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Special Pedagogy: Speech Therapy (Logopedics)

ORGANIZING REHABILITATION WORK BASED ON OSTEOCORRECTION AND SPEECH THERAPY MASSAGE

Annotatsiya: Bolalarda nutq buzilishlari ko‘pincha muskullar tonusi va skelet pozitsiyasining noaniqligi bilan bog‘liq bo‘ladi. Shu sababli, logopedik reabilitatsiyada nafaqat nutq mashqlari, balki mushak va suyak sistemalarini optimallashtirish — osteokorreksiya ham muhim ahamiyatga ega. Osteokorreksiya va logopedik massaj birgalikda qo‘llanilganda nutq apparati faoliyatini yaxshilash va umumiy rivojlanishga katta hissa qo‘shadi. olaning skelet va mushak holatini tekshirish (pozitsiya, taranglik, fleksibilitet); Nutq apparati va artikulyatsion motorikani baholash; Reabilitatsiya uchun individual dastur ishlab chiqish.

Аннотация: Нарушения речи у детей часто связаны с нестабильным тонусом мышц и положением скелета. Поэтому в логопедической реабилитации важны не только речевые упражнения, но и оптимизация мышечно-скелетной системы — остеокоррекция. Совместное применение остеокоррекции и логопедического массажа способствует улучшению деятельности речевого аппарата и вносит значительный вклад в общее развитие. Проверка состояния скелета и мышц (позиция, напряжение, гибкость); оценка речевого аппарата и артикуляционной моторики; разработка индивидуальной программы реабилитации.

Speech development defects in children are usually identified by the age of 5–6. Recently, an increasing number of preschoolers need to visit a speech therapist for speech correction. Disorders of the articulatory apparatus can have various origins, and often addressing them requires the assistance of multiple specialists. Teachers, speech therapists, and psychologists use different techniques to restore the tone of the muscles responsible for sound production and the formation of articulation skills. Special massage techniques have been developed to support these efforts, helping to consolidate the therapeutic effects of speech therapy sessions. Osteopathy helps address deeper causes of speech disorders in children — it is a system of practical health correction methods aimed not at treating a specific disease but at restoring the normal functioning of the body.

Speech defects can be corrected with massage
Speech therapy massage is applied to various disorders of the speech apparatus in children. This form of intervention helps eliminate dysfunctions such as:

- Stuttering
- Voice disorders
- Pronunciation disorders caused by CNS impairments (dysarthria)
- Nasal speech (rhinolalia)
- Atrophy or hypertonicity of the muscles of the speech organs
- Speech defects associated with movement coordination disorders

Typically, massage serves as a supplementary method for correcting the speech apparatus within comprehensive medical and psychological work with children. It is performed by a speech therapist with specialized knowledge and skills in the anatomy and physiology of the speech organs, massage techniques, and articulation exercises. Speech therapy massage should be conducted in conditions comfortable for the child. During the first sessions, it is important to familiarize the child with the massage techniques, for example, by demonstrating them on their mother. This helps the child adapt more quickly and reduces fear of the therapist. All movements of the specialist should not cause discomfort, so sessions usually last 10–20 minutes.

For correcting the speech apparatus, manual influence is applied to the head, neck, and shoulder areas. The muscles of the tongue, cheeks, palate, and pharynx are actively engaged. Speech therapy massage is intended to:

- Normalize the tone of the muscular system
- Restore adequate transmission of nerve impulses and the body's responses to them
- Eliminate neurological pathologies in children

Often, the cause of such problems is birth trauma, which is addressed through osteopathy. In these cases, it is initially recommended to visit an osteopath to detect hidden pathologies in the musculoskeletal system.

Osteopathic correction for speech defects

Few parents realize that difficult births may be the reason behind their child's speech defects. Improper management of the birthing process can cause trauma to the cervical spine in newborns and the lumbar spine in mothers. Displacements and subluxations resulting from such trauma can compress nerves and blood vessels that supply nerve impulses, nutrients, and oxygen to the brain. This disruption can affect the regulation of many bodily processes, including the development and formation of speech in children.

Osteopathic specialists have experience in correcting birth-related and other skeletal injuries in children. Using gentle manual techniques, the body is corrected in a safe and effective manner:

- The natural anatomy of the spine is restored.
- Muscle and ligament spasms are relieved.
- Tissue swelling is reduced.
- Dysfunction of the nervous system is corrected.

These interventions support normal growth and development in children. In cases of speech defects, osteopathic techniques can help restore the function of the speech apparatus, relieve spasms, normalize movement coordination, and reduce nervous and muscular tension.

Manual Therapy: Development of the Method and Its Possibilities – Chiropractic, Kinesiology, Massage, Osteopathy

It is quite possible that manual therapy is one of the oldest methods of treatment. Primitive humans may not have had reliable knowledge about the medicinal properties of herbs and

minerals, but they could already rub or knead an injured hand or leg, stretch a sore muscle, or mobilize a stiff neck. Even today, when we sprain a foot or bruise ourselves, the first thing we instinctively do is rub the affected area. This occurs unconsciously, at the level of deep reflexes. Remarkably, in many cases, after this rubbing – a kind of self-massage – the pain decreases! This reduction in pain has a natural physiological basis. By massaging the injured area, we improve blood circulation in the tissues, which accelerates the reduction of post-traumatic swelling, enhances nutrition, and promotes recovery of damaged muscles and fascia. Additionally, rubbing activates the autonomic nervous system, triggers the body's self-regulation system, and "signals" where repair and healing are needed.

Another unconscious form of manual therapy (hands-on treatment techniques) is soothing a child by gently stroking their head. Parents know that stroking a crying child's head calms them, reduces emotional distress, and even alleviates pain (after a fall or bruise). This effect is an example of natural osteopathy – craniosacral therapy – where gentle strokes stimulate the receptors in the scalp's fascia and skull bones, reflexively improving and balancing the function of the central nervous system.

Morning stretching can also be considered a form of self-directed manual therapy. We can observe this type of morning exercise in cats, dogs, children, and adults. During stretching, ligaments and tendons are lengthened and relaxed, joint positions in the spine are normalized, and the intervertebral disc is centered. Stretching muscles and ligaments creates a wave of reflex stimulation of local circulation and tissue nutrition.

In classical manual therapy, one cannot fail to mention Hippocrates, the father of Greek and later European medicine. He actively used manual techniques to adjust major joints and normalize spinal alignment. This great physician (some Greeks believed him to be the son of Asclepius, the god of medicine!) also developed special devices for spinal traction and other body-centered manipulations.

Manual therapy was known in Ancient Egypt and Mesopotamia. Shamanic bone-setting techniques have survived into modern times in the form of "grandmother's" methods like head adjustments, sacral massage, or abdominal pressure. Manual therapy practices were also known among Native Americans.

In many medical traditions, manual therapy was closely combined with massage, therapeutic rubbing with medicinal herbs, and bathing procedures.

The founder of modern manual therapy was Andrew Taylor Still, the creator of osteopathy. As a professional physician and engineer, he was able to approach the causes and treatment of diseases in a new way, viewing the body as a perfect "machine" in which malfunctions could occur. These malfunctions – "slackened belts," "shifted levers," "misaligned gears" – could be detected and corrected by hands! This was the groundbreaking discovery of the founder of osteopathy, the progenitor of scientific manual therapy. His core ideas were: "The body is a single whole," "if a malfunction occurs in one part, the entire system suffers," and "the body must be helped to remove obstacles to free nerve and blood flow, and once it receives sufficient nutrition and control, the organs will begin the healing process."

Andrew Still developed the principles of osteopathy, created a structured treatment system, selected the most effective corrective techniques, and provided his followers with a broad foundation for refining the methodology.

In different U.S. states, as well as in England, France, and Germany, osteopathy developed along somewhat different paths. The methodology expanded, new ideas and techniques emerged, and a substantial collection of successful treatments for complex chronic conditions was accumulated. Not only the spine but also internal organs were successfully treated using this manual therapy method.

Later, osteopathy became the foundation for chiropractic, applied kinesiology, and classical manipulative manual therapy.

The branch of medicine now called manual therapy in Russia was created by Czech physician Karl Levit in the 1960s. From osteopathy and other body-oriented treatment methods,

he adopted the simplest and sufficiently effective techniques for working with muscles, the spine, and joints. At that time, osteopathy widely used manipulative techniques for spinal correction, often accompanied by the "crack" or "pop" phenomenon. The branch of osteopathy focused on treating muscles, ligaments, joints, and the spine was called structural osteopathy. Karl Levit conducted numerous experiments, scientifically proving the effectiveness of these treatment methods and establishing a separate direction within restorative medicine and physiotherapy – classical manual therapy.

Later, collaborating with Soviet traumatologists, neurologists, massage specialists, and physical therapy experts, Dr. Levit introduced the methodology of manual therapy to Russia.

At the same time, the bone-setting techniques of Dr. Kasyan – the creator of the Soviet manipulative treatment system, similar to American chiropractic – became well known. Dr. Kasyan used targeted, rapid, forceful manipulations to "adjust" vertebrae and joints. His system was characterized by quick results but was not entirely safe in the hands of insufficiently trained practitioners.

Modern osteopathy is distinguished by its gentle and safe treatment approach, largely due to the emergence and development in the United States of craniosacral therapy. Craniosacral therapy uses very gentle techniques to adjust the position of the skull and pelvic bones ("cranio" – head, "sacrum" – pelvis), lightly affecting the circulation of cerebrospinal fluid. By emphasizing interaction with the body's self-regulation system, craniosacral therapy favors "balancing" ligaments and muscles rather than forcibly "adjusting" bones, reflexively influencing joint capsules, brain membranes, and internal organ walls. Craniosacral osteopathy is non-directive – "we do not impose anything on the body, but help it find the solution it needs to overcome the pathological condition," say osteopaths. When applied to muscles and the spine, craniosacral therapy makes osteopathic treatment especially comfortable and painless.

Applied kinesiology is also a branch of manual therapy – the practitioner, or kinesiologist, uses hands-on techniques for diagnosis and treatment. Paying close attention to the state of the body's homeostasis (biochemical balance), internal organs, and spine, applied kinesiologists employ muscle testing methods – analyzing muscle tone to perform initial diagnostics and monitor treatment progress. The corrective techniques themselves closely resemble osteopathic methods.

There are other directions in manual therapy as well. What unites them is that during treatment, the practitioner uses the sensitivity of their hands for diagnosis, the reasoning of their mind to understand the causal links of the disease, the precision of their manipulations for therapy, and the openness of their heart to find a path toward mutual understanding and dialogue with the patient.

All the above materials regarding diseases, their diagnosis, treatment, and osteopathy are for informational purposes only. Consult a physician before any medical or therapeutic intervention.

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