

Baaxada Dhaqdhaqaaqa Lugta Shaqeyneyso

Active Leg Range of Motion

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

Ku sameey jimicsiyadaan dhabarkaaga ah _____ jeer, _____ jeer maalintii.

Ankle Pumps

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

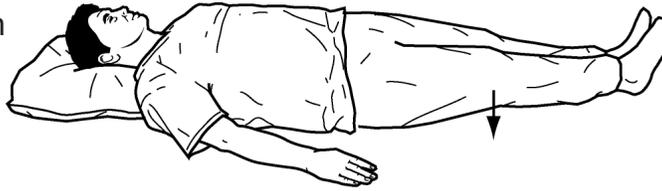


Kabaha Canqowga dheer

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 muscles and push your knee down to the bed. Hold for 5 seconds and release.

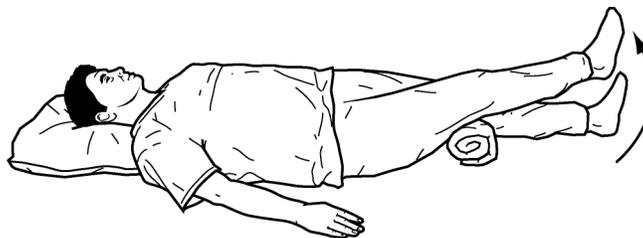


Dajiyaha Bowdada

Ku seexo dhabarkaaga iyo lugahaaga si toosan iyo suulasha laaban ee dhinaca saqafka. Dhuuji muruqaaga adag iyo hoos u riix jilibkaaga ee sariirta. Haay 5 ilbiriqsi oo siideey.

Short Arc Quads

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

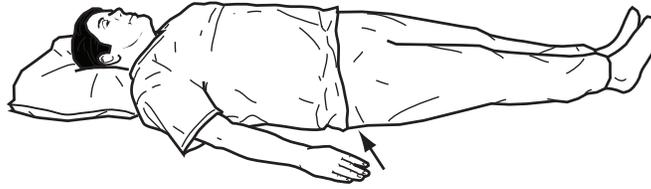


Jimicsiga Lagu xoojinayo Neerfaha

Dhig gasac weyn ama shukumaan duuban jilibkaaga hoostiisa. Toosi jilibkaaga iyo lugtaada. Haay _____ ilbiriqsi.

❑ Gluteal Sets

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

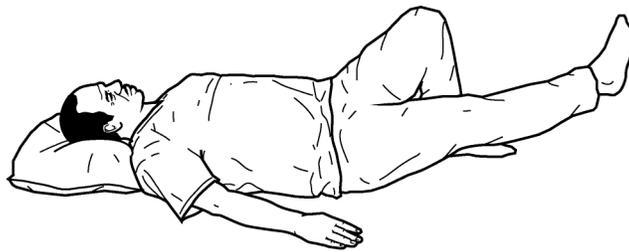


❑ Muruqyada Salka

Isku giiji badhida. Ugu hay sidaas illaa 5 seken markaana siidaa.

❑ Straight Leg Raise

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

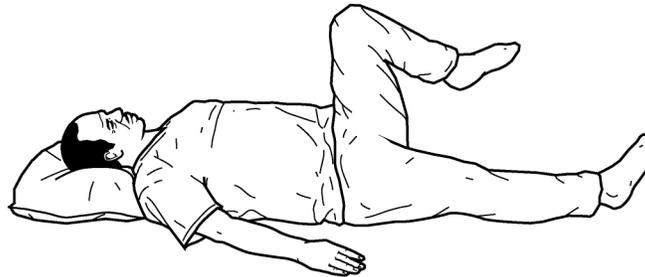


❑ Lug Fidsan Sare U Qaadid

Sare u qaad lugtaada adiga oo dhinaca saqafka u taagaya isla markaana jilibka fidinaya. Soo laabo jilibka kale.

❑ Hip and Knee Bending

Bring your leg in towards your chest, bending the knee and hip. You also can do this exercise sitting.



❑ Laabista Misigta iyo Jilibka

U soo qaad lugtaada dhinaca laabta, adiga oo laabaya jilibka iyo misigta. Waxa kale oo aad samayn kartaa majobabaxsigan adigoo fadhiya.

❑ Hip Rotation

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

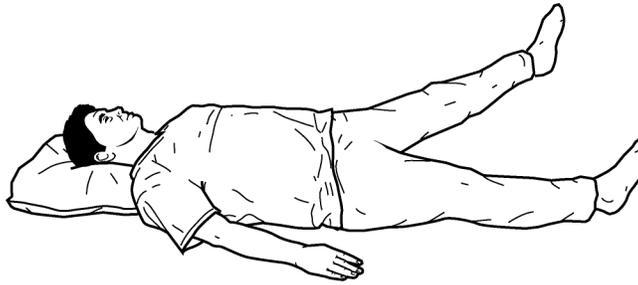


❑ Misig Wareejin

Ku dul rog lugtaada lugta kale dabadeedana ka soo celi.

❑ Hip Outward and Inward

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

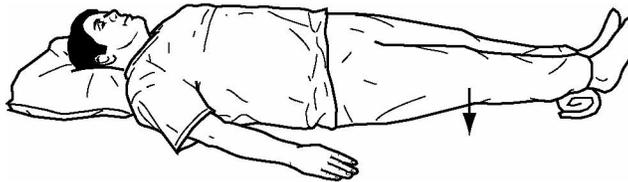


❑ Miskaha Banaanka iyo uurkooda

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.