

Baaxada Jimicsiga Dhaqdhaqaaqa Dhudhunka La caawiyay

Assisted Arm Range of Motion Exercises

Someone will need to help you with these exercises. Do each exercise slowly _____ times, _____ times a day. Do each exercise with both arms, while lying on your back or while sitting. Do only the exercises checked.

Qof ayaa u baahannayo inuu kugu caawiyo jimicsiyadaan. U sameey jimicsi walba si tartiib ah _____ jeer, _____ jeer maalintii. Ku samey jimicsi walba labada dhudumood, adiga oo ku jiifo dhabarkaaga adiga oo fadhiyo. Samey kaliya jimicsiga la sameeyay.

☐ Shoulder 1

Hold the arm at the elbow and wrist in front of the body. Have the thumb pointing up and the palm facing forward. Lift the arm straight up toward the ear. Repeat with the other arm.



☐ Garabka 1

Ka qabo gacanta xusulka iyo curcurka ee horida jirka. Suulka ha tilmaamo calaancasha oo tilmaameyso wajiga. Si toos ah kor ugu qaad gacanta dhinaca dhagta. Ku celi gacanta kale.



☐ Shoulder 2

Hold the arm out to the side at the elbow and wrist. Have the thumb pointing up and the palm facing forward. Lift the arm straight up toward the ear. Repeat with the other arm.



☐ Garabka 2

Ku qabo gacanta dhinaca ee xusulka iyo curcurka. Suulka ha tilmaamo calaancasha oo tilmaameyso wajiga. Si toos ah kor ugu qaad gacanta dhinaca dhagta. Ku celi gacanta kale.



☐ Shoulder 3

With the elbow bent at a 90-degree angle, hold the arm at the elbow and the wrist. Turn the lower arm until the palm of the hand faces the patient. Then turn the lower arm until the back of the hand faces the patient. Repeat with the other arm.



☐ Garabka 3

Iyo xusulka qaloocan ee xaqalka heerka-90, ku qabo gacanta ee xusulka iyo curcurka. Wareeji gacanta hoose illaa calaancasha gacanta wajaheyso bukaanka. Kadib wareeji dhudhunka hoose illaa gadaasha gacanta wajaheyso bukaanka. Ku celi gacanta kale.

☐ Wrist and Fingers 1

With fingers straight, bend the wrist backwards. Then bend the fingers and wrist forward. Repeat with the other hand.

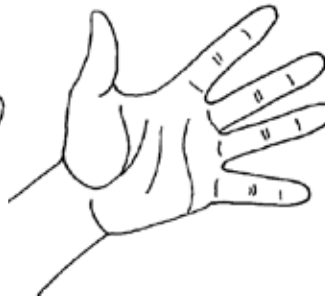
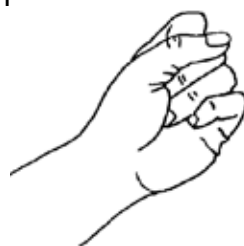


☐ Curcurka iyo Faraha 1

Iyo Gacmaha toosan, gadaal u qalooci curcurka. Kadib qalooci faraha iyo curcurka horida. Ku celi gacanta kale.

☐ Wrist and Fingers 2

Make a tight fist and then straighten the fingers. Spread the fingers apart and together again. Repeat with the other hand.

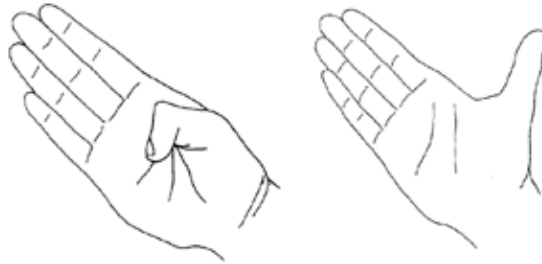


☐ Curcurka iyo Faraha 2

Samey feer dhuuqsan kadib toosi faraha. Kala bixi faraha oo qeyb ah iyo isu keen markale. Ku celi gacanta kale.

☐ Wrist and Fingers 3

Take the thumb across in front of the palm. Bend both thumb joints. Bring the thumb back until it is at a 90-degree angle beside the index finger. Repeat with the other hand.

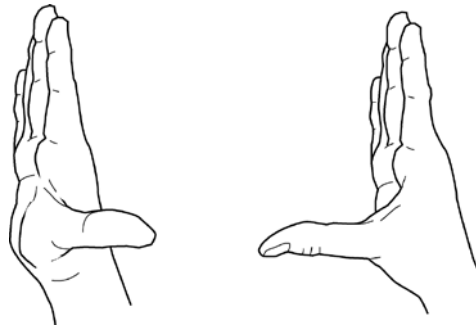


☐ Curcurka iyo Faraha 3

U qaad suulka daafaha calaancasha horteeda ah. Qalooci labada xubnood ee suulka. Dib u soo celi suulka illaa ay tahay xaqalka heerka-90 markii laga reebo farta dhexe. Ku celi gacanta kale.

☐ Wrist and Fingers 4

Take the thumb straight out in front of the index finger until it is at a 90-degree angle with the fingers.



☐ Curcurka iyo Faraha 4

Toos ugu qaad suulka banaanka hore ee farta dhexeillaa ay tahay xaqalka heerka-90 iyo faraha.

☐ Wrist and Fingers 5

Take the thumb across in front of the palm of the hand until it touches the base of the little finger.



☐ Curcurka iyo Faraha 5

U qaad suulka daafaha calaancasha horteeda ee gacanta illaa ay taabato booska farta dhexe.