



THE IMPORTANCE OF GYMNASTIC EXERCISES IN MAINTAINING WOMEN'S HEALTH AND THE PERIOD OF WEEKLY TRAINING

Teacher of Obstetrics and Gynecology: **Norraeva Sevara Qurbonovna**
Sherabad congregation named of Abu Ali Ibn Sina
health technician

s89632843@gmail.com

Nurmamatova Sarvinoz Qurbon qizi

Uzbek state university of physical education and sport
Uzbekistan, Chirchik

Nurmamatovasarvinoz061@mail.com

Article history:

Abstract:

Received: December 24th 2023
Accepted: January 20th 2024
Published: February 26th 2024

In this article, pregnant women of all ages, who are ready for motherhood, plan and apply various changes in the abdominal muscles that remain after the fetus (overweight, skin muscle expansion, muscle relaxation, damaged skin cells) with the help of microcycles.

Keywords: Childbirth period, skin muscles, gymnastic exercises, skin cell, pregnancy

ACCESS. Nowadays, due to the low mobility of pregnant women and strong changes in their bodies, taking into account the increasing number of postpartum changes and diseases, we are moving away from chemical drugs, and women's body muscles, especially abdominal muscles, It is important to prevent and restore bone damage. Therefore, it is urgent to popularize and make it a habit to engage in weekly gymnastics classes in hospitals, at home and in various sports venues.

THE PURPOSE OF THE STUDY: Treatment and restoration of damaged abdominal muscles in women after childbirth with the help of gymnastics.

MATERIALS. In order to maintain women's health, there are several gymnastic complexes, taking into account their anatomical structures and physiological functions. Special exercises are recommended for pregnant and postpartum women.

Gymnastic exercises start from the simplest and gradually move to more complex ones. If a woman has not practiced gymnastics before or has not practiced it for a short time, the first days she will feel tension in her muscles, and in some cases there will be severe pain (especially in the morning).

Many women have problems with the looseness of the abdominal wall. In such cases, it is necessary to pay special attention to exercises that strengthen the abdominal muscles. A woman writes down all the information about herself, controls the positive changes in herself. When you start exercising: body weight, chest circumference, waist circumference, hip measurements are recorded. After two months, the weight will be measured again.

A weekly workout schedule specially designed for body recovery is important in the postpartum women's exercise program.

Training schedule		
Monday	18.00	20.00
Tuesday	14.00	16.00
Wednesday	14.30	16.30
Thursday	19.30	21.30
Friday	18.00	20.00
Saturday	Day off	
Sunday	Day off	

On the day off, women had an active rest (you can walk in the fresh air, take a shower).

This exercise can be performed in the following sequence: Standing exercises.

Waist and back. Slowly raise the arms up, turning to the right, and slowly lower them. Repeat the same exercise turning to the left. Do not move your legs and hips as much as possible (Fig. 1 a, b). Bend forward

and to the right, try to touch the fingertips to the floor, straighten up. The same is done by turning left. Hips and legs should be motionless while performing this exercise.

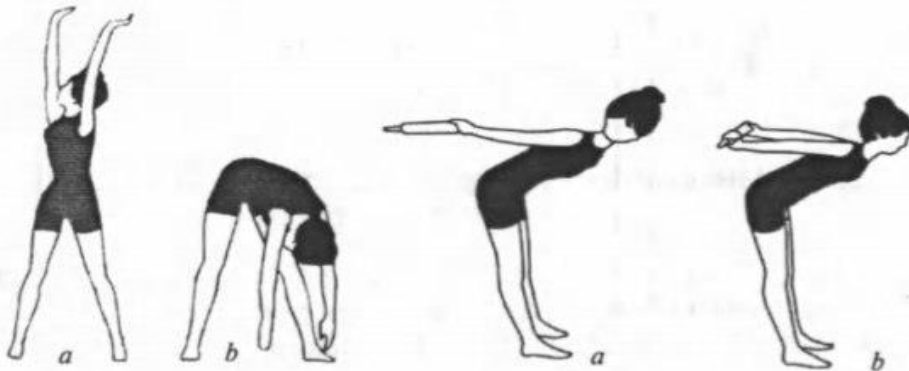
Chest and shoulders. Holding the stick in the right hand, bend forward, at the same time pull back the hand holding the stick, take the stick in the left hand and repeat the exercise (Fig. 1, a). Holding the stick

with both hands, take it back, bend forward and raise the hand as high as possible (Fig. 1, b).

Side and leg. Squat down, put your palm on the floor, straighten up, stand up. Without bending your

legs, try to bend forward and grab your toes with your hands.

Side and back. Leaning forward, grab the shin with your hand, try to bend the head to the knee.



1-Fig

Hips and hips. While touching the wall or door with the right hand, try to touch the knees of the left leg with the left hand to the stomach, keep the back straight (Fig. 2, a). Holding the tips of the left foot with the left hand, raise the heel to the buttock (picture 2, b), repeat the exercise by changing the legs and hands.

Stretching exercises. Tie the two ends of the rope and open the legs wide, while pressing it, slide the hand along the rope, until you feel the rope stretching, separate it into two sides (Fig. 3).

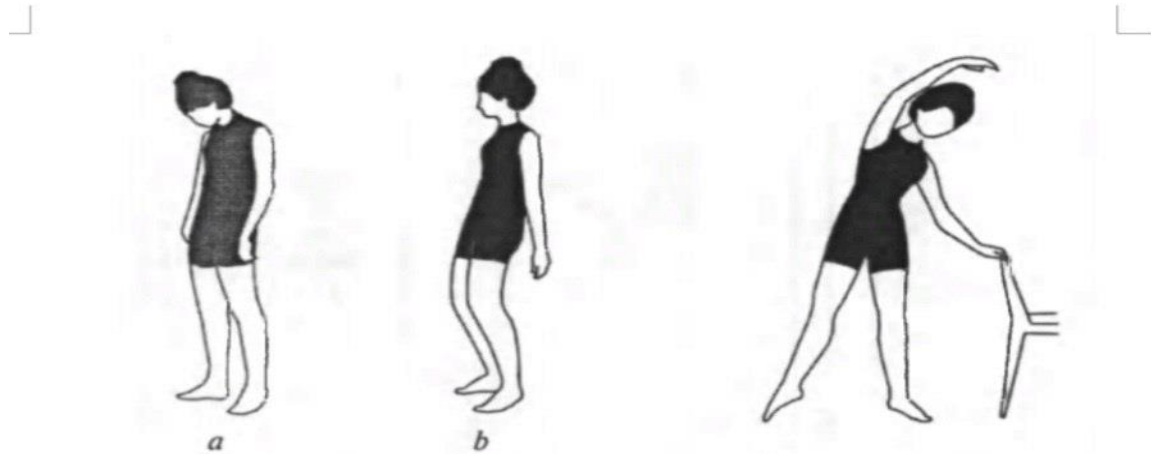


2-3- Fig

Abdomen and buttocks. Open the legs and leave them free (Fig. 4, a). Tighten the abdomen and buttocks sharply (Fig. 4, b). Hold in this position for 10 seconds and release again. These exercises are performed in the room with free movement to the accompaniment of music, and with sharp stops, the muscles are tensed.

Waist and legs. Put your left hand on the back of the chair with your legs together. Simultaneously raise the right arm and leg forward, to the side, and back.

Hands and waist. Legs together, right hand down, left hand on the back of the chair, right foot on the tip, at the same time right hand up, side roof 'pulls up and bends to the left (Fig. 5). The exercise is repeated by turning the chair

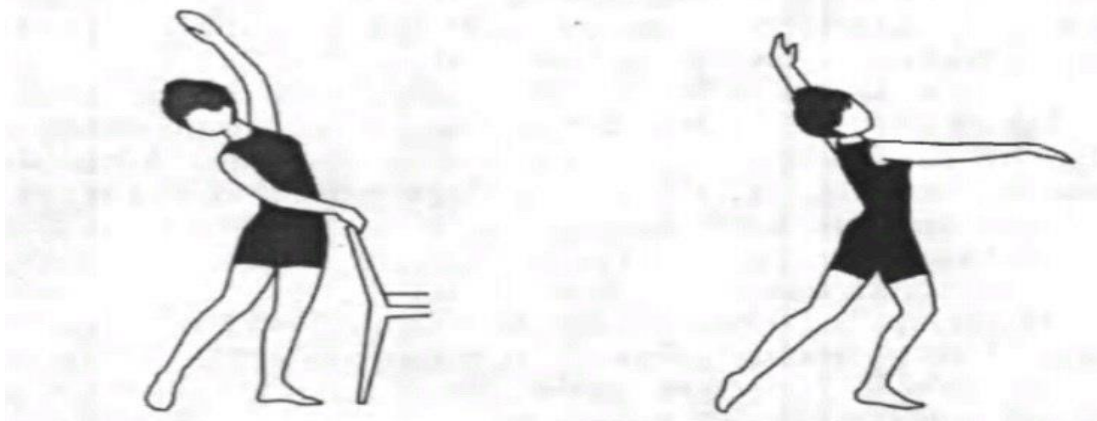


to the right.

4-5-Fig

Abdomen and back spade. Turning on the back of the chair, the right hand is raised, the tip of the right leg is placed on one side, the left hand is raised up, bent to the back (Fig. 6).

The exercise is repeated, leaning on the back of the chair with the left hand, extending the left leg to the side and back, and raising the right hand. While performing this exercise without leaning on the back of the chair, it is necessary to alternately move the right leg and the left leg to the side and back, and at the same time raise the right arm and the left arm (Figure 7). It is necessary to pay attention to the slow execution of the movement.



6-7 Fig

Exercises performed lying down.

Back and legs. Lie on the carpet with your back, put your hands behind your back, and stretch your legs. Slowly bend the legs and bring them to the stomach (Fig. 8, a). Keeping the legs straight, raise them for a few minutes at a right angle to the body and slowly lower them (Fig. 8, b).

Knee and calf. Roll over on your stomach, put your hands on your face and stretch your legs. Slowly bend your toes until they touch your hips, then slowly straighten up in the same position. This exercise can be performed with the right and left legs to the accompaniment of music. It can also be done with both legs together.

Waist and abdomen. Sit on the floor and stretch your legs. Sometimes the right leg and sometimes the left leg are raised to the beat of the music. This exercise, known as "scissors", can be made more complicated by making circles with leg movements. You can speed up the exercise by starting to feel the freshness of the back muscles.



8-Fig

It should also be mentioned that this or other exercises can be changed depending on your wishes and desires (legs are moved in the form of "X"). The movement of making a circle with the legs in a clockwise direction or, on the contrary, in a counter-clockwise movement, etc. it can. When tired, a woman can relax for a few minutes.

Exercises performed using a gymnastic ball: in this case, the legs are placed lying on the ball with the back or the front side, the arms are stretched on the ground, the arms are bent and written, forward and backward movements are performed with the hand.



9-Fig

Yuqorida ko'rsatilgan gimnastika mashqlaridan muntazam shug'ullanish nafaqat tug'ruqdan keyingi holat balki barch ayoshdagi xotin-qizlar uchun qo'llash mumkin.

Summary: It is seen that gymnastics training is very useful for women to prevent and recover from various negative changes after childbirth, therefore, for the training to have a quick effect, it should be carried out on a weekly basis, at certain times of the day. we can see that the exercise allows the body to adapt to the changes faster, and the abdominal muscles are ready for the next birth in a short time.

LIST OF REFERENCES

1. M.A Fozilbekova., X.S.Zaynitdinova Azziz Akusherlik va ginekologiyada hamshiralik ishi Tibbiyot kollejlari uchun o'quv-qo'llanma "O'qituvchi" nashriyot-matbaa ijodiy uyi Toshkent 2004. 141.

2. Нурмаматова С.К "Развитие гибкости девочек 6-7 лет, занимающихся фигурным катанием." Центральноазиатский журнал образования и инноваций 2.4 (2023): 150-153.
3. Nurmatova S.Q "Development of coordination skills in figure skating." Академические исследования в современной науке 2.11 (2023): 107-110.
4. Njimbu, François, et al. "Prenatal gymnastics and psychological support benefit pregnant women." Journal of Surgery & Medicine (JOSAM) 7.2 (2023).
5. Tajibaev S.T, Shohruh X.S, "Xokkeychining asosiy turish holati texnik harakatlari biomexanik tahlili ko'rsatkichlari." Scientific Bulletin of Namangan State University (2023): 819-827.
6. Bogibekov A.O "Organization of training of ice hockey players at the stage of initial specialization." Рекомендовано к изданию редакционно-издательским советом УзГУФКиС



World Bulletin of Public Health (WBPH)

Available Online at: <https://www.scholarexpress.net>

Volume-31, February 2024

ISSN: 2749-3644

Редакционная коллегия: Ректор
УзГУФКС проф. М. Болтабаев (2022).

7. Давлетмуратов С.Р. "Ўзбекистонда ҳаваскор-хоккейчиларнинг жисмоний сифатларини ривожланиш даражасининг таҳлили." Fan-Sportga 1 (2022): 21-23.