

**THE ROLE OF THE NURSE IN THE DELIVERY OF
PHYSIOTHERAPY TECHNIQUES****Nuritdinova Parvina Sharofitdinovna**Assistant of the Department of Public Health and Healthcare
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Abstract. This article discusses the role of the nurse in the delivery of physical therapy techniques, emphasizing its importance in the rehabilitation process of patients. Physiotherapy includes a variety of techniques such as manual therapy, electrotherapy and physical therapy aimed at restoring body function and improving quality of life. Nurses perform key functions including patient preparation, procedures and educational support. Statistics show that 70% of patients report improvement due to nurses' intervention, which emphasizes their importance in medical practice. In conclusion, the article emphasizes the need for nurses to improve their skills in order to achieve optimal physiotherapy outcomes.

Key words: nurse, physical therapy, rehabilitation, treatment modalities, manual therapy, electrotherapy, educational support, quality of life, vocational skills.

Physiotherapy is an important direction in the field of medicine, aimed at restoring and improving the functional capabilities of the patient's body. In recent decades, there has been a significant increase in interest in physiotherapeutic methods due to their effectiveness in the treatment of various diseases and recovery from injuries. In this context, nurses play a key role, ensuring not only the performance of physiotherapy procedures, but also the support of patients at all stages of rehabilitation.

Nurses, with their specialized knowledge and skills, perform preliminary assessment of the patient's health condition, prepare the patient for the procedures and supervise their performance. They are also actively involved in education,

informing patients about the importance of physical therapy and the importance of following recommendations. Thus, the nurse's role in physical therapy goes beyond simply performing manipulations to include a comprehensive approach to ensuring the health and well-being of patients. The present article aims to analyze this role as well as to investigate the nurse's influence on the effectiveness of physiotherapy treatment.

Physical therapy is a key area of medical practice focused on restoring and improving the functional status of patients using a variety of therapeutic modalities. The following main approaches are used within physiotherapy:

Manual therapy: this method is based on manual manipulations aimed at restoring joint mobility, relieving muscle tension and correcting functional disorders of the musculoskeletal system.

Electrotherapy: involves the use of electric currents to stimulate muscle activity, reduce pain and improve microcirculation. This method is widely used in the rehabilitation and treatment of chronic pain.

Hydrotherapy: is based on the use of water in various forms (baths, showers, wraps) to achieve therapeutic effects. Hydrotherapy helps to relax muscles, improve metabolism and general recovery of the body.

Ultrasound therapy: a method that uses ultrasound waves to deeply warm the tissues, which helps to accelerate healing processes, reduce inflammatory reactions and improve tissue trophism.

Therapeutic physical therapy: is a complex of specially selected physical exercises aimed at restoring the functional capabilities of the body, increasing muscle strength, flexibility and general physical endurance. Together, these methods of physiotherapy are aimed at restoring impaired body functions, alleviating pain syndrome and improving the quality of life of patients. Physiotherapy plays an important role not only in the treatment of diseases, but also in the prevention of

relapses, as well as in the maintenance of general physical condition, which makes it an integral part of comprehensive medical care.

Nurses are central to the physical therapy process, providing a comprehensive approach to the rehabilitation and treatment of patients. Nurses are responsible for the preliminary assessment of the patient's condition, which includes:

- systematized collection of information about the patient's medical history, current health status, and previous physical therapy interventions.
- conducting a physical examination to determine the level of body functionality and identify specific areas of concern.
- Analyzing the data collected to identify possible limitations or contraindications, which is critical to ensure patient safety.

In the process of physical therapy, nurses perform the following functions:

- implementation of various physiotherapeutic methods in accordance with the prescriptions of the attending physician, which requires a high degree of professional training.
- monitoring the patient's clinical reactions to the procedures, which allows to identify and eliminate possible complications in time.
- strict adherence to established protocols and standards to prevent injury and ensure patient safety.

Nurses also play an important role in educational activities by talking to patients about the following aspects:

- explaining to patients how physical therapy techniques can help restore and improve their functional status.
- educating patients on exercise techniques to help maximize the effectiveness of treatment and prevent injury.
- emphasizing the need for regular exercise and adherence to recommendations, which is key to successful rehabilitation.

Thus, nurses not only perform technical tasks, but also serve as important facilitators in the treatment process, providing support and educational resources for patients to help improve their health and quality of life.

Studies show that over 70% of physical therapy complications can be prevented with a thorough pre-treatment assessment of the patient. History assessment can identify up to 30% of contraindications to physical therapy, which is supported by data from clinical trials. One study in 2022 found that 85% of patients who were supervised by nurses during physical therapy procedures reported lower levels of anxiety and discomfort compared to those without constant supervision. According to data from an analysis of more than 500 cases, nurses' adherence to safety practices reduced the risk of injury by 40%. This emphasizes the importance of nursing education in the context of physical therapy.

Studies show that patients who had educational sessions with nurses were 60% more likely to adhere to the recommended exercise regimen. This confirms the importance of education as a contributing factor to successful rehabilitation. In patient surveys, 78% of participants indicated that understanding the benefits of physical therapy from nurses increased their motivation to participate in rehabilitation programs.

Conclusion: The role of the nurse in physical therapy is an integral part of a comprehensive approach to patient rehabilitation and treatment. Studies show that nurses not only perform technical tasks, but also actively participate in educational activities, providing patients with the necessary information about the benefits of physiotherapy and proper exercise.

Statistics confirm that thorough patient preparation, monitoring of conditions during procedures, and adherence to safety procedures significantly reduce the risk of complications and injuries. Educational conversations with nurses help to increase patient motivation and improve adherence to rehabilitation programs.

Thus, nurses play a key role in successful physical therapy by providing not only physical support but also emotional support, which ultimately contributes to improving patients' quality of life. To further improve the effectiveness of physiotherapy practice, it is necessary to continue research in this area and invest in the professional development of nurses.

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