

GANDBOLDA FUNKTSIONAL HARAKAT TAHLILI.

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Annotatsiya. Sportchining sport turi bilan shug'ullanish ularga yaxshi natijalarga erishishga yordam beradi va jarohatlarni kamaytirish uchun zarur bo'lgan keng ko'lamli tadbirlar tayyorlanishi kerak. Shu sababli sportdagi funksional harakatlar tahlili faollikdan oldingi skriningga kiritilishi kerak. Funksional harakatni tahlil qilish u muhim harakatlarni bajarish uchun zarur qobiliyatga egami yoki yo'qmi. aniqlash maqsadida zarur.

Kalit so'zlar: Sport fizioterapiyasi, FMS kinetik zanjir, mushaklarning sinergiyasi va motorli o'rganish usullarini, Funksional harakat, Deep Squat testi. FMS -Funksional harakat ekrani.

FUNCTIONAL MOVEMENT ANALYSIS IN HANDBALL.

Abstract. An athlete's participation in their sport will help them achieve better results, and a wide range of activities should be prepared to minimize injuries. Therefore, functional movement analysis in sports should be included in pre-activity screening. A functional movement analysis is whether or not he has the necessary ability to perform essential movements. necessary for identification purposes.

Key words: Sports physiotherapy, FMS kinetic chain, muscle synergy and motor learning methods, Functional movement, Deep Squat test. FMS - Functional Movement Screen.

ФУНКЦИОНАЛЬНЫЙ АНАЛИЗ ДВИЖЕНИЙ В ГАНДБОЛЕ.

Аннотация. Занятия спортсменов спортом могут помочь им добиться лучших результатов, и для снижения травматизма следует подготовить широкий спектр мероприятий. Таким образом, функциональный анализ движений в спорте должен быть включен в предварительный скрининг. Функциональный анализ движений позволяет определить, есть ли у него необходимая способность выполнять важные движения. необходимо для целей идентификации.

Ключевые слова: спортивная физиотерапия, кинетическая цепочка ФМС, методы мышечной синергии и двигательного обучения, функциональные движения, тест глубоких приседаний. FMS – Экран функциональных движений.

Kirish

Ko'p hollarda Sportchilar salomatligi va bo'g'inlar va mushaklar uchun ishlash sohasida ishlaydigan mutaxassislar Ixtisoslashgan, izolyatsiya qilingan testni ishlab chiqish masalasi ikkinchi planga o'tkazildi. sport ko'rsatkichlari va birinchi funksional harakatni baholamasdan, maxsus qobiliyatlarni baholash. amalga oshirdi. Sportchilar salomatligi va ishlashi sohasida ishlaydiganlar turli tadbirlarga tayyorgarlik ko'rish uchun asosiy harakatlarni baholash. U nima

qilish kerakligini bilishi kerak. An'anaviy sport tibbiyoti modelida ishtirok etishdan oldin tekshiruvlar baholash bilan davom etadi. Ushbu tizimli jarayon ishtirokchini o'z ichiga oladi.

Faoliyatga tayyor yoki yo'qligini aniqlashning o'zi etarli emas. Umuman, ekspertlar orasida asosiy harakatning asosi va ishtirokchilarning faollik darajasi. Ularni qanday yo'naltirish mumkinligi haqida umumiy fikr bo'lishi kerak. Qo'shilishdan oldin Skrining yoki ishlash skriningining asosiy maqsadi shikastlanishlarni kamaytirishdir, samaradorlikni oshirish va hayot sifatini yaxshilash. Funktsional harakat tahlili ushbu ehtiyojlar uchun yaratilgan. FMS 7 ta asosiy harakatdan iborat. Ushbu harakatlar muvozanat va barqarorlik o'rtasidagi uyg'unlikni talab qiladi.

Ushbu harakat maqshlari tufayli oddiy lokomotor, manipulyativ va barqarorlashtiruvchi.

Harakatlarning bajarilishi bo'yicha kuzatiladigan natijalarga erishish mumkin. Ko'p Sinov tajribasi shuni ko'rsatdiki, hatto yuqori darajadagi sportchilar ham Ular oddiy harakatlarni bajarishda qiynalardi. Bu sportchilar yuqori saviyada Faoliyatda muvaffaqiyatga erishish uchun samarali va qiyin harakatlar, oddiyroq harakatlar amalga oshirish uchun qurbonlik qiladi.

Kompensatsiyalar davom etsa, zaif harakat maqshlari, zaif biomexanik xususiyatlar, bu esa o'z navbatida potentsial mikroga olib keladi yoki makro-travmatik jarohatlarga olib keladi. FMS testlari asosiy propriozeptiv va kinestetik xabardorlik tamoyillariga asoslanadi. rivojlangan. Har bir test tananing kinetik zanjir tizimi uchun zarur bo'lgan funktsiyani o'z ichiga oladi. Oldingi jarohatlar natijasida davolanmagan yoki to'liq davolanmagan jarohatlar muammolar propriozeptiv kirishning pasayishiga olib keladi, bu esa harakatchanlikka olib keladi va barqarorlik, assimetriya va oxir-oqibat kompensatsion harakatlarning pasayishiga olib keladi. yuzaga kelishiga sabab bo'ladi. FMS kinetik zanjirning qaysi nuqtasida ishtirokchilar kompensatsiya qilishlarini aniqlaydi. Ular nima qilayotganlarini, o'ng va chap tarafdagi nomutanosibliklarni ochib berishni maqsad qilgan, Bu harakatchanlik va barqarorlik muammolarini tekshiradigan tizim. FMS ning 7 parametri tananing harakat qilish qobiliyatini ochib beradi. Kinetik Zanjirning bu harakati tananing harakat shakllarini yanada samaraliroq ochib beradi. Uni olib tashlashga imkon beradi

FMS reytingi

FMS reytingi to'rt xil imkoniyatdan iborat. 0-3 ball oralig'ida 3 eng yaxshi ball hisoblanadi.

Agar ishtirokchi test paytida istalgan vaqtda og'riqni his qilsa, 0 ball beriladi. Og'riqli joy qayd etiladi. Agar ishtirokchi harakatni bajara olmasa yoki Agar o'yinchi kerak Biroq, agar u buni tovon bilan qilgan bo'lsa, 2 ball beriladi. Agar ishtirokchi harakatni to'liq, to'xtovsiz bajargan bo'lsa, 3 ball beriladi. Maxsus Agar sharhlar bo'lsa, ular qayd etiladi. FMS testlarining 5 tasi o'ng va chap tomon uchun alohida bo'lib, ikkala tomonni ham sinab ko'rish muhimdir. Ikki tomon o'rtasidagi past ball bu harakatni anglatadi. U umumiy ball sifatida qayd etiladi. Uchta sinov;

Bundan tashqari, u kliring testlarini o'z ichiga oladi. Ushbu testlar og'riqli; Agar og'riq bo'lsa, ijobiy (+), og'riq bo'lmasa, salbiy (-) deb yoziladi. Bu Tozalash testlari tegishli bo'limning balliga ta'sir qiladi. Agar test ijobiy bo'lsa, tegishli Epizodning bahosi ham 0 sifatida qayd etilgan. Barcha sinovlar Maksimal ball - 21. natijasida mavjud kerakli pozitsiyani topa olmasa, bitta ochko beriladi. Inson harakatni amalga osh

1. Deep Squat

Deep Squat testining maqsadi

Squats ko'plab harakatlar, ayniqsa pastki ekstremitalarni o'z ichiga olgan harakatlar uchun amal qiladigan harakatdir. Ushbu harakat son, tizza va to'piqning ikki tomonlama,

nosimmetrik va funktsional harakatchanligini baholaydi. O'lchov tayoqchasi boshning tepasida ushlab turiladi. Yelka va torakal Bu orqa miya harakatchanligi haqida tushuncha beradi

Deep Squat testi tushuntirildi

Tekshiriladigan odam boshlang'ich pozitsiyasini oyoqlari elkalarining kengligida bir-biridan ajratib turadi va sagittal tekislikda o'rnatiladi. Boshdagi o'lchov tayoqchasi. Sekin-asta ko'tarilgan holatda cho'kadi. Bu holatda poshnalar yerda qoladi. Ko'krak va yuz bir-biriga qaragan bo'lishi kerak va yog'och tayoq to'g'ridan-to'g'ri boshga qo'yilishi kerak uzaytirilishi kerak. Maksimal uch marta takrorlash mumkin. 3 ball uchun talablar bo'lsa Agar buning iloji bo'lmasa, ishtirokchidan tovonlari ostidagi 2×6 dyuymli blok bilan bir xil harakatni bajarishini so'rang. Takrorlash talab qilinadi. Agar ballga shubha tug'ilsa, pastroq ball qo'yilishi kerak.

Deep Squat testingin klinik ta'siri

Bu harakatni to'g'ri bajara olish yopiq kinetik zanjirda mumkin. Oyoq bilagi zo'r egilishi, tizza va son egilishi, ko'krak umurtqasining kengayishi, Bu elka bo'g'imining fleksiyon va o'g'irlanishini talab qiladi. Agar bu test muvaffaqiyatli bo'lmasa, Buning sababi bo'g'imlarning harakatchanligi muammosi bo'lishi mumkin. Agar ishtirokchi 3 dan kam ball bo'lsa, bu bo'g'inlarni qo'shimcha ravishda tekshirish kerak.

Xulosa

Chaqqonlik ko'plab sport turlari kabi gandbolda ham muhim mahoratdir. Bu sport muvaffaqiyatiga bevosita ta'sir ko'rsatadigan xususiyatlardan biridir. keskin o'zgarishlarga Javob berish qobiliyati sifatida baholanishi mumkin bo'lgan reaksiya vaqti ham Bu chaqqonlik testi natijalari bilan bog'liq bo'lgan tadqiqotlar mavjud (82). Shuning uchun FMSning past balli sport muvaffaqiyatiga ham ta'sir qilishi mumkin bo'lgan holat. Khorasani va boshqalar (83) Illinoys chaqqonlik testini futbolchilar vao'rtacha qiymat 14,90 sek, Hachana va boshqalar (66) 105 sportchida o'tkazilgan tadqiqotda. Ushbu testning o'rtacha balli 16,30 soniyani tashkil etdi. sifatida xabar berdilar. Hachana va boshqalar. (68) Illinoys shtatidagi futbol, regbi va gandbolchilarning chaqqonlik testi natijalari Bizning tadqiqotimizda topilgan chaqqonlik natijalari ularning tadqiqotidagi natijalar bilan solishtirganda qiymatlardan yaxshiroqdir. Bu natijalar mamlakatimiz gandbolchilarining sport mahoratini namoyon etadi. Bu parametrlar bo'yicha yaxshilanishga ochiq ekanligini ko'rsatadi. Bizning tadqiqotimizda FMS ballari va chaqqonlik o'rtasidagi bog'liqlik tekshirilganda, Statistik jihatdan muhim ijobiy munosabat aniqlandi. Chaqqonlik testi, to'satdan tezlashish va Ushbu harakatlar yo'nalishni keskin o'zgartirishni talab qilganligi sababli, to'g'ri ishlaydigan kinetik zanjir talab qilinadi. Bu og'riqsiz va funktsional harakatni talab qiladi. FMS balli past bo'lgan odam Sportchining epcillik ko'rsatkichining pasayishini shunday izohlash mumkin.

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