

Baaxada Jimicsiga Dhaqdhaqaaqa Lugta Shaqeyneyso: Jiifashada

Active Leg Range of Motion Exercises: Lying

Do these exercises while lying on your back
_____ times, _____ times a day.

Do only the exercises checked.

Do the exercises with:

- Both legs
- Right leg
- Left leg

Ku sameey jimicsiyadaan adiga oo ku jiifo
dhabarkaaga ah _____ jeer, _____ jeer maalintii.

Samey kaliya jimicsiga la sameeyay.

La sameey jimicsiga:

- Labada lugood
- Lugta midig
- Lugta bidix

Ankle Pumps

Move your foot up and down as if pushing down or letting up on a gas pedal in a car.



Kabaha Canqowga dheer

U dhaqaaji cagtaada kor iyo hoos sida haddii hoos loo riixayo ama kor geynayo bareega gaaska ee gaariga.

Quad Sets

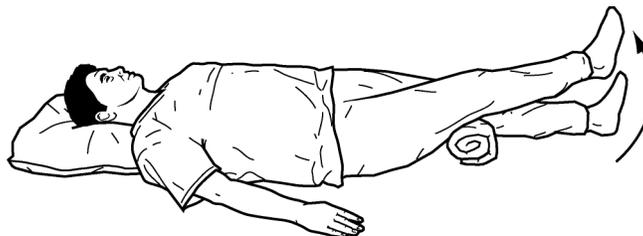
Lie on your back with your legs straight and toes pointed toward the ceiling. Tighten your thigh or upper leg muscles. Hold for 5 seconds and release.

Dajiyaha Bowdada

Ku seexo dhabarkaaga iyo lugahaaga si toosan iyo suulasha laaban ee dhinaca saqafka. Dhuuji bowdada ama murquaha lugta kore. Haay 5 ilbiriqsi oo siideey.

Short Arc Quads

Place a large can or rolled towel under your knee. Straighten your knee and leg. Hold for 5 seconds and release.

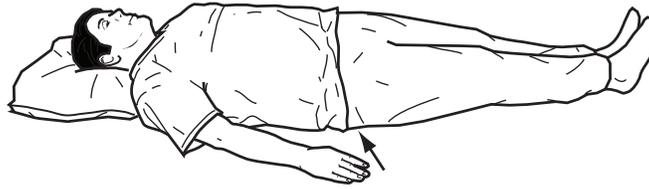


Jimicsiga Lagu xoojinayo Neerfaha

Dhig gasac weyn ama shukumaan duuban jilibkaaga hoostiisa. Toosi jilibkaaga iyo lugtaada. Haay 5 ilbiriqsi oo siideey.

❑ Gluteal Sets

Squeeze your buttocks together. Hold for 5 seconds and release.

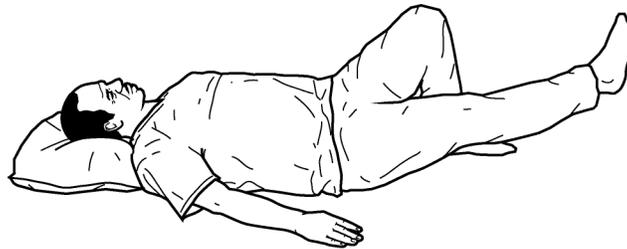


❑ Jimicsiga Sinta

Isku riix dabadaada si wada jir ah. Haay 5 ilbiriqsi oo siideey.

❑ Straight Leg Raise

Lift your leg toward the ceiling while keeping your knee straight. Bend the opposite knee.

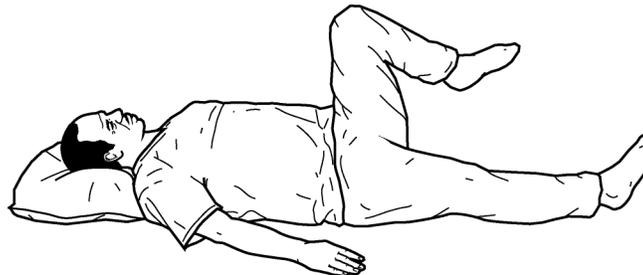


❑ Sare u qaadida Lugta Toosan

U qaad lugtaada dhinaca sagxada adiga ku haynayo jilbahooda jilbahaada si toosan. Qalooci jilibka ka soo horjeedo.

❑ Hip and Knee Bending

Bring your leg in toward your chest, bending the knee and hip.

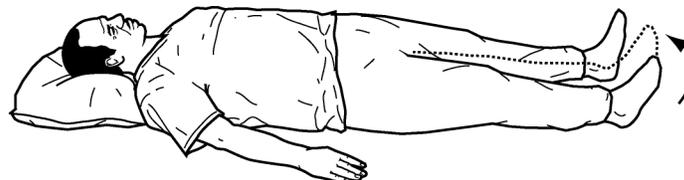


❑ Qaloocinta Miskaha iyo Jilibka

Keen lugtaada dhinaca xabadkaaga, qaloocinta jilibka iyo miskaha.

❑ Hip Rotation

Roll your leg in toward your other leg and then back out.

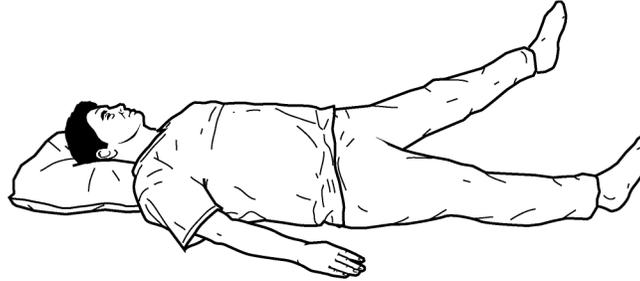


❑ Wareega Miskaha

Wareeji lugtaada ee dhinaca lugtaada kale kadib kalaabo.

□ Hip Outward and Inward

Move your leg out to the side and then back, keeping your knee straight and pointed toward the ceiling.

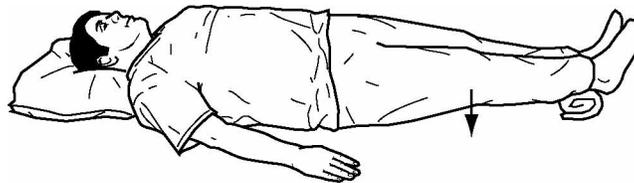


□ Miskaha Banaanka iyo uurkooda

U dhaqaaji lugahaaga banaanka dhinaca iyo kadib gadaal, adiga ku haynayo jilibkaaga si toosan oo tilmaameyso dhinacyada saqafka.

□ Knee Push

Put a towel roll under your ankle and push your knee down into the bed.



□ Riixida Jilibka

Dhig shukumaan hoosta canqowga oo hoos ugu riix jilibkaaga sariirta.