

## COMPREHENSIVE PRACTISE OF KINETOTHERAPEUTIC METHODS OF REHABILITATION OF MIDDLE-AGED WOMEN, SUFFERING FROM OBESITY

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**Keywords:** obesity, physical rehabilitation, research methods, body weight loss, safety, accessibility.

**The relevance of the research** lies in the necessity for scientific justification and development of a method for the rehabilitation of persons with excessive body weight, which is accompanied by painful manifestations in the lower spine, which has recently become a mass phenomenon.

**The aim of the research** is to develop a physical rehabilitation program and methods for its application to obese or overweight people.

**Hypothesis.** In the present study, we believed that building an comprehensive approach in the rehabilitation process for obese people (overweight) against the background of the practice of various kinetotherapeutic methods, will significantly not only accelerate the recovery process and reduce pain symptoms, but also reduce weight indicators. The results of theoretical analysis and generalization of literature data, the study of best practices, and long-term pedagogical observations will lead to the conclusion that the rehabilitation of persons suffering from obesity and pain in the lower spine is possible only on the basis of an comprehensive approach that presupposes psychological and pedagogical aspects (construction, the magnitude and nature of the motor regime), medical (diagnosis and treatment).

**Organization and methods of research:** anthropometry, calculating the body mass index, studying the scientific literature data regarding the issue.

**The results** of the comparative analysis of the data obtained during the pedagogical experiment with middle-aged women suffering from obesity (“Biomeddiagnostic” Medical Center, 15 patients) make it possible to judge the effectiveness of the method developed by us, based on the reliability of the difference in weight indices at the final stage of the experiment, where statistical reliability of differences in the t-test of the Student is established at a value of  $P < 0.05$ ;  $< 0.001$ .

**Conclusion.** The generalization of the results of the research allows one to assert that among the set of recommendations existing in the scientific and methodological literature on this issue, it is necessary to focus, first of all, on those in which a comprehensive approach is proposed to solve this problem - dietary nutrition in the framework of scientifically sound rehabilitation motor activity, based on special means of physical education. These positive changes make it possible to judge the progressiveness of the method developed by us.