

Active Leg Range of Motion Exercises: Sitting

Do these exercises _____ times, _____ times each day. Do only the exercises checked. **Sit up with your feet flat on the floor.**

Exercises

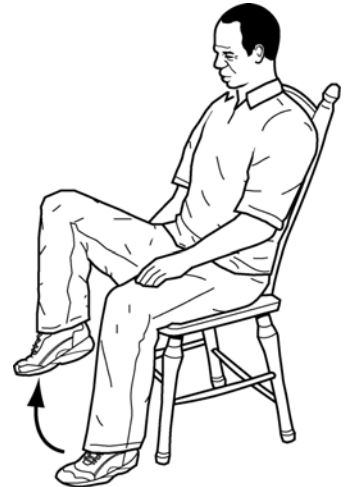
Leg Extensions

Straighten your knee. Hold for 5-10 seconds. Slowly lower your leg then repeat.



Marching

Keep your knee bent and lift your knee up. Slowly lower your leg then repeat.



Toe Raises

Leave your heel on the floor and tap your toes slowly up and down.



Baaxadda Lugta Firqoon ee Jimicsiyada Dhaqdhaqaaqa: Fadhiga

Samee jimicsiyada _____ jeer, _____ jeer maalin kasta. Samee kaliya jimicsiyada la calaamadeeyay. **Fadhiiso iyada oo lugtaadu taalo dhulka.**

Jimcisiyo

Fidinta Lugta

Toosi jilibkaaga. Xeji ilaa 5-10 sekan. Si tartiib ah hoos ugu dhig lugtaada ka dibna ku celi celi jimicsiga.



Socodka

Laab jilibkaaga oo sare u qaad. Si tartiib ah hoos ugu dhig lugtaada ka dibna ku celi celi jimicsiga.



Kor-u-qaadista Faraha Cagta

Saar cidhibtaada dhulka ka dibna si tartiib ah kor iyo hoos u dhaqaaji faraha cagta.



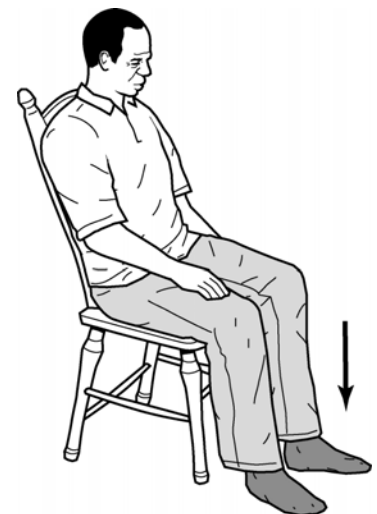
Heel Raises

Leave your toes on the floor and slowly lift your heel up and down.



Foot Press

Push your feet straight down into the floor for 5-10 seconds as if you were going to stand up. Relax and repeat.



Knees Out

Sit with both knees bent. Push both legs out and slowly return your legs to the center.



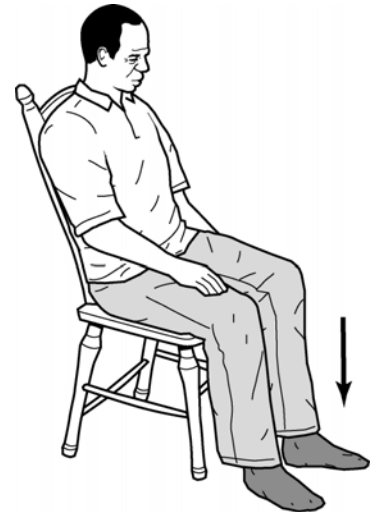
□ **Kor-u-qaadista Cidhibta**

Saar faraha cagta dhulka ka dibna si tartiib ah cidhibtaada kor iyo hoos u qaad.



□ **Cadaadinta Cagta**

Cagtaada toos dhulka ugu cadaadi mudo ah 5-10 sekan sidii aad sare joogsanaysid oo kale. Is dabci oo ku celi.



□ **Jilbaha Kala Fogee**

Fadhiiso iyada oo labada jilib laaban yihiin. Lugaha dhinacyada u kala dhaqaaji ka dibna si tartiib ah lugahaaga ku soo celi dhexda.



Knees In

Sit with both knees bent. Place a pillow between your knees. Squeeze for 5-10 seconds.



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□ **Jilbaha Isku Soo Dhaqaaji**

Fadhiisho iyadoo labada jilib laaban yihiin. Barkin gali labada jilib dhexdooda. Isku tuuji mudo ah 5-10 sekan.



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