

## **JUSTIFICATION OF CANISTHERAPY THE COMPLEX REHABILITATION OF CHILDREN WITH ASD**

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Autism is a severe mental disorder, which significantly reduces the level of adult adaptation and socialization in the world. Autism is one of those diseases which are progressing from year to year. This is evidenced by the world statistics. More than 80 % of children with autism – people with disabilities. And it can not but be concerned. At an

early age the disease is difficult to diagnose. This is due to the fact that the various motor and speech features of the child's behavior can be attributed to the age and nature of the features [1]. It was found that if the time to notice the disease and begin rehabilitation in adulthood such people will be easier to communicate with the outside world [2].

The aim of the study was: to investigate the effectiveness of rehabilitation measures to improve the psychosomatic health of children with autism. The research part of the work carried out on the basis of SBD RK social service center and disabled people, for 3 months. The study involved 20 children between the ages of four to five years, with autistic spectrum disorder (ASD), a mild degree.

In both groups, as a means of rehabilitation applied massage, medical gymnastics, outdoor games, dance therapy, articulation exercises, finger gymnastics, art therapy [3]. In the study group, in addition, used Canistherapy. Therapy using dogs was direct observation and close contact of the patient through communication, feeding, play and care for these animals. We used the Crimean dogs Dog Training Center, accompanied by volunteers, classes were held 2–3 times a week [4, 5]. To evaluate the effectiveness of rehabilitation in children assessed level of physical development, functional indices of the respiratory, cardio-vascular systems, motor capabilities, psychological indicators [6–9].

Evaluation of physical development of children in both groups before rehabilitation course using centile tables showed that the initial level of physical development of children in about half of cases was slightly below normal. Data Comparison 2 after rehabilitation children groups showed that in both groups there is improvement of anthropometric data.

Comprehensive rehabilitation course contributed to the improvement of the functional state in children with ASD. We believe this is due to the positive effect of exercise therapy sessions (its various forms), and massage therapy. In addition, LH, musical rhythm exercises helped normalize the excitatory – inhibitory processes in the central nervous system, restore hormonal balance. All classes exercise therapy included elements of the game, have contributed not only physical, but also the development of speech, cognitive, communicative [10, 11]. In the process of articulating the finger gymnastics and therapy, children learn motor and language skills, learning to learn the properties of objects, describe them [12–14].

Comprehensive rehabilitation of children with ASD helped to improve the psychosomatic health of children. Additional application Canistherapy ensure greater effectiveness of rehabilitation measures [15, 16].

**Keywords:** Autism, Asperger's Syndrome, Kanner's syndrome, autism spectrum disorders, behavioral therapy, Canistherapy, art therapy, articulation exercises, finger gymnastics.

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