

THE USE OF MASSAGE IN SPEECH THERAPY.

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Annotation: This article discusses in detail the importance of massage in the process of logopedic exercises conducted with children who have speech defects, as well as the types, tools, and methods of massage.

Keywords: peripheral, speech apparatus, speech therapy, speech therapist, speech therapy massage, dysarthria, articulation.

Speech massage is an active method of mechanical influence that alters the condition of the muscles, nerves, blood vessels, and tissues of the peripheral speech apparatus. Speech massage is one of the speech therapy techniques that helps normalize the emotional state of people suffering from speech disorders. Speech therapy massage is part of a comprehensive medical-pedagogical system for rehabilitating children, adolescents, and adults suffering from speech disorders. Massage is utilized in speech therapy practices for individuals diagnosed with speech disorders such as dysarthria, including its non-verbal forms, rhinolalia, stuttering, and voice disorders. Generally, massage is applied in corrective pedagogical work in all instances where there is a disruption in muscle tone.

The role of massage in the complex system of corrective pedagogical influenceSpeech massage is part of a comprehensive psychological and pedagogical effort aimed at correcting speech disorders. It can be applied at all stages of the corrective process, but its application is particularly important in the early stages. Often, massage is a necessary condition for the effectiveness of speech therapy.

In addressing articulatory disorders, speech therapy massage is conducted alongside passive, passive-active, and active articulatory gymnastics.Massage can be used in conjunction with traditional speech therapy or relaxation exercises to improve speech, shape the voice, and normalize emotional state. Speech therapy massage can be performed by a speech therapist, defectologist, or a medical professional skilled in speech therapy massage techniques.

Physiological effects of massageThe human face, unlike other parts of the body, is the most richly supplied with nerve endings, blood, and lymphatic vessels. This is reflected in the state of the muscles of the face, which convey the subtlest changes in a person's emotional state. It is primarily a facial expression that reflects a person's mood and well-being. The skin of the face is particularly sensitive to mechanical stress. As a result, there is a clear inverse relationship between the condition of the facial muscles and nerves and the condition generated by the massage, as well as a person's well-being and mood.

Massage has a beneficial physiological effect on the body. Under the influence of massage, a

number of local and general reactions occur throughout the body, involving all tissues, organs, and systems. The surface of the skin is a vast sensory field, which is the peripheral part of the skin's sensory system, indicating that it is intimately linked to the central nervous system. The effects during massage impact not only the structural layers of the skin, its vessels, and the glands but also the condition of the central nervous system. In this context, general neural excitability changes, lost or diminished reflexes are restored, and the functional state of the central nervous system overall changes.

Massage improves the secretory function of the skin, activates lymphatic and blood circulation, thereby enhancing its nutrition and boosting metabolic processes. Massage has a significant effect on the condition of the skin capillaries. The capillary system is a reflexogenic zone of the vascular system. This means that changes in the state of the capillaries due to massage result in notable changes throughout the entire vascular system. Under the influence of massage, the capillaries expand, and gas exchange between blood and tissues increases (tissue oxygen therapy). Rhythmic massage movements facilitate the flow of blood through the vessels, speeding up the exit of venous blood.

Massage has a reflexive effect on the entire lymphatic system and enhances the function of lymphatic vessels. The condition of the muscular system changes significantly under the influence of massage. Primarily, the elasticity of muscle fibers, the strength and volume of their contraction functions, and the performance of muscles increase, and after exercise, their activity is restored. The use of various massage techniques allows for a decrease in tone in the presence of muscle spasms, and conversely, it increases with paresis of the articular muscles, aiding in their development and execution. Muscle function is closely related to the tendon-ligament system. Under the influence of massage, the mobility and elasticity of the ligament system increase. There is a complex relationship between the force of the massage and the body's reaction. With gentle and slow rubbing, the excitability of the tissues being massaged decreases. This has a calming effect, a pleasant feeling of warmth arises, and well-being improves. Strong and rapid movements during the massage increase the level of irritation of the massaged tissues.

Thus, speech therapy massage positively influences the body as a whole, leading to positive changes in the nervous and muscular systems that play a significant role in the speech-motor process. The main objectives of speech therapy massage are:

normalization of the muscle tone of general, facial, and articular muscles;

reduction of paresis and paralysis of the muscles of the articular apparatus;

reduction of the pathological motor manifestations of the muscles of the speech apparatus (synkinesis, hyperkinesis, convulsions, etc.);

stimulating proprioceptive sensations;

increase in the volume and amplitude of articulation movements;

activation of muscle groups of the peripheral speech apparatus with insufficient contractile

activity;

7) formation of voluntary, coordinated movements of the articulation organs.

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