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.

- **Leg Extensions**
  - Straighten your knee.
  - Hold for 5 to 10 seconds.
  - Slowly lower your leg then repeat.

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

- **Kordhinada Lugta**
  - Toosi jilibkaaga. Haay 5 illaa 10 ilibiriqsi. Si tartiib ah u yareey lugtaada kadib ku celi.

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

Sameey tababaradaan _____ jeer, _____ jeer maalintii.

Samey kaliya jimicsiga la sameeyay.

Koe ugu fariiso cagtaada ee dhulka.
- **Toe Raises**
  Leave your heel on the floor and move your toes slowly up and down.

- **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 to 10 seconds as if you were going to stand up. Relax and repeat.

- **Suulka Kordhaa**
  Ku haay ciribtaada dhulka iyo oo si tartiib ah ugu dhaqaaji suulashaada kor iyo hoos.

- **Ciribta Korodhaa**
  Ku haay suulashaada dhulka oo si tartiib ah u qaad ciribtaada kor iyo hoos.

- **Riixid Cagta**
  Riix cagtaada si toos ah hoos ee dhulka oo 5 illaa 10 ilbirixsi sida adiga oo istaagi rabo. Isdaji oo ku celi.
Active Leg Range of Motion Exercises: Sitting.

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

- **Knees In**

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

- **Jilbaha Banaanka**

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

- **Jilibka gudaha**

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