

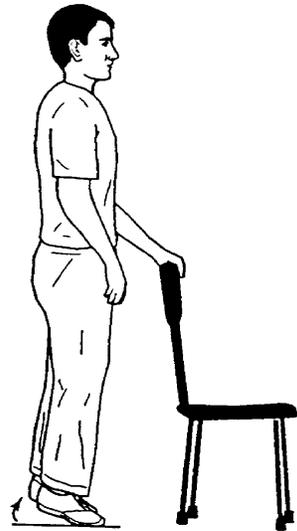
Conditioning Exercises: Standing

Do all these exercises slowly. Do not hold your breath during these exercises. If unusual pain occurs in your joints or muscles while you are exercising, do not continue the exercise. Do only the exercises checked (✓) below.

Do each exercise _____ times, _____ times a day.

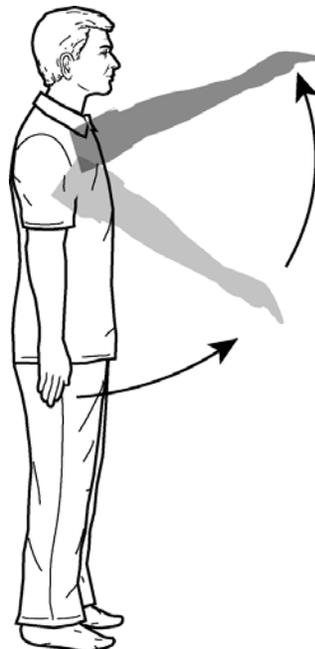
Toe Raises

Stand with your hands on your hips and your feet slightly apart. Rise up on your toes and return to your heels.



Shoulder Flexion

Stand with your feet slightly apart and your arms at your sides. Raise your arms over your head in front of you as far as you can. Lower your arms to your sides.



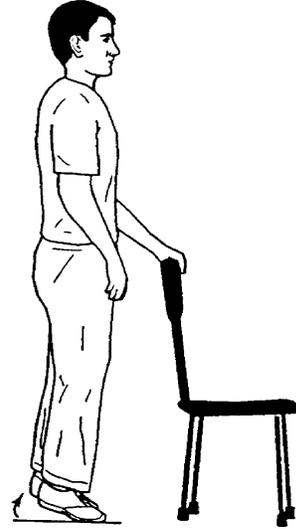
Jimicsiyada Tababbarka Jidhaka: Taagnida

U samee dhammaan jimicsiyadan qun yari. Ha isku celin neefta markaad samayneyso jimicsiyada. Haddii aad xanuun aan caadi ahayn ku yeelato laabatooyinka iyo muruqayada markaad jimicsaneyso, ha sii wadin Jimicsiga. Samee kaliya jimicsiyada calaamadda (✓) leh hoosta.

Samee jimicsi kasta _____ jeer, _____ jeer maalintii.

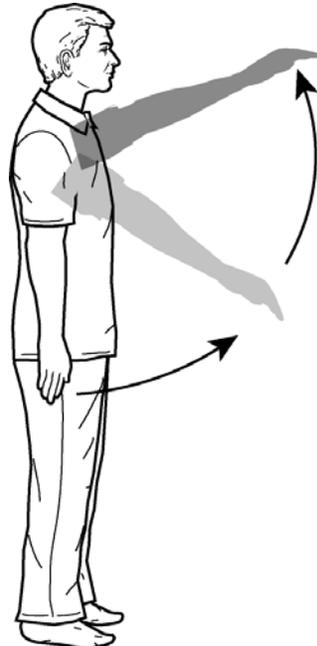
☐ Suul Kor U Qaadka

Istaag adiga oo gacmahaaga dhexda ku haya oo cagahaaga woxoogaa kala bixiynaya. Suulasha ku kac oo ku soo noqo cidhbahaaga



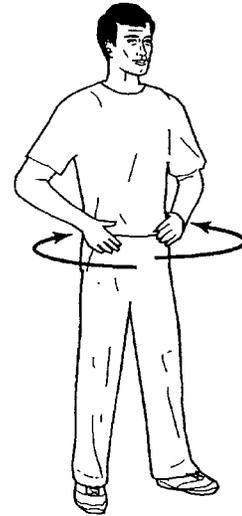
☐ Tooxin Garab

Istaag cagahaaga oo woxoogaa kala baxsan iyo gacmahaaga oo dhinacyada yaal. Gacmahaaga hor dhinaca madaxa kor uga qaad illaa intaad karto fogaan. Gacmahaaga dhinacyadaada hoos ugu soo deji.



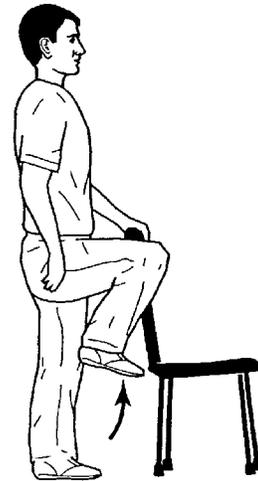
❑ Trunk Rotations

Stand with your hands on your hips and feet slightly apart. Turn your upper body and head toward the right and then turn back to the starting position. Turn toward the left and then back to the starting position.



❑ Hip / Knee Flexion

Stand with your feet slightly apart. Lift your right knee up to waist level. Return your foot to the floor. Repeat with your left leg.



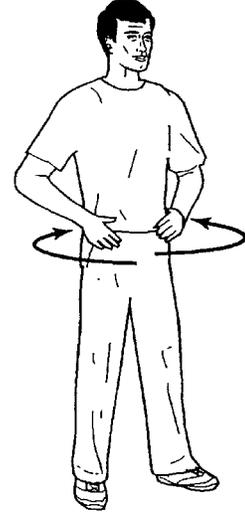
❑ Shoulder Abduction

Stand with your feet slightly apart and your arms at your sides. Move your arms out from your side and up over your head. Return your arms to your sides.



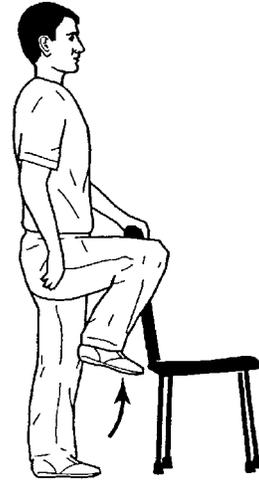
❑ Wareejinta Salka

Istaag adiga oo gacmahaaga misigta ku haya oo caguhuna woxoogaa kala baxsan yihiin. U jeedi qaarkaaga sare iyo madaxaaga dhinaca midigta markaana ku soo celi meeshaad ka bilowday. U jeedso bidix oo markaana ku laabo meeshaad ka bilowday.



❑ Misig /Jilib Tooxin

Istaag cagahaaga oo woxoogaa kala baxsan. Jilibkaaga midig kor ugu qaad illaa heer dhexdaada ah. Cagtaada ku soo celi dhulka. Ku celi sidaas oo kale lugtaada bidix.



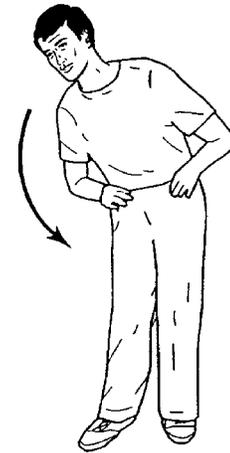
❑ Garab Kala-Fidinta

Istaag cagahaaga oo woxoogaa kala baxsan iyo gacmahaaga oo dhinacyada yaal. Sare u soo qaad gacmaaga oo dul keen madaxaaga. Ku soo celi gacmahaaga dhinacyadaada.



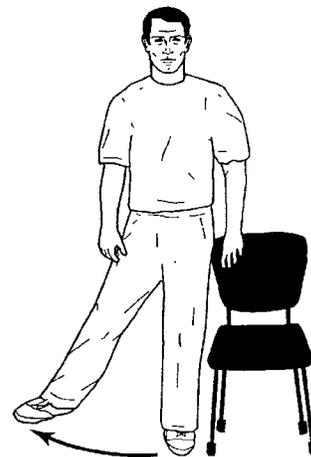
Trunk Lateral Flexion

Stand with your hands on your hips and your feet slightly apart. Bend to the right and then return to an upright position. Bend to the left and then return upright.



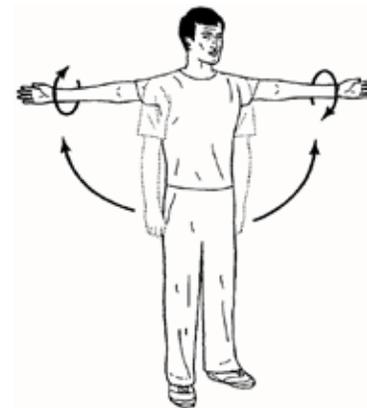
Hip Abduction

Hold onto a chair for balance. Move your leg out to the side then return to the starting position. Repeat with your other leg.



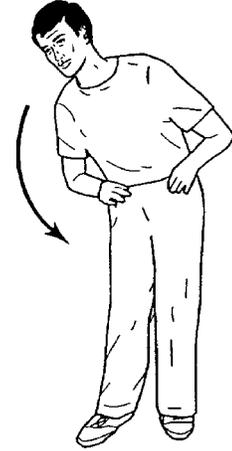
Shoulder Circles

Stand with your feet slightly apart. Raise your arms out to the side at shoulder level. Make arm circles forward and then backward.



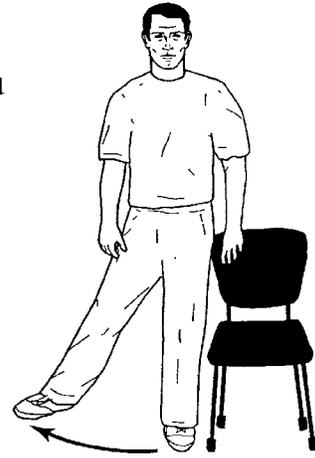
❑ Tooxinta Dhinaca ee Joogga Qofka

Istaag adiga oo gacmahaaga dhexda ku haya oo cagahaaga woxoogaa kala bixiya. Midig isku qallooci oo markaana ku soo noqo joogga toosan. Bidix isku qallooci oo ku soo noqo joogga toosan.



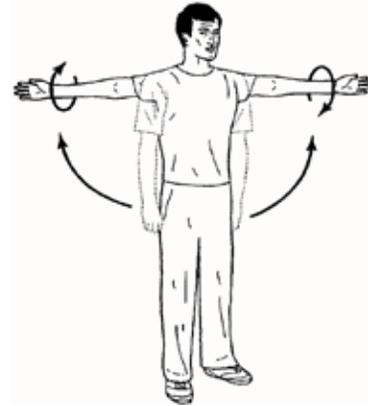
❑ Misig Kala-Fidinta

Kursi cusko si aanad u dhicin. Lugtaada dhinac u fidi markaana ku soo celi bartii aad ka bilowday. Ku celi sidaas oo kale lugtaada kale.



❑ Goobaabaha Garabka

Istaag cagahaaga oo woxoogaa kala baxsan. Gacmahaaga heer garab soo gaarsii iyaga oo dhinaca u soo baxsan. Gacanta wareeji ahaan markaana dib ugu samee.



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Conditioning Exercises: Standing. Somali.