

Arm Theraband Exercises: Lying

Do these exercises while lying in bed, holding one end of the theraband in each hand. Be sure to breathe as you do these exercises. Do the exercises with slow, steady motions for the best results.

Exercises should be done _____ times each day. Repeat each exercise _____ times.

Do these exercises with: Right arm Left arm Both arms

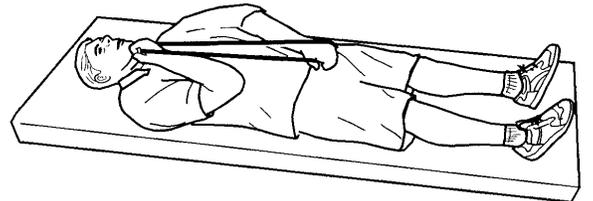
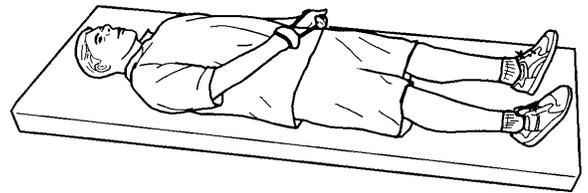
If you are to use your right or left arm only, you may tie the theraband to the bed or hold the theraband in the other hand as an anchor.

- With both arms straight, holding the theraband, place one hand across to the opposite arm to anchor the band.

Slowly bend your other arm at the elbow, bringing your hand to your shoulder.

Straighten your elbow slowly, back to the start.

Relax and repeat.

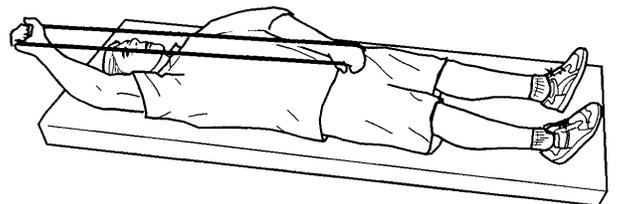


- With both arms straight, holding the theraband, place one hand across to the opposite arm to anchor the band.

Keeping your arm straight, slowly raise your other arm up over your head, stretching the band.

Hold and then slowly bring your arm back down to your side, keeping the arm straight.

Relax and repeat.



Laastiigga Jimicsiga Gacanta: Jiifka

Samee jimicsiyadan adiga oo ku jiifa sarriir, labada dhinac ee laastiiggana midba gacan ku haya. Hubi inaad neefsato kolba maraka aad samayneyso jimicsiyadan. Jimicsiyada u samee si aayar ah, dhaqdhaqaaq dheellitiran natiijada ugu fiican si loo helo.

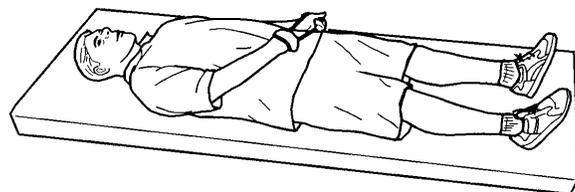
Jimicsiyada waa in la sameeyaa _____ jeer maalintiiba. Ku celi jimicsi kasta _____ Jeer.

Ku samee jimicsiyadan Gacanta midig Gacanta Bidix

Labada gacmoodba

Hadday noqoto inaad isticmaasho gacantaada midig ama bidix, waxaad ku xiran kartaa laastiigga sariirta ama waxaad ku qabsan doontaa gacanta kale dhidib ahaan.

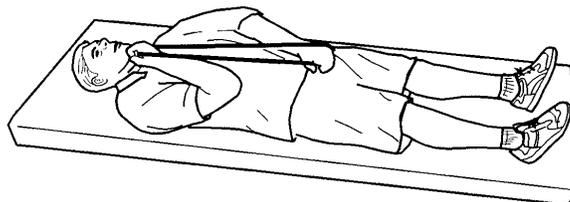
Labada gacmood oo kuu toosan, oo aad hayso laastiigga, hal gacan saar ta dhinaca kale ah si aad u dhidibto laastiigga.



Qun yar uga soo laab gacantaada kale xusulka, adiga oo keenaya gacanta garabkaaga.

Si aayar ah ugu fidi xusulkaaga, sideedii hore ee aad ka bilowday.

Naso oo ku celi.

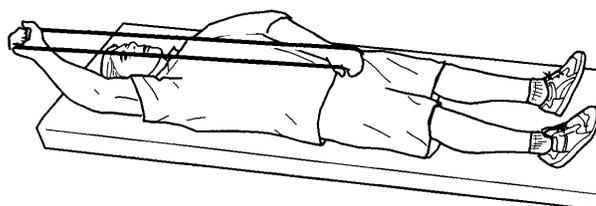


Labada gacmood oo kuu toosan, oo aad hayso laastiigga, hal gacan saar ta dhinaca kale ah si aad u qotomiso laastiigga.

Gacantaada oo fidsan adiga toos u haya, aayar u qaad gacantaada oo dul mari madaxaaga laastiiggana kala jiidaya.

Ku daa sidaas markaan aayar ugu soo celi gacantaada dhinacaaga, gacantaada oo fidsan.

Naso oo ku celi.



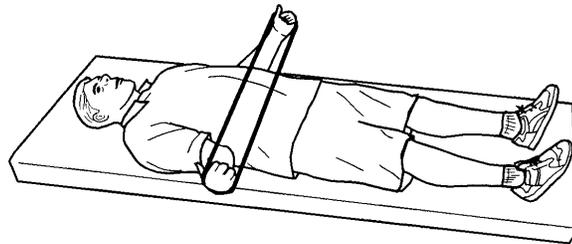
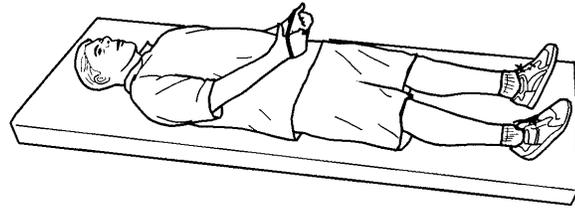
Arm Theraband Exercises: Lying. Somali.

- ❑ Holding the band, bend your arms to 90 degrees, keeping your elbows in by your sides.

Slowly pull your hands away from each other, stretching the band between them. Be sure your elbows stay by your sides.

Hold, then slowly bring your hands back in.

Relax and repeat.

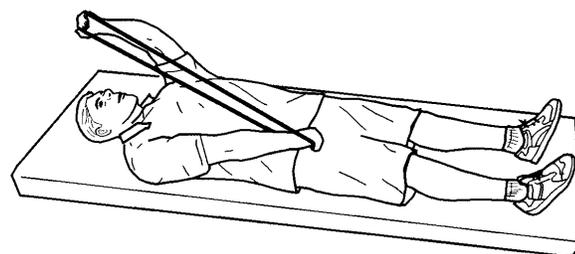
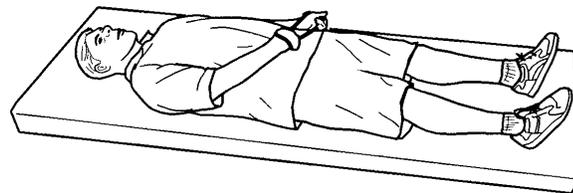


- ❑ With both arms straight, holding the theraband, place one hand across to the opposite arm. Anchor the band in the hand of the straight arm by your side.

Bring the straight arm from the opposite leg, across your body and stretch the band up over your head and away from your body. Your thumb will be pointed towards the bed.

Hold and then slowly bring the arm back down and across your body to the starting point.

Relax and repeat.

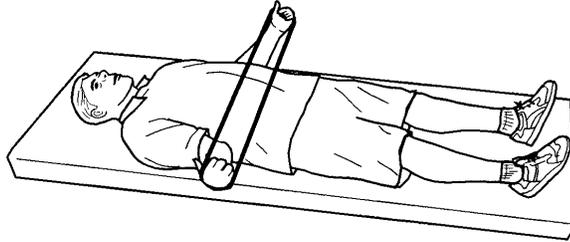
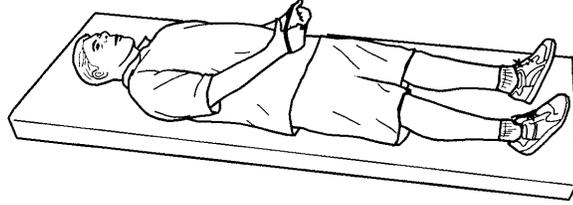


- ❑ Adiga oo haya laastiigga, qallooci gacmahaaga illaa 90 digrii, oo ku hay xusullada dhincayadaada.

Aayar u kala jiid gacmahaaga, adiga oo iyaga kala fidinaya laastiigga. Hubso inay xusullada aad ku hayso dhinacyada.

Ku hay, markaa qun yar ugu soo celi gacmahaaga meeshoodii

Naso oo ku celi.

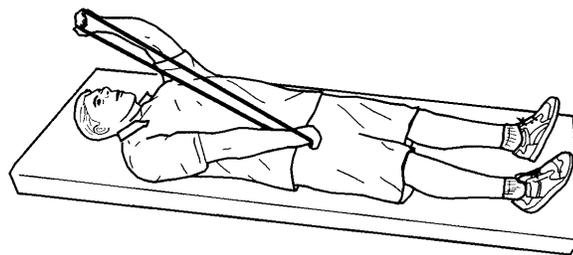
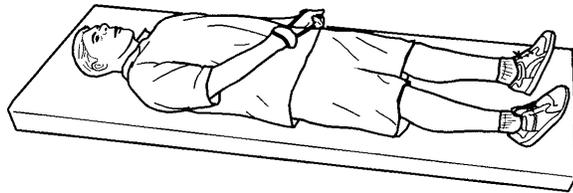


- ❑ Labada gacmood oo kuu toosan, oo aad hayso laastiigga, hal gacan saar ta dhinaca kale. Ku dhidib dhinacaaga laastiigga gacanta toosan aad ku hayso.

Ka keen gacanta toosan dhinaca kale lugtaada, oo soo dul mari jirkaaga markaana soo jiid laastiigga oo dul mari madaxa adoo ka fogeynaya jirkaaga. Suulkaaga ayaa ku aaddanaan doona sarriirta.

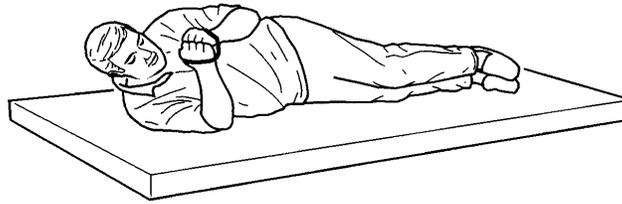
Sidaa ku hay markaasna si qun yar ah ugu soo celi gacanta hoos adiga oo dul marinaya bartaad ka bilowday.

Naso oo ku celi.

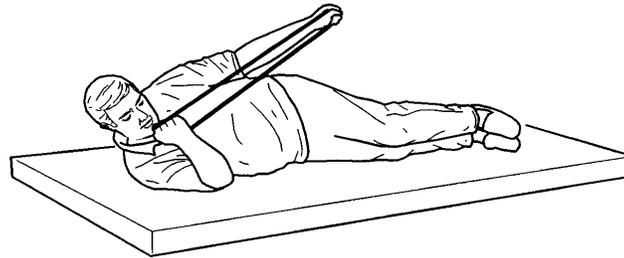


- ❑ Lie on your side with your exercising arm up.

Holding the band in your hands, place your lower arm by your waist or chin, whichever is most comfortable for you. This arm will anchor the band.



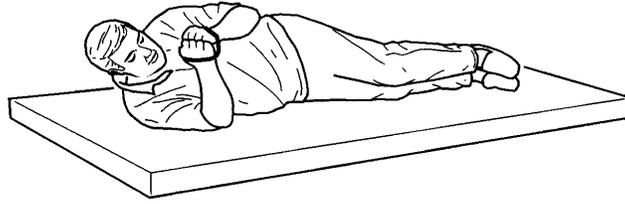
Start with the other arm bent at the elbow and slowly straighten the arm, pulling the band. You should feel this work the back of your arm.



Hold and then slowly bend your arm back down.

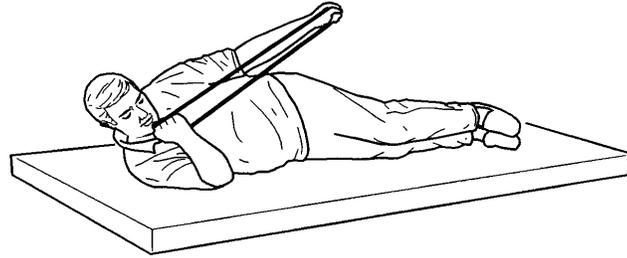
Relax and repeat.

- ❑ Dhinac u seexo gacantaada jimicsi oo kor u qaad.



Adiga oo laastiiga gacmaha ku haya, ku meelee gacantaada hoose dhexdaada ama gadhkaaga, kolba midkii kuugu habboon. Gacantan ayaa dhidbaysa laastiigga.

Ku bilow gacantaada kale oo ka soo qalloocan xusulka markaana aayar u fidi gacanta, adigoo laastiigga soo jiidaya. Waa inaad ka dareento shaqadan xagga dambe ee gacantaada.



Sidaa ku hay oo markaa qun yar u soo qallooci gacantaada hoos.

Naso oo ku celi.

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