

# Baaxada Jimicsiga Dhaqdhaqaaqa Lugta Shaqeyneyso: Fadhiga

## Active Leg Range of Motion Exercises: Sitting

Do these exercises \_\_\_\_\_ times, \_\_\_\_\_ times a day.

Do only the exercises checked.

Sit up with your feet on the floor.

Sameey tababaradaan \_\_\_\_\_ jeer, \_\_\_\_\_ jeer maalintii.

Samey kaliya jimicsiga la sameeyay.

Koe ugu fariiso cagtaada ee dhulka.

### Leg Extensions

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



### Kordhinada Lugta

Toosi jilibkaaga. Haay 5 illaa 10 ilibriqsi. Si tartiib ah u yareey lugtaada kadib ku celi.

### Marching

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



### Gaardiska

Ku haay jilibkaaga inuu qaloocnaado oo kor u qaad jilibkaaga. Si tartiib ah u yareey lugtaada kadib ku celi.

### ☐ Toe Raises

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



### ☐ Suulka Kordhaa

Ku haay ciribtaada dhulka iyo oo si tartiib ah ugu dhaqaaji suulashaada kor iyo hoos.

### ☐ Heel Raises

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

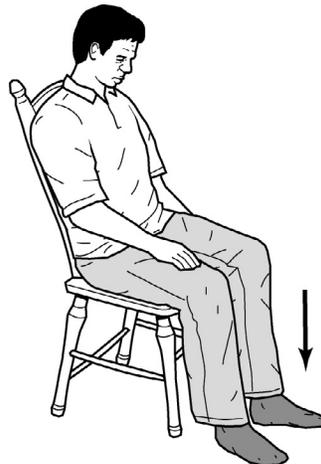


### ☐ Ciribta Korodhaa

Ku haay suulashaada dhulka oo si tartiib ah u qaad ciribtaada kor iyo hoos.

### ☐ Foot Press

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

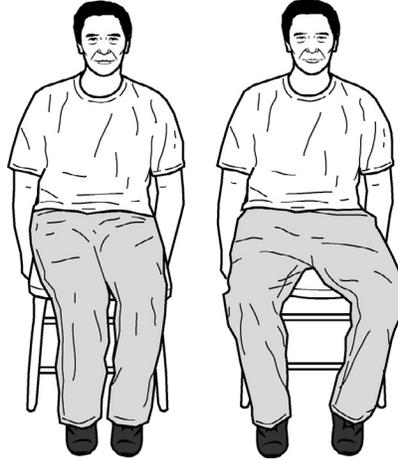


### ☐ Riixid Cagta

Riix cagtaada si toos ah hoos ee dhulka oo 5 illaa 10 ilbiriqsi sida adiga oo istaagi rabo. Isdaji oo ku celi.

## ☐ Knees Out

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



## ☐ Jilbaha Banaanka

La fariiso labadi jilib oo  
qaloocan. U riix labada lugood  
banaanka iyo si tartiib ah ugu  
celi lugahaaga bartamaha.

## ☐ Knees In

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



## ☐ Jilibka gudaha

La fariiso labadi jilib oo  
qaloocan. Geli barkinta inta u  
dhaxeysojilbahaaga. Isku riix  
illaa 5 illaa 10 ilbiriqsi.