

PHYSICAL ACTIVITIES IN ATHLETES DIAGNOSED WITH MYOPIA**Rasulova N.R***Republican Scientific and Practical Center for Sports Medicine*

The aim of the study: To study methods of restoring visual acuity in athletes with myopic refraction disorders.

Materials and methods: In Ophthalmological examinations were mainly visometry, refractometry, pneumotometry, biomicroscopy, and ophthalmoscopy. 792 athletes between 2020-2024y (91 women and 701 men) with myopia (18-35 years old) engaged in various sports (football, taekwondo, judo, grappling, boxing, cycling) underwent in-depth medical examination. The following indicators were analyzed on the outpatient card: sport type, visual acuity, refractometry, pneumotometry indicators, type of eyeglasses degree of myopia and retinal condition

Results of the study: According to the results of ophthalmological medical examination, 10% of athletes had spasm accommodation, 70% of athletes had mild myopia sph(-) 1.5D – sph(-)3.0 D, 15% of athletes had moderate myopia sph(-)3.5 D – sph(-)6.0 D, 5% of athletes had high myopia sph(-) 4.5D 25% of these athletes were not treated and did not use glasses. The remaining 75% of athletes used eyeglasses and contact lenses, 7% of them were found to be using contact lenses incorrectly, some athletes did not remove their night time contact lenses and replaced one day contact lenses every 2-3 days (aging, redness, dryness of the eyes), 3% of them were found in reticular myopic cone.

Conclusion: In addition to treating conjunctivitis and dry eye syndrome in all sport athletes should be properly informed and supervised by sports physicians about the proper use of contact lenses, also, it is necessary to take into account not only the method of correction, but the timing of wearing contact lenses. Consumption of non-doping vitamins and products rich in vitamins A, E, C, B, such as fish, liver, red carrots, greens and so on and laser correction –“Smile”) It is also recommended to athletes to do eye exercises, to use exercise eyeglasses and visual gymnastics for restoration of visual acuity and prevention of complications.