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REHABILITATION EXERCISES FOR MYOPIA FOR UNIVERSITY STUDENTS

Many students in today's world have vision problems, and one of the most common diseases is myopia, or as it is popularly known, myopia. This is a condition in which the optical system of the eye refracts light so that the back main focus is located in front of the retina. This leads to impaired vision at a distance, although objects closer to the eye are perceived clearly [1]. When treating this disease, doctors often recommend physical rehabilitation of vision. This is a set of special physical exercises and procedures aimed at improving the state of vision in people with myopia. There are different types of activities such as therapeutic eye exercises, physical therapy, massage and others.

Physical rehabilitation of visual impairment includes finger exercises. It involves performing special exercises for oculomotor, articulation and finger muscles. These exercises can be static or dynamic, relaxing, etc. The main goal is to strengthen the muscles and improve motor activity, which helps to improve blood circulation and eye function.

Visual exercises are an effective preventive measure. It includes regular exercises for the eye muscles and refraction correction. These exercises can be performed before and after prolonged computer work or intense eye strain. It is recommended to perform eye exercises at least twice a day.

For maximum effect, it is recommended to combine different sets of exercises and perform them regularly during the rehabilitation period. Each complex should not take more than 10 minutes, but its benefits for the visual apparatus can be significant. In parallel with eye exercises, massage can be used to improve blood circulation and the nervous system. Massage can include stroking, vibration, light pressure, and special movements with two fingers. These techniques help relieve eye strain and fatigue, improve eye function, and contribute to the overall health of the visual apparatus [2].

Exercise therapy is also important in the prevention of myopia. In these exercises, it is important to avoid heavy physical activity that can cause fatigue or even damage.

The selection of exercises varies depending on the ophthalmological characteristics, the degree of myopia, the condition of the eyeball and other factors. This may include general developmental, corrective, breathing and special exercises. They should be performed at an average pace, without strong exertion and breath holding [3].

In addition, it is important to follow a daily routine, including sufficient time outdoors and physical therapy. For students with myopia, in addition to physical exercises, it is recommended to perform eye exercises, morning therapeutic gymnastics and physical training breaks during studies.

In rehabilitation, it is important to take into account the individual characteristics of each student, physical fitness, health status, age and gender. Only such an individual approach will help optimise the results of physical rehabilitation and improve vision.

References

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