

HISTORY OF THE DEVELOPMENT OF POINT MASSAGE

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Annotation: This article provides a comprehensive overview of the types of logopedic massage, the importance of point massage in speech disorders; it fully covers the history of point massage and the methods of its application.

Key words: Passive and active articulation, speech therapy, general massage.

The application of modern teaching methods leads to achieving high effectiveness in the teaching process. When selecting teaching methods, it is considered appropriate to choose based on the didactic purpose of each lesson. In speech therapy technology classes, the effectiveness of using massage techniques to address children's speech deficiencies is significant. Massage [Arabic – to touch] is a method of physiotherapeutic treatment. Massage has been known in Greece, India, and China since ancient times. There are two interpretations of the origin of the word 'massage': one from Arabic 'massa' meaning 'to touch, gentle pressure', the other from Greek 'masso' – meaning 'to squeeze with the hands'. It affects the body or a part of it in a special way. It is performed by hand, and sometimes instruments are used (vibromassage). After a massage treatment, the overall condition improves, and fatigue disappears. There is general (whole body) and local (a part of the body, such as a hand or foot) massage.

Speech therapy massage is one of the methods that helps to normalize the pronunciation aspect of speech and the emotional state of individuals suffering from speech disorders. Speech therapy massage is part of a comprehensive medical and pedagogical system for rehabilitating children, adolescents, and adults affected by speech disorders. It is a part of a broader psychological and pedagogical approach aimed at correcting speech impairments. This can be performed at all stages of corrective actions, but it is particularly important to apply it in the early stages of treatment.

Massage is often a necessary condition for the effectiveness of speech therapy interventions. In addressing articulatory disorders, speech therapy massage is carried out alongside passive, passive, and active articulatory exercises. Massage can be used together with traditional speech therapy or exercises for breathing, voice shaping, and normalizing emotional states. Speech therapy massage can be performed by a speech therapist, neurologist, or medical professionals familiar with speech therapy techniques. Massage should be conducted by individuals who have received specialized training and understand the anatomy and physiology of the muscles involved in speech function, as well as the etiopathogenesis of speech disorders. This method of mechanical action modifies the condition of the muscles, blood vessels, and tissues (lips, cheeks, tongue, soft palate) of the articulatory system. Logomassage can be performed by a speech therapist, defectologist, or medical professional who has undergone special training and

understands the anatomy and physiology of the muscles responsible for speech activity, as well as the mechanisms of existing speech disorders and the techniques of speech massage.

Speech massage is an active method of mechanical effect that changes 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 to normalize the pronunciation aspect of speech and the emotional state of individuals suffering from speech disorders. Speech therapy massage is carried out for:- normalizing the condition of the general, facial, and articulatory muscles;- reducing the manifestations of disturbances in the innervation of the articulatory apparatus;- stimulating the connection of the muscles with the nervous system;- increasing the volume and amplitude of articulation movements;- normalizing the involuntary movements of the articulation organs.

Massage can be performed as follows: manually, with a probe (using massage probes and substitute devices); through vacuum or with vibrator massage tools. The instruments used for massage must be either disposable or sterilized.

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