // Journal of Biomedicine and Practice. – 2022. – T. 7. – No. 1.
15. Ravshanova M.Z. Rehabilitation of athletes with ankle injuries using various methods //Science and Education. – 2023. – T. 4. – No. 2. – pp. 408-414.
16. Shavkatovna IM CHARACTERISTICS OF REHABILITATION OF CHILDREN WITH CEREBRAL PALSY AND SPEECH DEFECTS //Conference Zone. – 2022. – P. 410-414.