

## **THE ROLE OF LOGO-FASCIAL MASSAGE IN THE CORRECTION OF SPEECH DISORDERS**

Sharopova Hafiza Abdulhamitovna

Teacher of the Department Faculty of Psychology of Art Studies and  
Pedagogy, Preschool Education Fergana State Pedagogical University

Toshkuziev Ibrahim

Special Pedagogy, Direction of  
Oligophrenopedagogy , 23.39 group Student

### **Abstract**

This article examines how to form a child's speech, etiology and diagnosis of a specific speech defect, and the ways to properly perform fascial massage. The article considers the use of a modern and effective method for correcting speech disorders in children and adults, including fascial massage logs. Characterizations of fascial massage logs that distinguish them from classical logopedic massage approaches are described. A method for correcting speech disorders is described, it consists of five stages.

**Keywords:** Speech, logo-fascial massage, articulatory gymnastics, classical gymnastics, logo-fascial massage methods.

### **Introduction**

As one of the basic abilities of the human body, speech plays an important role in human life. Speech has two communicative and significant functions, but the most important one is communicative. No child is born with the ability to express his thoughts correctly and accurately. Therefore, it is necessary to engage in dealing with the child from an early age. If the child has various problems with the pronunciation of sounds, he needs the advice of a speech therapist. Sometimes, not only children, but adults also need speech advice. There are many ways to fix speech disorders. These include articulation gymnastics, finger gymnastics, speech therapy, and logo-fascial massage. In this article, we want to reveal the specifics of using an effective method of correcting speech disorders in children and adults.

Before starting to work with patients, first of all, it is necessary to make an accurate, correct diagnosis, determine the causes of this disease and, of course, determine the form of this disease. The bulk of patients with speech disorders were expressed in two main groups:

- 1) persons suffering from the consequences of childbirth injuries,
- 2) damaged individuals of the central and peripheral nervous system.

In addition, there is a 3) subgroup, which includes individuals who have developed speech defects as a result of stroke and other brain-related diseases. [1]

Logo-fascial massage, which affects the voice, respiratory and articulation systems, represents a comprehensive effect of correcting speech disorders. Logopedic and simple classical massage led to the emergence of logo-fascial massage method of correcting speech disorders. Since the 90s, the number of patients with severe speech disorders has gradually increased. Logo-fascial massage is an assembly of effective and practice-tested methods and techniques from various massage techniques. It can be said that the logo-fascial massage method is not an independent unit because it works in a complex of functional, muscle-fascial, and corrective disorders. In addition to the above, this method is a preparatory stage, revealing the psychological, physiological abilities of the child, then the natural motor activity of certain muscles and muscle groups involved in the formation of speech gradually appears.

- However, we must not forget how speech takes shape. Speech formation fits into 3 sections that work by agreement. These are the breathing, voice and articulation sections.

- During logo-fascial massage, these 3 sections are considered. [2]

- At the same time, breathing, voice control, articulation and the ability to produce a voice are normalized and activated. Logo-fascial massage according to the transfer scheme consists of 5 stages:

- • Body work from the outside

- • Intraoral study of muscle groups involved in speech formation

- • Intraoral massage and sounding

- • Body work, intraoral massage, sound placement and pedagogical correction, which consists of the formation of speech breathing

Pedagogical correction based on the experience of the specialist. [1]

If we consider each stage separately, during the conduct of the first stage, massages are first made into the chest area, then the neck area, and then the facial area.

The second stage involves external and internal, that is, intraoral massage of the articulation apparatus.

The third stage involves massage of the articulation apparatus.

Speaking about the fourth stage, one should not forget about voice gymnastics with breathing, articulation, massage and sound automation.

The last fifth stage is a continuation of the fourth phase and involves the automation of sounds in words, syllables, and phrases.

The logo-fascial massage technique was described more than 100 years ago. The technique of performing fascial massage is different in each country.

Jump to search [3]

First of all, a diagnosis of the articulation apparatus should be carried out before logo-fascial massage. The main purpose of this diagnosis is to identify disorders in the articulation apparatus, to identify dysfunctions in the lower jaw, to determine in which area this or that disorder occurs. During this diagnosis, the child should not be bored. Different ways of playing help us in this.

One of them is the game "Window". [3] It is hard to believe, but it is through this simple play that it is possible to identify serious developmental problems, the consequences of which can affect the entire musculoskeletal system and the vestibular apparatus system. The tension on a particular part of the articulatory apparatus can lead to pain in the teeth, damage to the trigeminal nerve, narrowing of the vessels and vessels that feed the brain.

After the diagnosis, it is possible to begin logo-fascial massage according to the doctor's conclusion. Massage is carried out in stages. It starts with the body and first of all it is necessary to adapt the child's body to the limb of the logoped, that is, to prepare the body for the massage. Some children are prevented from touching them because of itching, pain, and the like. This indicates that in them the nerves of the peripheral system, the musculo-fascial coatings of the skin and the surface are strengthened. Most often, pain occurs where there are clamps, where there are musculo-fascial contractions, where there is hypertension. After several courses of training, as soon as the stress subsides, the child immediately enjoys hypertension, the pain disappears, and in some cases, the children even fall asleep. [1] After working with the body, an intraoral massage is performed as directed by the doctor,

putting on the sounds. This examines the integrity of chewing and facial muscles. Based on the practical experience of many specialists, I can say that in most cases there is contraction and tension of the chewing muscles, as they are the first muscles to respond to stress and various emotions.

Let's say in summary that in order to eliminate speech defects, the child must create favorable conditions that lead to normalization of muscle tone. According to the conclusion of many experts in speech therapy, it is common to rehabilitate persons with speech defects through medical, psychological, and pedagogical examination. It includes psychotherapy, hypnosis, drug treatment, general, classical, therapeutic, probe massage of the face and neck area, physiotherapy. [4] All of these areas are carried out by different professional professionals ensuring maximum effort and time consumption of both children and adults. This interdisciplinary approach gives the most effective results. But, as a rule, not everyone is able to do this. Therefore, in order to achieve the closest effective result to an interdisciplinary approach, a five-stage logo-fascial massage has been organized, which partially combines all the above directions. In conclusion, we can say that the logo-fascial massage method is a flexible, individualized approach.

### References:

1. <https://youtu.be/QmXDfEWKI4o>
2. The book "Logopedia" edited by professor of pedagogical sciences Volkova L.S. and professor Shakhovskaya S.N. The third edition, authorized by the Ministry of Education of the Russian Federation as a textbook for students of defectological faculties of pedagogical universities. 2003 Moscow
3. Sakharov O.P. Logopedia album: complex training for voice reinforcement in preschool children. Rostov n/D: Phoenix; 2019.
4. <https://xn--80aaah4bwnff9a3i.xn--p1ai/>