

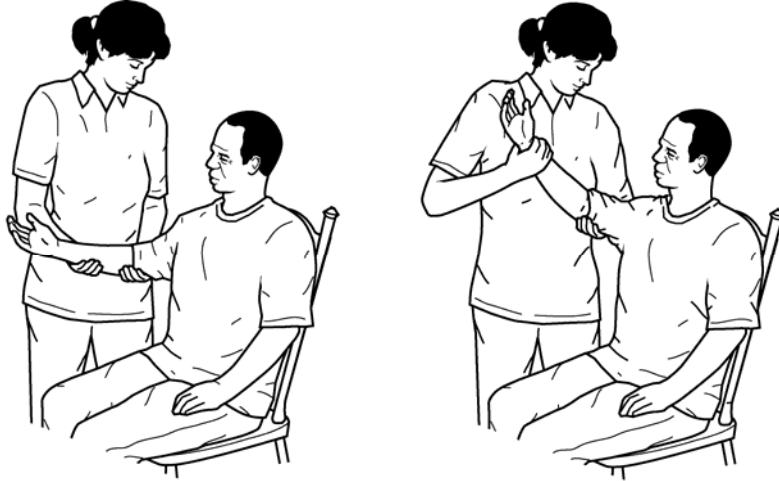
# Assisted Arm Range of Motion Exercises

Someone will need to help you with these exercises. Do each exercise slowly \_\_\_\_\_ times, \_\_\_\_\_ times a day. Do each exercise with both arms, while lying on your back or while sitting. Do only the exercises checked.

## Exercises

### Shoulder

- Hold the arm at the elbow and wrist in front of the body. Have the thumb pointing up and the palm facing forward. Lift the arm straight up toward the ear. Repeat with the other arm.



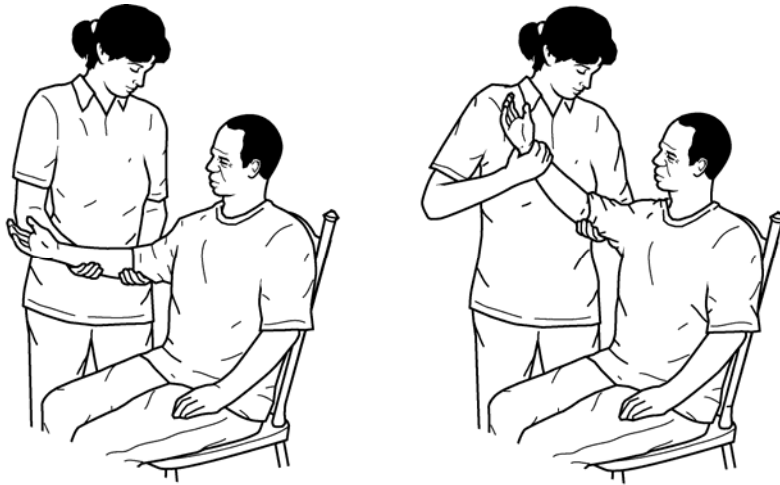
# Jimicsiga xubnaha dhaqdhaqaaqa ee gacmaha ee u baahan kaalmo

Waxaad u baahnaan doontaa cid kaa caawisa jimicsigan. U samee jimicsi kasta si deggan \_\_\_\_\_ jeer, \_\_\_\_\_ jeer maalintii. Ku samee jimicsiga labada gacmoodba adigoo dhabarka u jiifa amase fadhiya. Samee jimicsiyada calaamadsan oo kaliya.

## Jimicsiyada

### Garbaha

- Qabo gacantaada halka suxulka iyadoo curcurku usoo jeedo dhinaca foolkaaga. Waa in suulku taagan yahay baabaduna sare u jeeddaa. Sare u qaad gacanta ilaa dhegta agagaarkeeda. Ku samee jimicsigan gacanta kale.



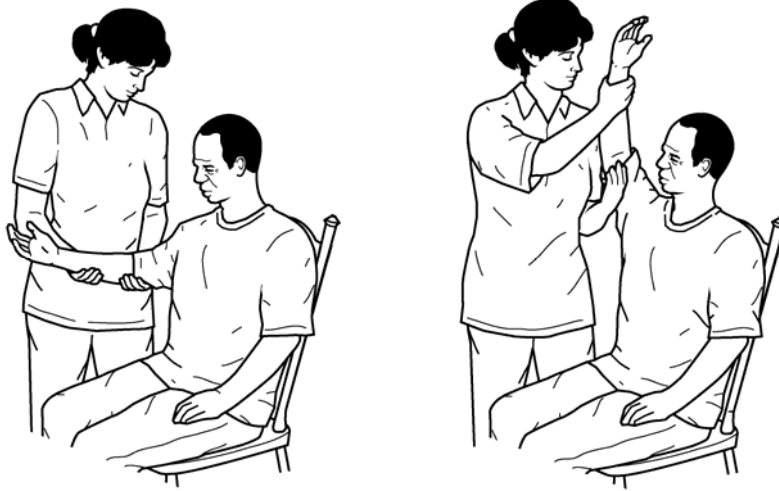
- Hold the arm at the elbow and wrist out to the side. Have the thumb pointing up and the palm facing forward. Lift the arm straight up toward the ear. Repeat with the other arm.



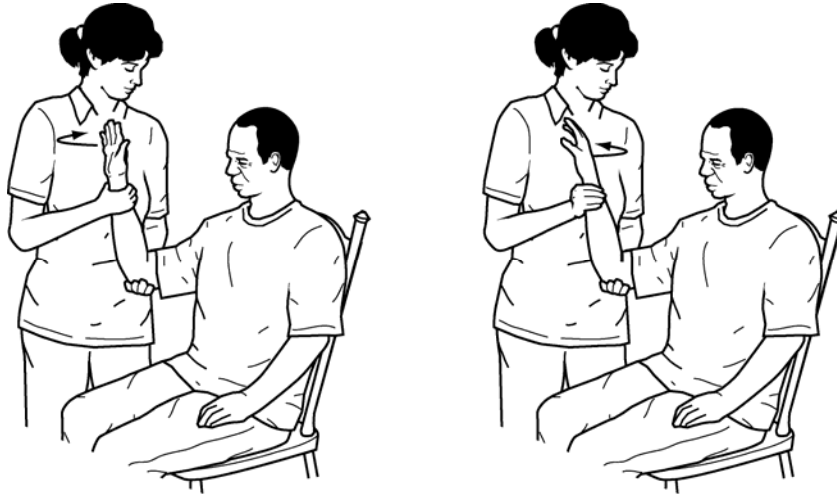
- With the elbow bent at a 90-degree angle, hold the arm at the elbow and the wrist. Turn the lower arm until the palm of the hand faces the patient. Then turn the lower arm until the back of the hand faces the patient. Repeat with the other arm.



- Qabo gacantaada halka suxulka iyadoo curcurku kaasii jeeddo. Waa in suulku taagan yahay baabacaduna kor u jeeddaa. Sare u qaad gacanta ilaa dhegta agagaarkeeda. Ku samee jimicsigan gacanta kale.

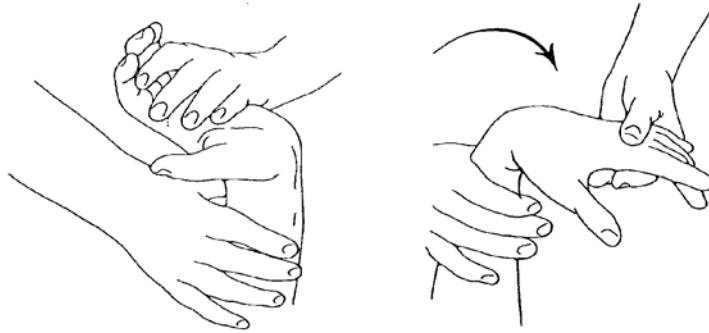


- Iyadoo suxulku wareegsan yahay xagal 90-digrii angle, qabo gacanta halka suxulka iyo curcurtaka. Wareeji gacanta hoose ilaa baabacada bukaan-socodku la sinnaato foolkiisa. Haddana wareeji gacanta hoose ilaa baabacdu kasii jeesato foolka bukaan-socodka. Ku samee jimicsigan gacanta kale.

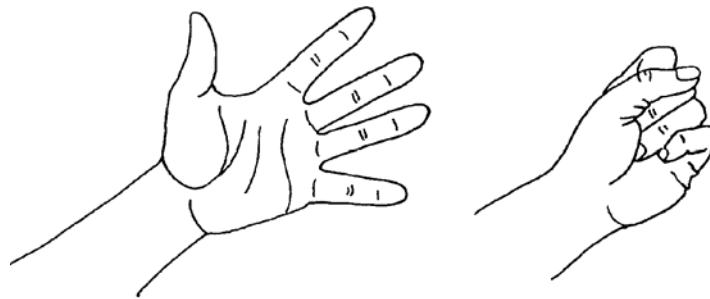


## Wrist and Fingers

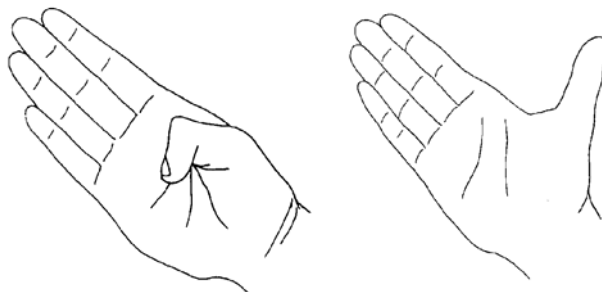
- With fingers straight, bend the wrist backwards. Then bend the fingers and wrist forward. Repeat with the other hand.



- Make a tight fist and then straighten the fingers. Spread the fingers apart and together again. Repeat with the other hand.

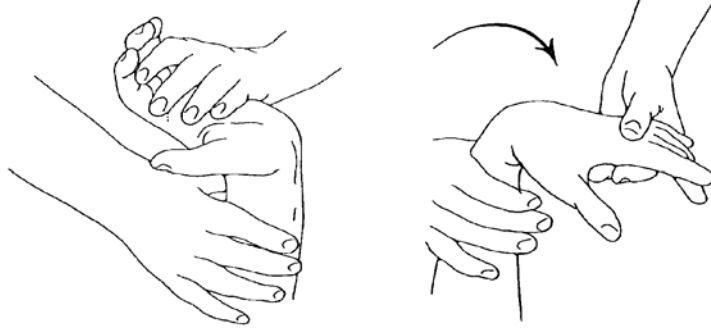


- Take the thumb across in front of the palm. Bend both thumb joints. Bring the thumb back until it is at a 90-degree angle beside the index finger. Repeat with the other hand.

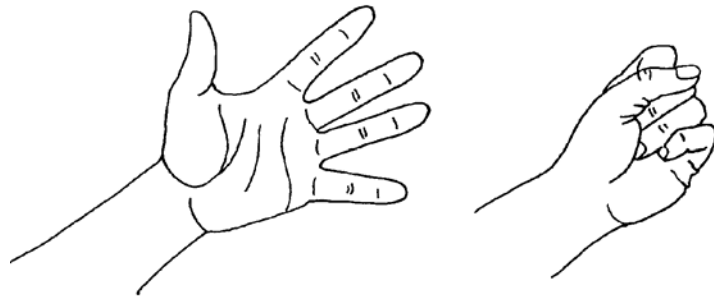


## Curcurka iyo faraha

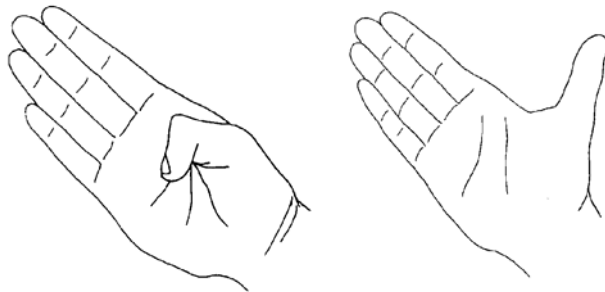
- Faraha oo fidsan, dib u soo laab curcurka. Haddana hore usoo laab faraha iyo curcurta. Ku same jimicsigan gacanta kale.



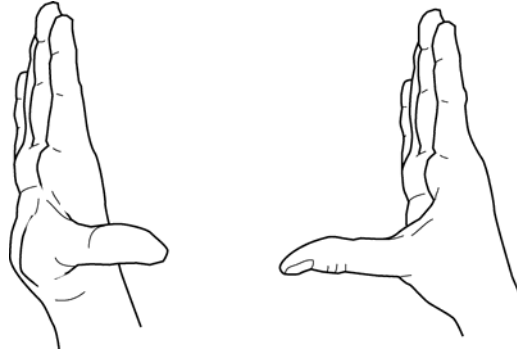
- Gacanka xoog u kala bixi haddana faraha isku soo laab sidii qof wax feedhaya. Kala foguee faraha haddana isku soo celi. Ku samee jimicsigan gacanta kale.



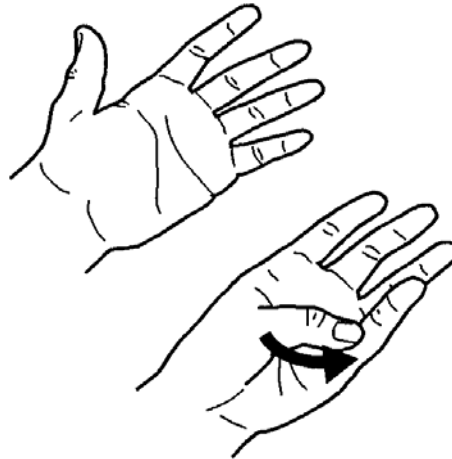
- Soo laab suulka oo baabacada ku laab. Isku laab xubnaha suulka. Dib u qaad suulka ilaa uu noqdo xagal 90-digrii ah farta murdisada. Ku samee jimicsigan gacanta kale.



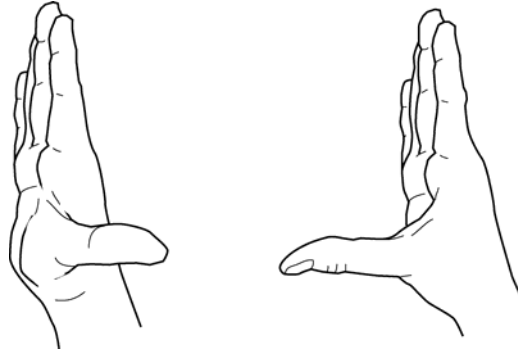
- Take the thumb straight out in front of the index finger until it is at a 90-degree angle with the fingers.



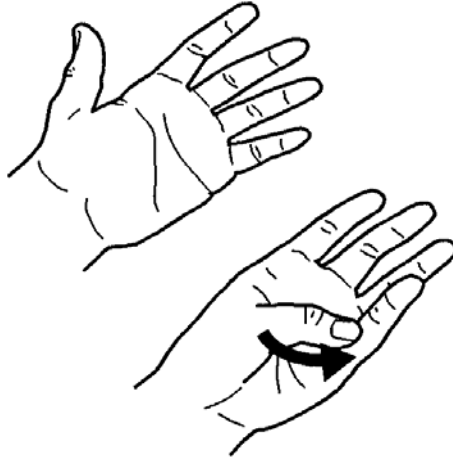
- Take the thumb across in front of the palm of the hand until it touches the base of the little finger.



- U jiid suulka debedda adoo ku beegaya farta murdisada ilaa uu la noqda xagal 90-digrii faraha kale.



- U riix suulka dhinaca baabacada ilaa uu taabto xubinta hoose ee faryarada.



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