

Recovery of high-class athletes
in competitive activity by the method of induction influence

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For successful competition in modern sports with an increase in the volume and intensity of physical activity in competitive activity, it is necessary to use modern experimentally proven methods recovery using information technology, includes the "EXPERT-VOLL" to which program for Windows hardware-software package "IMEDIS-FALL".

This program allows you to diagnose and carry out a combined bioresonance effect on an athlete using induction therapy programs. Induction action uses systemic immanent stimuli in the form of frequencies that correspond to the frequencies of human brain waves and are oriented exclusively towards the regulation of the functional rhythms of the brain [1].

The main indicator of an athlete's readiness for competition is the psycho-emotional state and the ability to quickly restore physical qualities after a competitive load.

Violation of the psycho-emotional state manifests itself in the form of neuropsychic stress, which is the main mechanism for triggering dysregulation of the neuro-endocrine system and gonadotropic function athlete. Neuropsychic stress, as well as fatigue and overstrain, inhibit the physical activity of the glands of the inner secrecy, which leads to a decrease in hormone production and a decrease activity of a number of enzymes. To select an induction program the method of electropuncture vegetative "IMEDIS- resonance test TEST" (ART) is used, which according to the instructions for test drugs diagnoses the possibility of using programs.

This article provides algorithms for using induction programs that have been tested directly in the context of high-level competitions.

To relieve nervous tension and a feeling of uncertainty in victory before the competition, program No. 28 "Overcoming Your Fear" was used, the exposition was 30 minutes. This program helps to overcome phobias and anxiety, to correctly assess the opposing adversary.

After the specified program, program No. 32 "Sports Competition" was used, the exposure was 15 minutes. This program allows you to concentrate before the start of the competition. After execution

of these programs, the athlete, together with the coach, began the warm-up phase - exposure 15-25 minutes, followed by an exit to the carpet.

Usually in the competition mode there are 2 or 3 bouts a day. At the same time, after the first fight, the athlete becomes tired. Harmonization of body functions was carried out using the method of adaptive bioresonance therapy (BRT) in 4 strategies, exposure 20-25 minutes. Then program # 32 was used.

In case of noticeable fatigue, lack of coordination

movements and reaction speed in case of unwillingness to take part in the competition, after the BRT according to 4 strategies, program No. 31 "Energizing program" was used, which allowed the organism to be energized quickly. After carrying out these recovery measures, the athlete proceeded to the warm-up phase followed by going out onto the carpet.

The described algorithms of recovery measures using the method of induction influence were tested at the Cup of Russian club teams and the international tournament in Greco-Roman wrestling of the Grand Prix series with the participation of the world's leading athletes in 2004. This allowed us to win prizes.

Literature

1. Gotovsky Yu.V., Kosareva LB, Frolova L.A. Quick Start Guide induction therapy: guidelines. - M.: IMEDIS, 1999. -- 26 p.

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