

Arm Theraband Exercises: Standing

Do these exercises while standing. You will hold one end of the theraband in the hand of the arm you are to exercise. The other end of the band will most often be anchored by your foot on the exercising side. 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

- Anchor the band around your foot on the same side you are exercising.

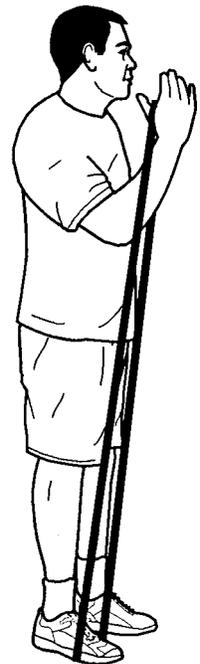
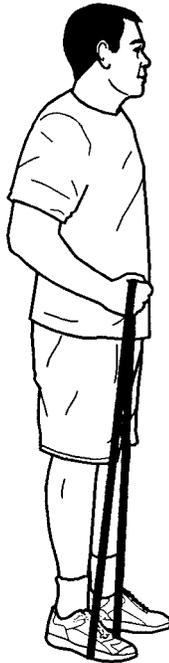
Hold the other end of the band in your hand.

Start with your arm at your side and your elbow bent to 90 degrees.

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

Slowly take your elbow back to the starting point.

Relax and repeat.



Laastiigga Jimicsiga Gacanta: Taagnida

Samee jimicsiyadan adiga oo taagan. Waxaad ku qaban doontaa hal dhinaca dambe ee laastiigga ah gacanta aad jimicsiga ku sameyneyso. Dhinaca kale ee dambe ee laastiigga ayaa inta ugu badan lagu dhidbaa cagtaaga oo ah dhinaca jimicsiga lagu sameynayo. Hubi inaad neefsato kolba markasta oo aad samayneyso jimicsiyadan. Jimicsiyada u samee si aayar ah iyo 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

Ku dhidib laastiigaa wareegga cagtaada dhinaca aad Jimicsiga samayneyso.

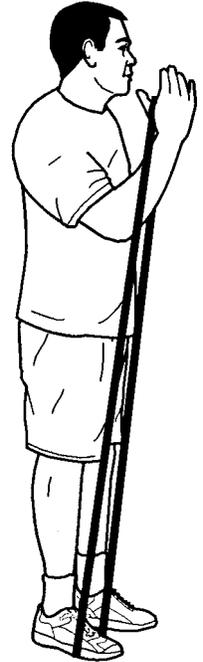
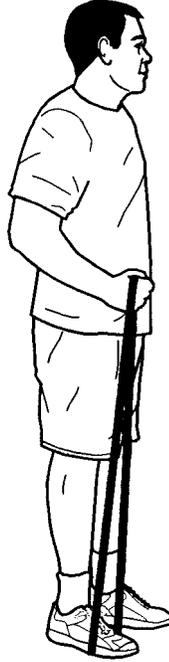
Ku qabo laastiigga dhinaciisa kale ee dambe gacantaada.

Ku bilow gacantaada oo aad dhibaca ku hayso oo xusulkaaguna 90 digrii laaban yahay.

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

Si aayar ah ugu celi xusulkaaga bartii aad ka bilowday.

Naso oo ku celi.

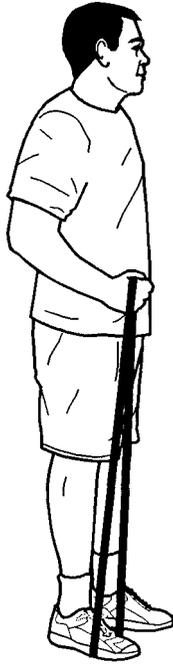


- With one end anchored at your foot, hold the band in your hand with your arm straight. Your thumb should point toward the ceiling.

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

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

Relax and repeat.



- With one end anchored at your foot, hold the band in your hand with your arm straight at your side. Your thumb should point toward the ceiling.

Keeping your arm straight, slowly raise and lower your arm above your head, like a jumping jack motion, stretching the band.

Repeat.

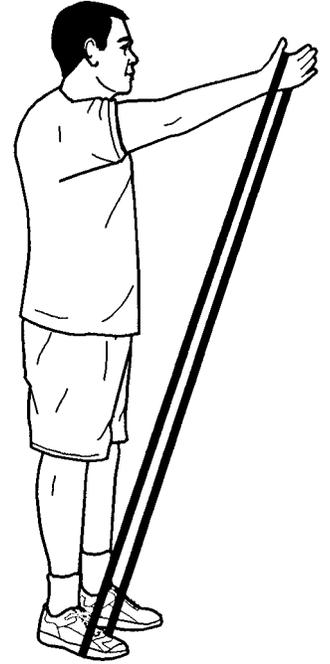
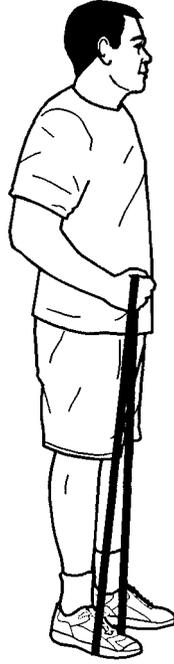


- Hal dhinac oo lugtaada ku dhidbban, laastiigga ku hay gacantaada oo aad fidiso. Suulkaagu waa inuu ku jeedaa saqafka.

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

Ku daa sidaas markaana aayar hoos u soo celi gacantaada, iyada oo fidsan.

Naso oo ku celi.



- Hal dhinac oo lugtaada ku dhidbban, laastiigga ku hay gacantaada oo aad dhinacaaga ku fidiso. Suulkaagu waa inuu ku jeedaa saqafka.

Adiga oo gacantaada fidsanaanta ku haya, aayar u qaad madaxaaga oo soo deji gacantaada sida jimicsiga gacmaha iyo lugaha kala bixin lagu boodo, adiga oo laastiiggana kala jiidaya.

Ku celi.



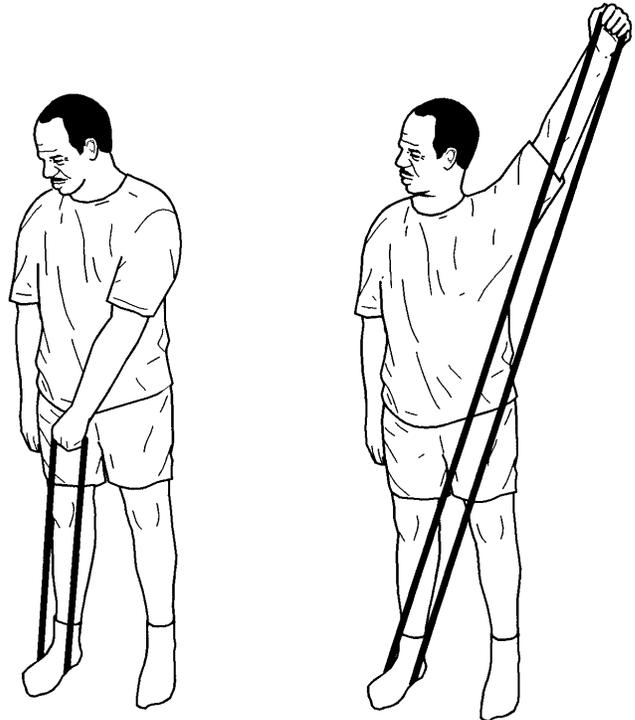
- ❑ Anchor the band around the foot opposite the arm to be exercised. Hold the other end of the theraband in the hand of the arm to be exercised.

Place your hand holding the theraband across to the leg anchoring the band.

Bring the straight arm from the opposite leg, across your body and stretch the band up over your head and away from your body, as if you were drawing a sword. Your thumb will be pointed towards the back.

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

Relax and repeat.

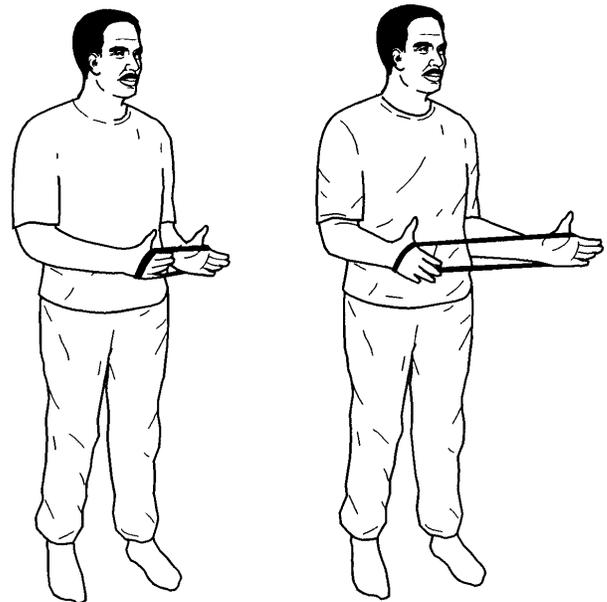


- ❑ Holding the band in both hands, bend your arms to 90 degrees, keeping your elbows in by your sides.

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.



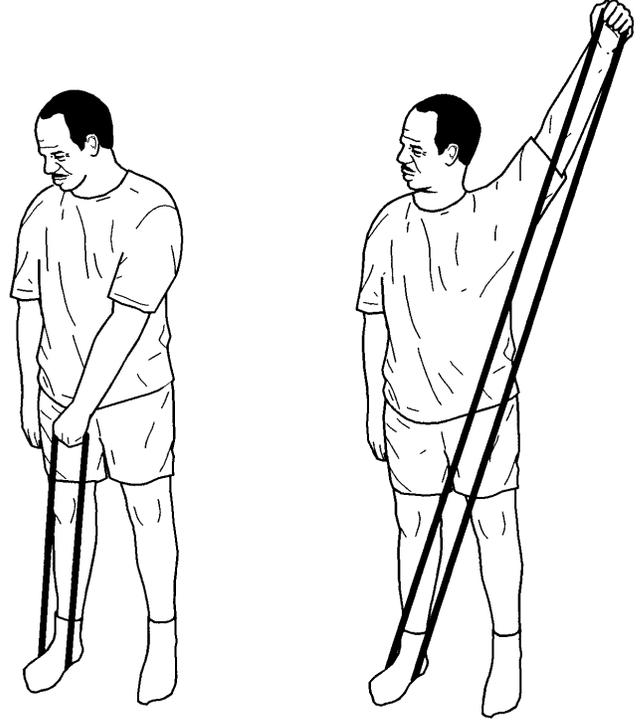
- ❑ Adigoo laastiigga lugtaada ka soo horjeeda gacanta la mijo bixinayo. Ku qabo dhinaca kale ee laastiigga gacan hore ee gacanta la mijo bixinayo.

Ku qabo gacantaada haysa laastiigga gudubka lugta dhidibka u ah laastiigga.

Ka keen gacanta toosan dhinaca kale lugtaada, oo soo dul mari jirkaaga markaana soo jiid laastiigga oo dul mari madaxa oo ka fogee jirkaaga, sidii aad seef la soo baxayso. Suulkaaga ayaa ku aaddanaan doona xagga dambe.

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

Naso oo ku celi.

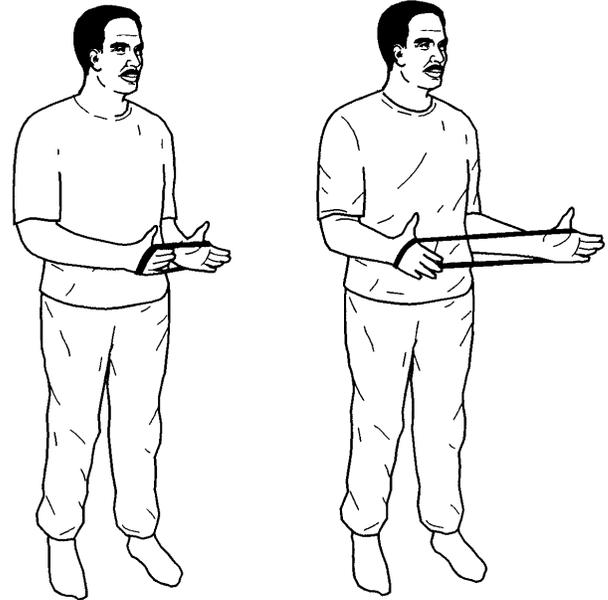


- ❑ Adiga oo laastiigga labada gacmood ku haya, qallooci gacmahaaga illaa 90 digrii, oo ku hay xusullada dhincayadaada.

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

Ku hay, markaa qun yar ugu soo celi gacmahaaga meeshoodii

Naso oo ku celi.



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Arm Theraband Exercises: Standing. Somali.