

Conditioning Exercises: Lying

All of these exercises are done while you are lying on your back in bed.
Do only the exercises checked (✓) below.

Do each exercise _____ times each, _____ times a day.

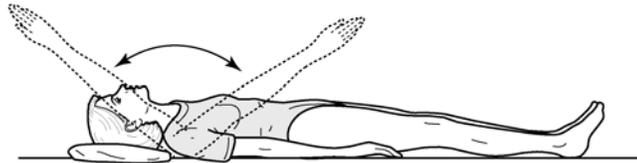
Ankle Pumps

Keep your legs straight and move your ankles up and down in a pumping motion.



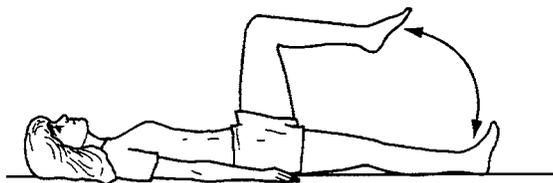
Shoulder Flexion

Start with your arms at your sides. Lift your right arm straight up and over your head as far as possible as you breathe in. Return your arm to your side as you breathe out. Repeat with your left arm.



Hip / Knee Flexion

Start with your legs straight. Gently bend your right knee and hip towards your buttocks as you breathe out. Slowly lower your leg back down to the bed as you breathe in. Repeat with your left leg.



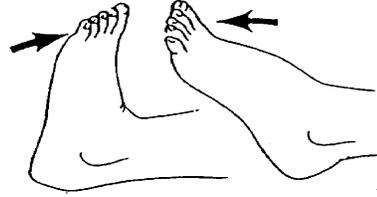
Jimicsiyada Tababbarka ah: Jiifka

Dhammaan jimicsiyadan waxa lagu sameeyaa adiga oo dhabarka sarriirta ugu jiifa. Samee kaliya jimicsiyada calaamadda (✓) leh hoosta.

Samee jimicsi kasta _____ jeer midkoodba, _____ jeer maalintii.

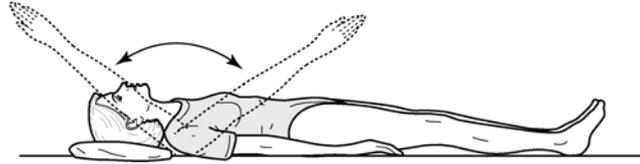
❑ Dhaqdhaqaaqinta Canqawga

Lugahaaga fidi oo canqowyadaada u dhaqaaji kor iyo hoos sida wax buuxinta oo kale.



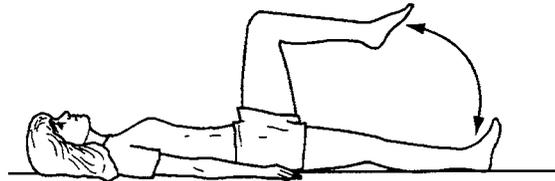
❑ Tooxin Garab

Ka bilow gacmahaaga oo labada dhinac kaa yaal. Kor ugu qaad gacantaada midig si toosan oo kor madaxaaga ah illaa inta suurtagalka ah isla markaas adigoo neefta qaadanaya. Ku soo celi gacantaada dhinacaaga isla markaas neefta saareyso. Sidaas oo kale gacantaada bidix ku samee.



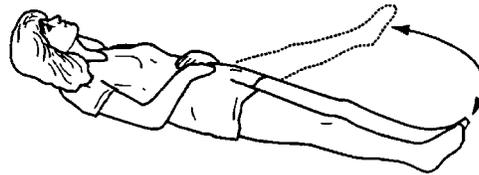
❑ Misig /Jilib Tooxin

Marka hore lugahaaga toosi. Si qunyar leh jilibkaaga iyo misigtaada midig u soo laab dhinaca badhidaada isla markaas adigoo neefta saaraya. Aayar hoos ugu soo deji lugtaada sarriirta isla markaas adoo qaadanaya neefta. Ku celi sidaas oo kale lugtaada bidix.



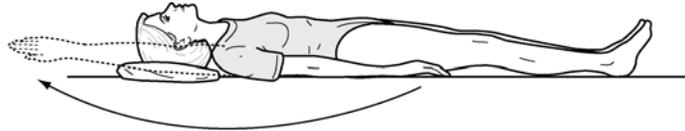
❑ Hip Abduction

Start with your legs straight. Move your left leg out to the side as far as you can while you breathe out. Pull your leg back to the middle as you breathe in. Repeat with your right leg.



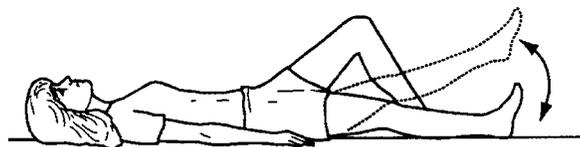
❑ Shoulder Abduction

Start with your arms at your sides. Move your right arm out to your side and towards your head as you breathe in. Return your arm to your side as you breathe out. Repeat with your left arm.



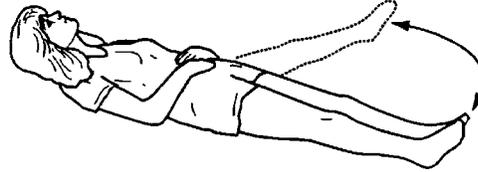
❑ Straight Leg Raises

Start with your right leg straight and the opposite leg bent. Slowly raise the right leg off of the bed as you breathe out. Keep your knee straight. Lower the leg to the bed and breathe in. Repeat with the left leg.



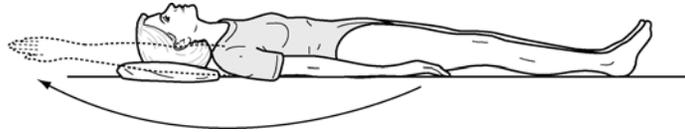
❑ Misig Kala-Fidinta

Ku bilow lugahaaga oo toos ah. Lugtaada bidix dhinac u bixi illaa inta fogaan suurtagalka ah isla markaas adoo neefta bixinaya. Dub u soo jiid Lugtaada illaa dhexdhexaadka isla markaas adoo neefta qaadaneya. Ku celi sidaas oo kale lugtaada midig.



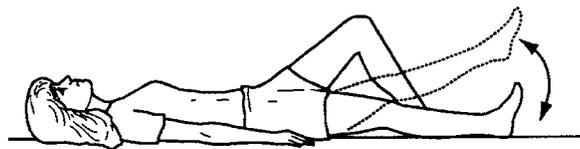
❑ Garab Kala-Fidinta

Ku bilow gacmahaaga oo dhinacyadaada yaal. Gacantaada midig dhinacaaga iyo adiga oo ku wada madaxaaga isla markaas adiga oo neefta qaadanaya. Ku soo celi gacantaada dhinacaaga isla markaas neefta saareyso. Ku celi sidaas oo kale gacantaada bidix.



❑ Lug Fidsan Sare U Qaadid

Ku bilow Lugtaada midig oo fidsan iyo ta dhinaca kale oo laaban. Aayar kor uga qaad lugtaada midig sarriirta isla markaas adoo neefta saareya. Jilibkaaga fidsanaanta ku hay. Lugta ku soo deji sarriirta oo neefta qaado. Ku celi sidaas oo kale lugta bidix.



❑ Short Arc Knee Extension

Place a rolled pillow under the right knee. Keep knee against the pillow and straighten your leg as you breathe out. Lower the leg to the bed as you breathe in. Repeat with the left leg.



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❑ **Fidin Jilib Toox Gaaban**

Barkin laaban hoos dhig jilibka midigta. Ku hay barkinta jilibka oo fidi lugtaada isla markaa adoo neefta saareya. Lugta ku soo deji sariirta isla markaa adoo neefta qaadaneya. Ku celi sidaas oo kale lugta bidix.



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Conditioning Exercises: Lying. Somali.