Baaxada Jimicsiga Dhaqdhaqaaqa Shaqeyneyso: Curcurka, Xusulo, Dhudhumada, iyo Garbaha

Active Range of Motion Exercises: Wrists, Elbows, Forearms, and Shoulders

Repeat these exercises _____ times, _____ times a day. Do only the exercises checked.

Do the exercises with:
- Both arms
- Right arm
- Left arm

Ku celi jimicsiyadaan _____ jeer, _____ jeer maalintii. Samey kaliya jimicsiga la sameeyay.

La sameey jimicsiga:
- Labada gacmood
- Dhudhunkaaga midig
- Dhudhunkaaga bidix

**Wrist 1**

Rest your arm on a table and hang your hand over the edge. Slowly bend your wrist up and down.

**Curcurka 1**

Ku nasi dhudhunkaaga miiska oo ku qaba gacantaada ee dhaafsan geeska. Si tartiib ah u qalooci curcurkaaga oo kor iyo hoos.

**Wrist 2**

Rest your arm on a table and hang your wrist over the edge. Move your wrist in circles to the right and to the left.

**Curcurka 2**

Ku nasi dhudhunkaaga miiska oo ku qaba curcurkaga ee dhaafsan geeska. Dhaqaaji curcurkaaga ee wareegyada ee midigtan iyo samey bidix.
Active Range of Motion Exercises: Wrists, Elbows, Forearms and Shoulders.

- **Wrist Exercises 3**
  - Place your arm at your side with elbow bent and tucked in at your side. Turn your hand so that the palm faces up to the ceiling. Now turn your hand so that the palm faces down to the floor.

- **Forearms**
  - Place your arm at your side with elbow bent and tucked in at your side. Turn your hand so that the palm faces up to the ceiling. Now turn your hand so that the palm faces down to the floor.

- **Elbow Exercises**
  - Place your arm down at your side with elbow straight. Bend the elbow and bring your hand up to touch your shoulder.

- **Curcurka 3**

- **Dhudhumada**
  - Dhig gacantaada dhinacaaga ee xusilka qaloocan oo ku simman dhinacaaga. Wareeji gacantaada si markaas calaancasha u wajahdo sagxada. Hadeer wareeji gacantaada si markaas calaancasha u wajahdo hoosta sagxada.

- **Xusulada**
  - Dhig dhudhunkaaga hoosta dhinacaaga ee dhudhunka toosan. Qalooci oo kor keen gacantaada si aad u taabatid garabkaaga.
**Shoulders 1**

Place your arm at your side, palm turned in. Keep your elbow straight, and raise the arm up in front of your body and up toward the ceiling. Gently stretch your arm up then bring it down.

**Garbahaaga 1**

Dhig gacantaada dhinacaaga, calaancasha gudaha u wareeji. Si toosan u haay xusulkaaga, oo kor u qaad dhudhunka ee horida jirkaaga iyo dhinaca saqafka. Si tartiib ah ukala bixi dhudhunkaaga kadib hoos keen.
Active Range of Motion Exercises: Wrists, Elbows, Forearms and Shoulders. Somali.

**Shoulder 2**

With your arm at your side, palm facing in, raise your arm straight out to shoulder height. Bending the elbow, raise your hand up toward the ceiling, then down toward the floor.

**Garabka 2**

Iyo dhudhunkaaga ee dhinaca, calaancasha wajaheyo gudaha, kor u qaad dhudhunkaaga oo toosan ee dhaafsan dhirirka garabkaaga. Qaloocinta xusulka, kor u qaad qacantaada ee dhinaca saqafka, kadib hoos ee dhinaca dhuulka.

**Shoulder 3**

With your arm at your side, palm facing in, raise your arm straight out to the side, to shoulder height. Lower your arm to starting position.

**Garabka 3**

Iyo dhudhunkaaga ee dhinaca, calaancasha wajaheyo gudaha, kor u qaad dhudhunkaaga oo toosan ee dhaafsan ee dhinaca, dhirirka garabkaaga. Dhudhubkaaga hoos geey ee booska bilowga.