

Jimicsiga Canqowga

Ankle Exercises

Begin ankle exercises as directed by your doctor or therapist. You may have some soreness while exercising. If you have more than mild discomfort, stop exercising. Apply ice to your ankle for 15 minutes after exercising. Do not apply the ice directly to the skin.

Do the exercises 3 times a day. If your doctor put you in a boot, remove it to do the exercises. Call your doctor for an appointment to check your ankle in 7 to 10 days.

Do only the exercises checked.

Bilow jimicsiga canqowga sida uu kuu tilmaamay dhaqtarkaaga ama daaweeyaha jirka. Waxaad la kulmi kartaa xanuunka qaarkiisa adiga oo jimicsanayo. Haddii aad qabtid wax ka badan raaxo la'aan qafiif ah, jooji jimicsiga. Saar baraf canqowgaaga 15 daqiiqo jimicsiga kadib. Si toos ah ha u saarin maqaarka.

Ha jimicsan 3 jeer maalintii. Haddii dhaqtarkaaga kuu geliyo buud, iska saar si aad u sameysid jimicsiga. U soo wac dhaqtarka balanta lagu eegayo canqowgaaga oo 7 illaa 10 maalmood.

Samey kaliya jimicsiga la sameeyay.

□ Letter Writing

Moving only your ankle and foot, write each letter of the alphabet on the floor. Keep your leg straight. Do not bend your knee or hip. The letter will start small and get larger as your ankle motion improves.



□ Warqad Qorida

Dhaqaajinta kaliya canqowgaaga iyo cagta, qor warqad walba ee alfabeetada dhulka. Ku haay lugtaada si toos ah. Ha qalooicin jilibkaaga ama miskahaaga. Warqada waxay bilaabeysaa mid yar kadib weynaataa iyo sida dhaqaaqa canqowgaaga u hormaro.

☐ Ankle Pumps

Move your foot up and down as if pushing down or letting up on a gas pedal in a car. Repeat 10 times.



☐ Kabaha Canqowga dheer

U dhaqaaji cagtaada kor iyo hoos sida haddii hoos loo riixayo ama kor geynayo bareega gaaska ee gaariga. Ku celi 10 jeer.

☐ Ankle Side to Side

Move your foot side to side. Repeat 10 times.



☐ Canqowga Dhinacba ka Dhinac

U dhaqaaji cagtaada dhinacba ka dhinac. Ku celi 10 jeer.

☐ Ankle Circles

Make circles with your foot. Go clockwise then repeat counter clockwise. Repeat 10 times.



☐ Wareegyada Canqowga

Ku sameey wareegyada cagtaada. Wareeji kadib ku celi xisaabiyaha wareega. Ku celi 10 jeer.

☐ Ankle Stretch

Sit with your leg out straight. Loop a towel around the ball of your foot and pull back. Pull to feel a stretch, but not pain. Release the pressure. Hold the stretch 20 to 25 seconds and repeat this exercise 3 times a day.



☐ Kala bixinta Canqowga

La fariiso lugtaada oo toosan. Ku wareeji shukumaan agagaarka balooniga ee cagtaada oo dib u jiid. Jiid si aad u dareentid kala bixinta, laakin xanuun ma ahan. Siidaa cadaadiska. Haay kala bixaha 20 illaa 25 ilbiriqsi oo ku celi jimicsigaan 3 jeer maalintii.

☐ Toe Curls

Spread a towel on the floor in front of you. Sit on a chair with your foot flat on the towel. Curl your toes and gather the towel under the arch of your foot. Do not move your heel during this exercise. Repeat 10 times.



☐ Maroojinada Suulka

Ku fidi shukumaan dhulka ee hortaada. Kula fariiso korsiga cagtaada ee shukumaanka. Marooji suulkaaga oo isukeen shukumaanka hoosta qalooqa cagtaada. Ha dhaqaajin ciribtaada inta lagu jiro jimicsiga. Ku celi 10 jeer.