

# 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

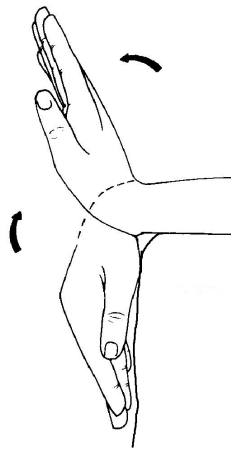
Ku celi jimicsiyadaan \_\_\_\_\_ jeer, \_\_\_\_\_ jeer maalintii. Samey kaliya jimicsiga la sameeyay.

La sameey jimicsiga:

- Labada gacmood
- Dhudhunkaaga midig
- Dhudhunkaaga bidix

### Wrists 1

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

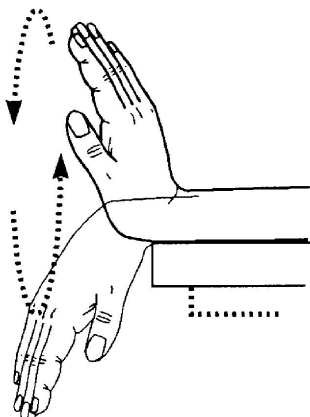


### Curcurka 1

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

### Wrists 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.

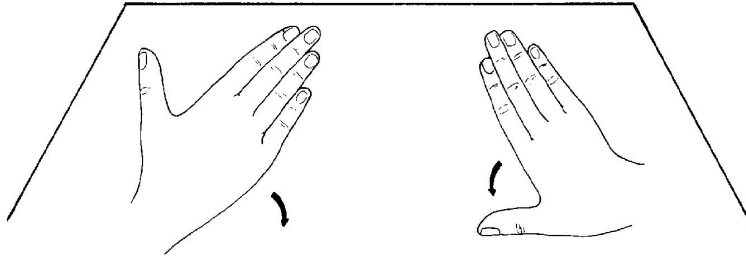


### Curcurka 2

Ku nasi dhudhunkaaga miiska oo ku qaba curcurkaga ee dhaafsan geeska. Dhaqaaji curcurkaaga ee wareegyada ee midigta iyo samey bidix.

### ☐ Wrists 3

Put your arm with your hand, palm down, on the table. Move your hand toward the little finger side. Then move the hand toward the thumb side. Keep your arm still.



### ☐ Curcurka 3

La dhig dhudhunkaaga gacantaada, calaancasho hoose, ee miiska. U dhaqaaji gacantaada ee dhinaca farta yar. Kadin u dhaqaaji gacanta dhinaca suulka. Ku haay gacantaada weli.

### ☐ 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.

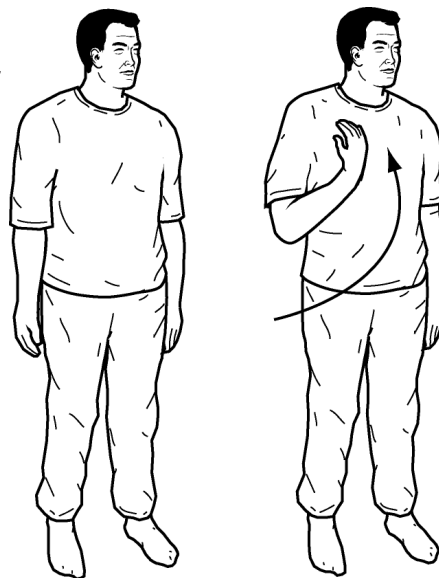


### ☐ Dhudhumada

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.

### ☐ Elbows

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

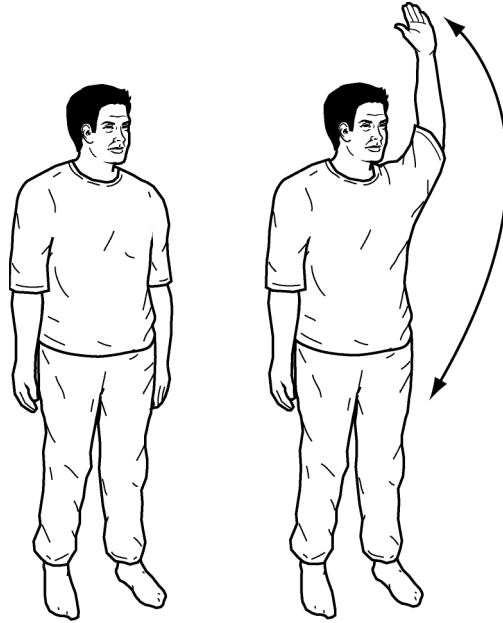


### ☐ Xusulada

Dhig dhudhunkaaga hoosta dhinacaaga ee dhudhunka toosan. Qalooci oo kor keen gacantaada si aad u taabatid garabkaaga.

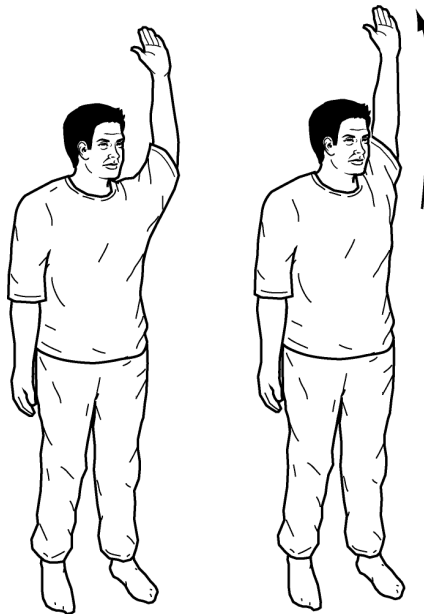
## ☐ Shoulders 1

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.



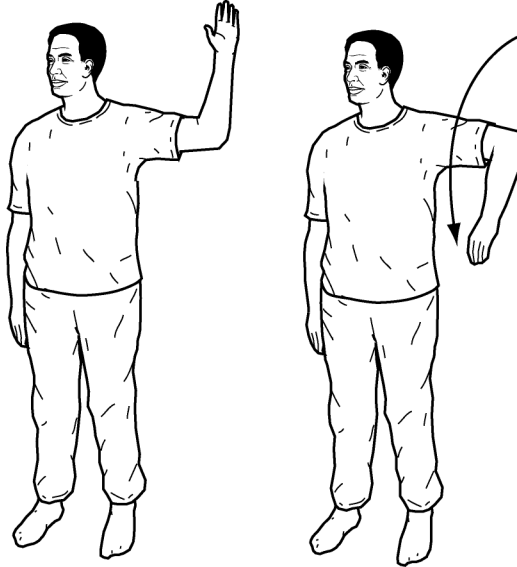
## ☐ Garbahaaga 1

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.



## ☐ 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.

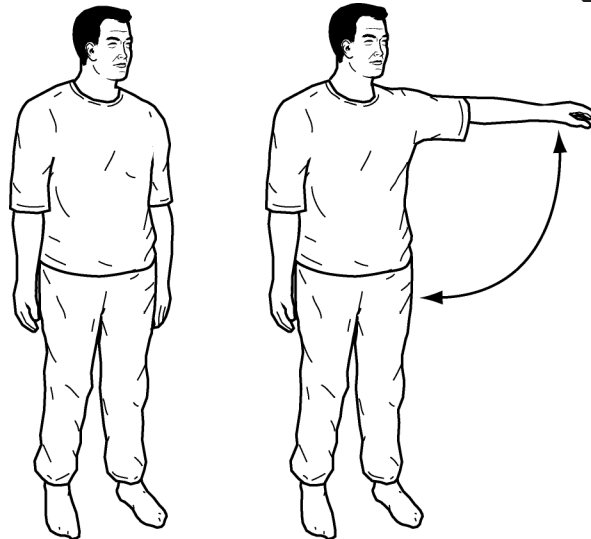


## ☐ Garabka 2

Iyo dhudhunkaaga ee dhinaca, calaancasha wajaheyso gudaha, kor u qaad dhudhunkaaga oo toosan ee dhaafsan dhirirka garabkaaga. Qalooocinta xusulka, kor u qaad gacantaada ee dhinaca saqafka, kadib hoos ee dhinaca dhulka.

## ☐ 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 wajaheyso gudaha, kor u qaad dhudhunkaaga oo toosan ee dhaafsan ee dhinaca, dhirirka garabka. Dhudhubkaaga hoos geey ee booska bilowga.