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MEDICAL AND PSYCHOLOGICAL REHABILITATION OF CHILD ATHLETES

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The paper addresses the problem of medical and psychological rehabilitation of child athletes involved in intense training. These issues are extremely important in higher achievements sports because of the necessity to ensure the child athletes' recovery in different periods of the training process. The study presented was focused on the dynamics of the participants' hormonal and psychological status in the group of rhythmic gymnastics female athletes aged from 8 to 15 years old. The study design was the following: Group 1 underwent intense training (5-6 times a week) and rehabilitation treatment, while Group 2 was in its post-training period and was provided with rehabilitation only. The results obtained showed that additional physical activities led to negative changes in some hormonal and psychological indicators. Meanwhile, the rehabilitation programme (diet, carbon dioxide bath therapy, massage, psychological support) implemented during the training and post-training periods normalized all the parameters in question and increased the study participants' adaptability to the training process.