

**ACTUAL PROBLEMS OF REHABILITATION, SPORTS MEDICINE, AND  
TRADITIONAL MEDICINE AND WAYS TO SOLVE THEM**

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**Abstract.** *In this article, we tried to explain to you the issues when it comes to the relevance and importance of rehabilitation, sports medicine as well as traditional medicine. While expressing the concept that Rehabilitation and sports medicine play critical roles in enhancing functional ability, quality of life, and sports performance (1), we did some scientific research and also analysis study.*

*By addressing current problems in these fields, we can drive advancements, optimize care, and improve outcomes for individuals with disabilities, injuries, and athletes alike. (1)*

**Keywords:** *Research, healthcare system, the relevance of postoperation endeavours, kinesiology, and programs, academic databases, and reputable healthcare organizations for up-to-date information and scholarly resources, Sports and athletic performance, Chronic disease management, Public health impact.*

**Relevance:** Rehabilitation sports medicine and traditional medicine hold significant relevance in the realm of healthcare and play integral roles in promoting well-being and optimizing performance. (2)

Rehabilitation and sports medicine are dedicated to the treatment, prevention, and rehabilitation of sports-related injuries and conditions. Addressing the unique challenges faced by athletes and individuals engaged in physical activities, rehabilitation, and sports medicine contributes to their safe return to sport and optimal functioning (1). Traditional medicine encompasses a rich array of healing practices, knowledge systems, and therapies deeply rooted in various cultures. Uzbek traditional medicals offer alternative and affordable approaches to healthcare, often incorporating herbal remedies, manual therapies, and acupuncture. The relevance of rehabilitation, sports medicine, and traditional medicine lies in their collective efforts to promote overall well-being, facilitate effective recovery, and optimize performance. Concerning the WHO (World Health Organization) concepts, those ways of approaching healthcare are beneficial for both society and patients as they can reduce the cost of hospitalization, stressful procedures, and the lack of caregiving support. (1)

Numerous renowned universities such as York University (Toronto, Canada) and McGill University (British Columbia, Canada) have conducted extensive research studies on the fields of rehabilitation, kinesiology, sports medicine, and traditional medicine, leading to a consensus that these disciplines are indispensable components of modern healthcare practice.

**The aim of the study:** This study aims to investigate the existing challenges in rehabilitation, sports medicine and traditional medicine and propose effective solutions. Due to certain challenges that we may encounter, it is evident that the fields of rehabilitation, sports medicine, kinesiology as well as traditional medicine are not commonly embraced as primary methods of healing within the healthcare practices in Uzbekistan. However, we need to address these challenges and work towards creating greater awareness and acceptance of these fields

among healthcare professionals and the general public. By doing so, we can pave the way for their increased utilization and integration into the healthcare system of Uzbekistan (2). By examining these challenges in depth, the study seeks to contribute to the advancement and expansion of these fields, particularly in terms of improving outcomes and enhancing their accessibility among the general population. The ultimate goal is to ascertain the rate of problematic issues when it comes to the lack of relevance of rehabilitation sports medicine and traditional medicine in Uzbekistan (2), thereby benefiting athletes, individuals in need of rehabilitation, and those seeking alternative healthcare options and also providing those fields with some support and promote them as possible.

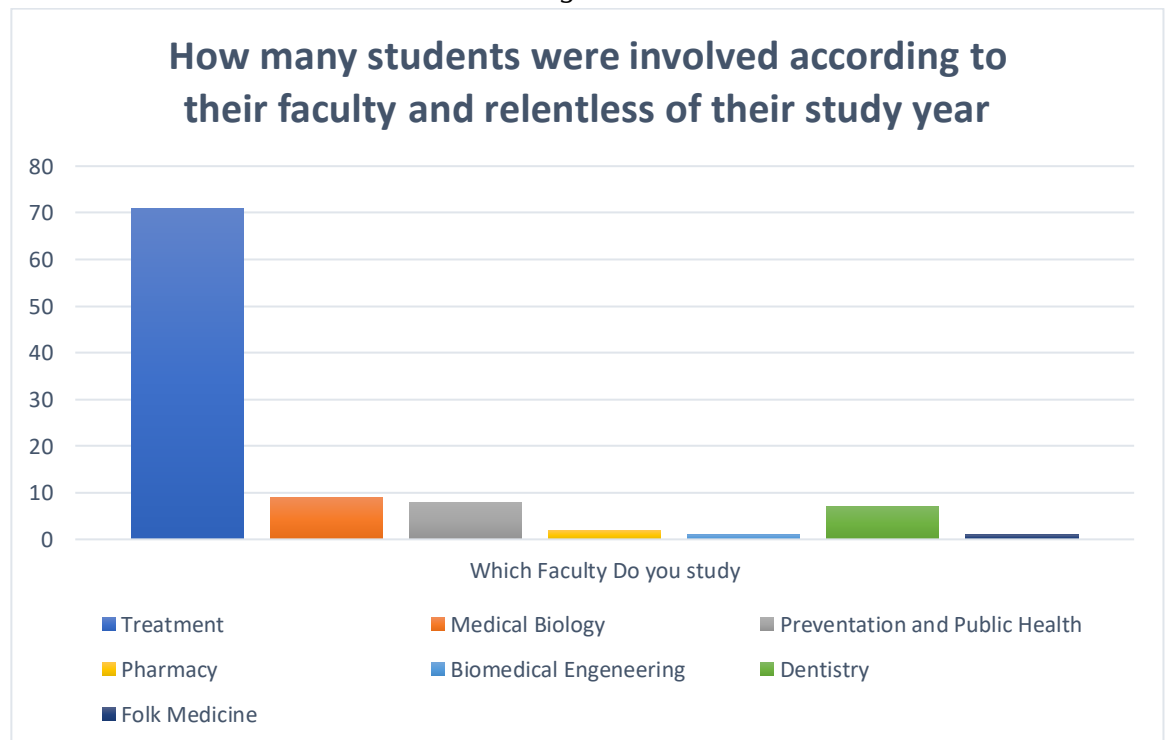
**Research methods:** The process of collecting, processing, and data and system analysis, surveys and literature review, and also modern ones: questionnaire-survey, and timekeeping methods were used.

Students' opinions about the practical importance of rehabilitation, sports medicine coupled with traditional medicine, and whether these subjects are taught in their study program, were studied using a specially designed questionnaire.

**Research object:** Students of Tashkent Medical Academy, Medical biology, Dentistry, Faculty of Medicine, Prevention and Public Health, Folk medicine, Biomedical Engineering and Pharmacy( From freshmen to Senior students included). Students of Tashkent State Dental Institute, Tashkent Pharmaceutical Institute (all faculties and all courses involved)

A survey was conducted among students to study the importance of Rehabilitation, sports medicine, and Traditional medicine and whether These subjects are/were/will be in their study curriculum. According to the results of the survey, the percentage of students by faculties is shown out of 100% in the diagram in Figure 1.

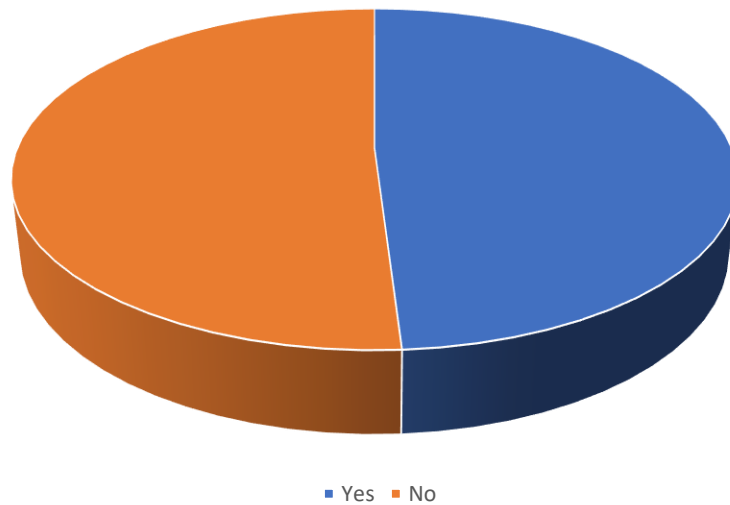
*Diagram 1.*



The data that provides whether the subjects are in their curriculum is given in diagram 2.

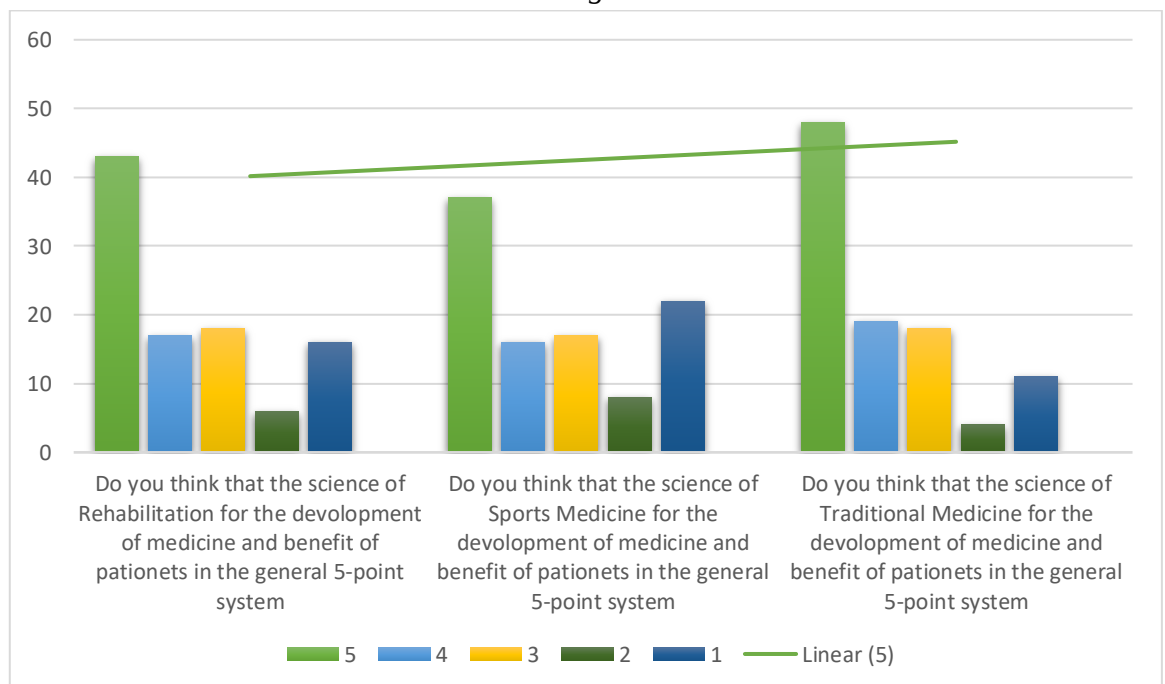
2 - diagram.

Are you studying them at your university / Did you study/  
or will you study in the upcoming sessions



And question according to their thoughts about the subjects whether they are advantageous and important for both patients and development processes of the future of medicine were given students and asked rating their point of view about them out of 5

*3 - diagram.*



### Conclusions and recommendations:

1. Concerning the 1<sup>st</sup> diagram each faculty of the university students participated and most of them were in Treatment faculty out of 260 learners accounting for 184. Medical Biology faculty on the other hand constituted 24 students which was the same number as Medical Prevention and Public Health. The remaining was Dentistry with 17 votes and others with minimal votes.

2. According to diagram 2, it is evident that half of the students lack the inclusion of subjects such as rehabilitation, sports medicine, and traditional medicine in their study curriculum. This presents a significant challenge in terms of expanding the availability of these subjects among students and effectively teaching them the necessary skills and knowledge to address these areas of study. Furthermore, the dynamic and evolving nature of these fields necessitates access to up-to-date information and practical training. However, limited resources, such as a shortage of qualified instructors and inadequate practical facilities, present obstacles in delivering high-quality education in these domains. As a result, students may not acquire the necessary competencies required to effectively treat patients and address the unique challenges associated with these subjects.

3. In our study on diagram 3, we conducted a survey where students were asked to rate the importance of subjects such as rehabilitation, sports medicine, and traditional medicine on a scale of 1 to 5, with 5 indicating the highest importance. Encouragingly, the majority of students chose the highest rating of 5, demonstrating a strong interest and recognition of the significance of these subjects in both patient care and the advancement of medicine.

4. It is clear to see that one of the primary challenges faced by professionals in the fields of rehabilitation, sports medicine, and traditional medicine revolves around the insufficient public awareness and limited inclusion of these subjects in the educational curriculum. Based on our extensive research, it has been determined that students are indeed aware of the immense value offered by the fields of rehabilitation, sports medicine, and traditional medicine in the realm of healthcare. However, The primary issue in Uzbekistan is the insufficient availability of educational materials and the limited development of study programs in the fields of rehabilitation, sports medicine, and traditional medicine. Additionally, there is a lack of public awareness regarding these areas. It is imperative for healthcare professionals to actively promote and advocate for the expansion of these subjects within the educational framework in Uzbekistan, thereby ensuring greater exposure and understanding among students. Moreover, increasing public awareness and encouraging students about them would contribute their expansion.

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