

**PERFORMANCE AS A FACTOR OF A FUNCTIONAL CONDITION
AND AN INDICATOR OF STRESS DISPLAYS IN HIGHLY QUALIFIED
ATHLETES**

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Keywords: performance, functional state, manifestations of stress, correlation indicators.

Annotation: the article discusses the relationship of performance and indicators of acute and chronic stress of highly skilled athletes.

**MEDICAL REHABILITATION OF PATIENTS WITH TOXIC CHEMICAL
LIVER DISEASE ON THE PYATIGORSK RESORT**

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Key words: radon baths, drinking mineral water, toxic liver damage, steatohepatitis, lipid peroxidation, rehabilitation.

Annotation. In patients with toxic-chemical lesions of the liver drinking mineral water source №24 (carbon dioxide sulphate-chloride-bicarbonate calcium-sodium water of low mineralization) and radon baths with a concentration of radon 1.5 kBq/l (40 nki/l), used in the Pyatigorsk resort, increases antioxidant protection of the body, improves microcirculation, neurotrophic and systemic metabolic processes.

**SCHEME OF TRAINING PATIENTS FOR COLONOSCOPY IN HEALTH
RESORT TERMS**

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Key words: preparation for colonoscopy, slab-free diet, macrogol 4000 (polyethyleneglycol).

Annotation. Improving the quality and comfort of preparing for diagnostic endoscopic studies of the colon is one of the most important issues of modern gastroenterology. This study presents materials on the sparing preparation regimes using standard methods by optimizing the preparation time and abandoning the preliminary three-day slag-free diet allowing for complete endoscopic examination. The technique with 4 bags of macrogol 4000 (polyethylene glycol) according to the proposed scheme showed itself as an easier preparation method, without loss of quality of preparation and can be justified in conditions of sanatorium-resort treatment or screening of the working population.

**HEALTH AND RESORT TREATMENT OF WOMEN WITH PSYCHE
SURROUNDABLE SYNDROME AFTER SURGICAL TREATMENT OF
BREEDING BREAST FORMATION**

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Key words: sanatorium-resort treatment, benign neoplasms, mammary gland.

Annotation. Psychovegetative status disorders often occur in women with benign mammary tumors after sectoral mastectomy. Patients observe dysmorphobia, depression, decrease in personal self-esteem, social maladjustment, which leads to untimely seeking medical help when a tumor-like formation in the mammary gland is detected and the development of advanced cancer occurs. The data obtained in the present study testify to the high effectiveness of the sanatorium-resort treatment of the psycho-vegetative syndrome in this category of patients when using natural and preformed physical factors.

DYNAMICS OF ELECTROENCEPHALOGRAPHIC INDICATORS IN PATIENTS WITH DISCIRCULATORY ENCEPHALOPATHY UNDER THE INFLUENCE OF SPA TREATMENT

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Key words: dyscirculatory encephalopathy, dry carbon dioxide baths, electroencephalography

Annotation. Under the supervision there were 30 patients with dyscirculatory encephalopathy 1 st. who received dry carbon dioxide baths. All patients underwent an electroencephalographic study before and after treatment, which allowed to confirm the available information about the general trend of changes in bioelectric activity: decrease in amplitude and spatial characteristics of the alpha rhythm, partial replacement of the power of the alpha rhythm with the power of the beta rhythm. After the treatment, the number of patients with the leading alpha rhythm

significantly increased by almost 2 times. The number of asymmetric and desynchronized EEG decreased. Thus, studies have shown that the use of dry carbon dioxide baths for the restorative treatment of this cohort of patients is justified by their action on the main links of pathogenesis.

FLUENCE OF "MDX MULTICOMPLEX" ON BODY WEIGHT AND ENDURANCE OF WHITE RAT IN CONDITIONS OF INCREASING PHYSICAL ACTIVITY

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Keywords: bioproduct, body weight, physical activity, endurance, rats

Annotation. Biologically active products from whey are actively used in medicine to restore the sick and weakened body. Amino acid, protein, vitamin and elemental composition make it advisable to use them in adapting the body to physical activity. It was shown that the adaptive effect to physical loads increases as its volume increases. The reception of bioproduct is accompanied by an active growth of animal weight and an increase in the duration of swimming. In the absence of bioproduct limit physical activity cause weight loss of the animal, which is regarded as an increase in catabolic processes as a result of chronic under-recovery.

ADAPTIVE RIDING AS A MEANS OF REHABILITATION OF CHILDREN 7-14 YEARS OLD WITH SPASTIC FORM OF CEREBRAL PALSY

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Annotation. The best way to solve the problem of disability is the

rehabilitation of children with disabilities. The purpose of the study is to substantiate the use of adaptive horse riding in the process of developing motor functions as the basis for social rehabilitation of children aged 7-14 years with a spastic form of cerebral palsy. Comparing the results obtained at the end of the experiment, we can conclude that in most of the test indicators, a positive trend was achieved in all the tests performed.

Key words: adaptive horseback riding, rehabilitation, spastic form of cerebral palsy.

CHRONO-PECULIARITIES OF FUNCTIONAL ACTIVITY OF HUMAN BODY SYSTEMS IN THE CONTEXT OF «EFFECT HORIZONS»

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Annotation. Chrono-analysis of long-term laboratory blood tests, ECG results of healthy people, people suffering from cardiovascular and oncological diseases, traffic accident statistics reveals the chrono-specific effect of environmental factors on functional activity of human body systems. This effect types divided by the nature of the impacting forces on heliotropic, gravitropic and chronotropic «horizons» discover the adaptive scheme unified for the population. Such scheme demonstrates predictive efficiency for the development phases of cosmophysical events in the selected «effect horizons».

Key words: gravitropic, oncomarkers, magnetic storm, acute state, surgical complications, road traffic accident