

WAYS AND TYPES OF STUDYING LOGOPEDIC MESSAGE

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Abstract:

This article is about the method of correctional and pedagogical influence of speech therapy massage, the elimination of severe speech defects, the provision of theoretical and practical knowledge, skills and qualifications for the effective correction of speech defects with the help of speech therapy massage. The physiological effect of speech therapy massage on the human body, as well as the special effect of speech therapy massage, the acquisition of practical skills of speech therapy massage, and the ability to differentially select a complex of massage movements depending on the emotional and muscular state of each child with speech pathology.

Keywords: Speech therapy massage, speech, organism, methods, stroking, kneading and tapping.

Introduction

Speech therapy massage is a method of correctional and pedagogical influence, aimed at providing theoretical and practical knowledge, skills and competencies for the elimination of severe speech defects, effective correction of speech defects using speech therapy massage. It aims to teach the physiological effects of speech therapy massage on the human body, as well as the special effects of speech therapy massage, the acquisition of practical skills of speech therapy massage , and the ability to differentially select a complex of massage movements depending on the emotional and muscular state of each child with speech pathology .

Massage [Arabic: – touch] is a physiotherapeutic treatment method. To affect the body or a person in a special way. It is performed manually, sometimes devices are used (vibromassage). Nerve and humoral factors play an important role in the mechanism of massage's effect on the body. Under the influence of massage,

biologically active substances are formed in the skin and enter the blood, which participate in vascular reactions, the transmission of nerve impulses, etc. Massage also exerts a mechanical effect on the tissues in the area of direct impact, increasing the circulation of lymph, blood, and fluid between the tissues. As a result, blood and lymph stagnation disappear, metabolism and respiration through the skin of the massaged area increase. Massage improves the functioning of the cardiovascular system. By expanding the capillaries, it allows not only the massaged area, but also distant tissues (reflexively) to be abundantly supplied with blood : the flow of blood through the arteries and veins develops. After the massage procedure, the general condition improves, fatigue disappears. There are general (whole body) and local (part of the body, for example, a hand or foot) massages.

The main methods are: stroking, kneading and tapping. Stroking - used before starting and at the end of other massage methods. Rubbing - performed somewhat quickly, in which the skin and subcutaneous tissues are moved or stretched in different directions. It is rubbed over the massaged area. Crushing massage - a more complex method of massage. In this, not only surface tissues, but also deep-seated muscles are affected. This method of massage consists of gripping, lifting, pressing and stretching tissues. Vibration or "vibration" -

is the application of a vibrating (trembling) motion to the body, which is performed manually or with the help of special massage devices with different intensities and vibrations . There are such types of massage as sports massage, therapeutic, hygienic and cosmetic . Sports massage sequentially affects all muscle groups of the athlete . Therapeutic massage is performed as part of a comprehensive treatment for diseases of the musculoskeletal system , joints and metabolic disorders, radiculitis, contractures (temporary or permanent restriction of joint movement), and others, as prescribed by a doctor. Other types of massage are used to relieve fatigue and restore strength, usually in combination with physical exercises, water procedures, and morning exercises. Such massage allows you to look beautiful and fit . Self-massage is a form of hygienic massage. The procedure can be performed by specially trained masseurs or by relatives of the patient (after learning from a medical professional). Cosmetic massage is used to strengthen the thighs and eliminate facial blemishes on the recommendation of a cosmetologist . Cardiac massage is a method of

positioning a person in case of cardiac arrest; in which the heart is rhythmically compressed directly (in operations performed with the chest open) or indirectly (in providing first aid without opening the chest). Massage therapist - during training, students learn about the types and characteristics of massage, the specifications of various massage systems, the effect of massage on the human body and the need for its use. The program introduces the types and techniques of massage performed on various parts of the human body, massage tools. During the training, much attention is paid to the technical side of the issue - hygienic organization of the massage room and equipment, infection control. The trainees master the techniques of home massage, children's and self-massage, practically study the methods of massage of the face, head and other parts of the body, oriental, cupping, honey massage and lymphatic drainage.

Types of massage. Speech therapy massage is an active mechanical method that changes the state of muscles, nerves, blood vessels and tissues of the peripheral speech apparatus. Speech therapy massage is one of the speech therapy methods that helps to normalize the pronunciation side of speech and the emotional state of people suffering from speech disorders. Instructions for using massage in speech therapy practice. Speech therapy massage is part of a comprehensive medical and pedagogical system for the rehabilitation of children, adolescents and adults suffering from speech disorders. Massage is used in speech therapy, for example, when working with people with dysarthria, including its erased forms, rhinolalia, stuttering and voice disorders. In general, Massage is used in corrective pedagogical work in all cases of muscle tone disorders. The role of massage in the complex system of correctional and pedagogical influence Speech therapy Massage is part of a comprehensive psychological and pedagogical work aimed at correcting speech disorders. It can be carried out at all stages of corrective actions, but it is especially important to use it at the initial stages of work. Often, massage is a prerequisite for the effectiveness of speech therapy effects.

In overcoming articular disorders, speech therapy massage is performed in combination with passive, passive and active articulatory gymnastics. In normalizing breathing, voice formation, and emotional state, massage can be used in combination with traditional speech therapy or gestic exercises. Speech therapy massage can be performed by a speech therapist, neuropathologist or therapist, a medical specialist who knows the speech therapy method. Massage

should be performed by a person who has undergone special training and knows the anatomy and physiology of the muscles that provide speech activity, as well as the etiopathogenesis of speech disorders. Speech therapy massage is an active mechanical method used in case of impaired muscle tone. Such massage is especially used to eliminate dysarthria, rhinolalia and stuttering. Speech therapy massage cannot be used in the following 3 groups.

- Skin diseases - fungal, purulent cracks, as well as hematomas, oncological diseases;

- Infectious diseases, namely angina, acute convulsive diseases, infectious diseases of children;

Dental diseases - stomatitis. Any operations, tooth loss or extraction.

The following massages are used in speech therapy:

- Traditional ;
- Acupressure (Chinese folk medicine);
- Probe;
- Apparatus;
- Self-massage.

Traditional classical massage is used in four ways.

Stroking - the hand slowly strokes the skin along the body without wringing it. If this is done slowly, it reduces tone. Kneading - stretching the tissues in different directions, but not squeezing them hard. Fast kneading invigorates (nine movements per minute), slower - relaxes. Kneading - the skin that has contracted is stimulated with a certain movement. It acts like a passive gymnastic exercise. Excessive rubbing can be very relaxing. If the kneading massage is performed for a quarter of the time of the general massage, it has a partial effect. If this massage is performed correctly for half the time of the general massage, it has an active stimulating effect. Vibration - the transfer of the vibration of the speech therapist's hand movements to the child's skin being massaged. There are two types of vibration.

- Alternate - performed by moving the hands over the skin one after the other (pinching, tapping). It stimulates the muscles.

- Continuous vibration is performed without removing the hands from the skin. his position relaxes the child's muscles. Speech therapy massage is performed on the head, neck, as well as the upper shoulder muscles. During speech therapy

massage, special attention is paid to the muscles of the peripheral speech apparatus, that is, the muscles of the tongue, lips, face, and soft palate. The speech therapist must be able to clearly imagine the part of the speech therapy massage that is being performed, the function of the muscles, and their location. Normal anatomy and physiology of the speech organs. Head and neck. The skull is formed by the brain, which consists of separate bones. They are connected by sutures. The sutures separate the brain and facial bones. The brain consists of the occipital bone (11), the frontal bone (1), the occipital bone (12), the sphenoid or main bone (2), the ethmoid bone, and the temporal bone (8). The facial bones consist of the upper jaw (6), the palatine bone, the cheekbone (5), the lacrimal bone (4), the inferior nasal concha (3), the ethmoid bone, the mandible (7), and the hyoid bone. The muscles of the head are divided into 2 groups: masticatory muscles and mimic muscles. The function of the masticatory muscles is to bring the lower jawbone closer to the upper jawbone. 3. The upper masticatory part. 4. The internal masticatory part. Its function is to raise the lower jaw when it drops, and to help move the upper jaw. The pterygoid muscle starts at the top and raises the lower jaw, pulling it forward and backward. If one side of the pterygoid muscles contracts, the lower jaw moves to the side. The mimic muscles, or facial muscles, form a ring around the mouth, nose, eyes, and ears, forming circular muscles. The circular muscles around the eyes, mouth, and nostrils ensure the narrowing and widening of these openings. In general, when the muscles of facial expression contract, the muscles around the eyes, mouth, and nose give these openings different shapes, distorting the appearance of the face and its symmetry. The brachialis muscle - starts at the back of the nose and merges with the skin. It forms a transverse line (wrinkle) between the two eyebrows. The orbicularis oculi muscle is located in the orbit of the eye and serves to close the eye. The muscle that frowns. This muscle is located transversely between the two eyebrows and, when contracted, brings the eyebrows closer together. At the same time, a vertical line (wrinkle) is formed between the eyebrows. The nasal muscle begins on the lateral surface of the upper jaw bone, on the alveolar process of the upper molar tooth, and attaches to the wings of the nose. This muscle brings the wings of the nose closer together. The occipital-frontal muscle is firmly attached to the skin and

loosely attached to the upper bone membrane. Therefore, when the fleshy parts of the muscle contract, the scalp (hair) is pulled forward and backward. The forehead part raises the eyebrow. Muscles surrounding the mouth. The muscle that lifts the upper lip. It starts from the cheekbone, from the frontal process of the upper jaw bone, from the lower edge of the eye socket, and attaches to the skin of the nose, lips and chin. The cheek muscles are large and small. These muscles are quite strong, and their fibers are directed from top to bottom. These muscles pull the corners of the mouth up and to the side, resulting in a smile, so this muscle can be classified as a laughing muscle. The laughing muscle consists of weak transverse bundles. Sometimes in people, it is attached to the skin of the larynx, which creates a dimple on both cheeks when they laugh. It pulls the corners of the mouth laterally. The muscle that pulls the corners of the mouth down. This muscle has the shape of a triangle, with the base of the triangle facing the corner of the mouth. It pulls the corner of the mouth downward. The muscle that pulls the lower lip down. It pulls the lip downward. The muscle that lifts the corner of the mouth upward. The muscle that lifts the corner of the mouth upward. The chin muscle. It lifts the chin skin, bringing the lower lip closer to the upper lip. The lunge muscle pulls the corner of the mouth back, bringing the lunge and lips to the teeth. The orbicularis oculi muscle. It serves to close the mouth.

Oral cavity. The oral cavity is formed by the lips in the front, the cheeks on the sides, the palate (hard and soft) above, and the tongue and muscles below, forming the oral cavity. Labia. The corners on both sides of the entrance to the mouth are called the corners of the mouth. The upper and lower lips are the most mobile part of the face, as they contain the muscles of expression and other muscles that surround the mouth. The skin of the face continues to the upper and lower lips and covers the lip muscles. The area between the skin and the mucous membrane of the lips is called the interstitial part, which is covered with a thin layer of keratin. That is why the muscles under it give the lips a reddish color. Thus, the lips consist of three parts: the skin, the mucous membrane, and the interstitial part. The facial and chewing muscles are covered with skin, and below it is covered with mucous membrane. Between the facial and chewing muscles are subcutaneous fat layers. Salivary glands are secreted from this fat layer. The palate, in turn, is divided into 2: the hard palate

and the soft palate. The anterior part is the hard palate, the posterior part is the soft palate. The sides of the nasal and oral cavities are covered with a mucous membrane.

The base of the soft palate is formed by muscles covered with a mucous membrane. The palate is dome-shaped, with the concave side facing the oral cavity. The hard palate generally forms two parts of the palate and is also called the bony palate. The soft palate forms the rest of the palate, and when a person breathes, it goes down, that is, it is in a cool state, and when food is swallowed, it rises up. A seam running from the middle of the palate to its base divides it into right and left parts. The base of the soft palate is formed by five transverse-transverse muscles below . 1. When the uvula muscle contracts, the roof of the mouth is pulled down. When the uvula contracts, the roof of the mouth is pulled down, and the roof of the mouth is lifted up . Its internal volume increases.

2. The tongue is a palatine muscle. Simultaneous contraction of the vestibule on both sides narrows the throat. 3. When the uvula muscle contracts, the uvula rises and contracts. 4. The function of the levator palatine muscle is to raise the roof of the mouth. 5. As the name suggests, the muscle that tenses the roof of the mouth tenses the soft roof of the mouth. The sympathetic nerve fibers of the cranial nerves IX and X participate in the innervation of the soft palate. The tongue is a muscular organ, the upper part, sides and bottom of which are made of mucous membrane. The tongue consists of two parts : the anterior part and the posterior part (root part). The tongue is located at the beginning of the digestive organs, in the oral cavity . The tongue is not only connected with the digestive organs, but also directly and actively participates in pronunciation. The tongue is an organ made up of muscles , which usually fills the oral cavity . The upper surface of the tongue is rich in suckers of various types and sizes , which serve mainly for taste. The tip of the tongue fits between the molars, and its edges touch the mucous membrane of the larynx. The tongue is an organ made up of muscles. The muscles that form it can be divided into two groups. Group 1 is called the skeletal muscles or the muscles that move the tongue.

They are as follows:

1. The flexor sublingual muscle pulls the tongue down and back when the fibers contract.
2. The sublingual muscle pulls the tongue down and back.
3. The lingual frenulum is a thin, long muscle. Unilateral contraction of this muscle moves the tongue to the side, while bilateral contraction pulls the tongue back and up.

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