

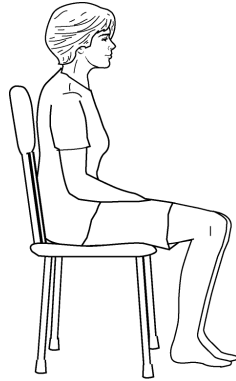
Waxyaabaha la sameeyo iyo Aan la sameynin ee Dhabar Xanuunka

Do's and Don'ts with Low Back Pain

Sitting

Do:

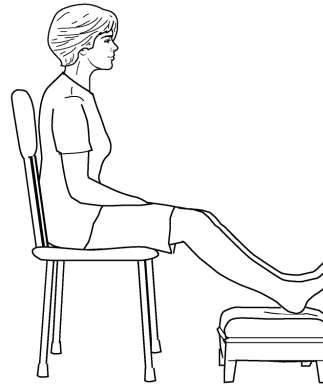
- Sit as little as possible and then only for short periods.
- Place a supportive towel roll at the belt line of the back especially when sitting in a car.
- When getting up from sitting, keep the normal curves in your back. Move to the front of the seat and stand up by straightening your legs. Avoid bending forward at the waist.
- Try to keep the normal curves in your back at all times.



Si fiican
Good

Fadhiga

Samey:



Si xun
Bad

- Fariiso sida yar oo suurtoogalka ah iyo kadib kaliya muddo gaaban.
- Ku meeley shukumaan taageero leenka suunka ee dhabarka gaar ahaan marka aad ku fadhidid gaari.
- Markii aad ka kaceysid fadhiga, joogtey qaloocyada caadiga ah ee dhabarkaaga. Dhaqaaji horida korsiga oo ku joogso toosinta lugahaaga. Ka fogow qaloocinta dhinaca dhaxda.
- Isku day inaad joogteysid gooladaha caadiga ah ee dhabarkaaga mar walba.

Don't:

- **Do not** sit on a low soft couch with a deep seat. It will force you to sit with your hips lower than your knees and will round your back. You will lose the normal curve in your back.
- **Do not** place your legs straight out in front of you while sitting (e.g. sitting in the bath tub).

Ha sameynin:

- **Haku** fariisan fadhiga hooseeyo ee leh fadhiga qotoda dheer. Waxay kugu qasabeysaa inaad la fariisatid sintaada ka hooseeyo jilibkaaga oo waxay laabeysaa dhabarkaaga. Waxaad lumineysaa qaloocyada caadiga ah ee dhabarkaaga.
- **Haku** meeleynin lugahaaga si toos ah ee ka baxsan hortaada adiga oo fadhiyo (tusaale ahaan fadhiga baafka qubeyska).

Standing

Do:

- If you must stand for a long period of time, keep one leg up on a foot stool.
- Adapt work heights.

Don't:

- Avoid half bent positions.



Si fiican
Good

Joogsiga

Samey:

- Haddii ay tahay inaad ku joogsatid muddo dheer oo waqti ah, joogtey hal lug oo ka koreyso korsiga miiska.
- La qabso dhirirka shaqada.



Si xun
Bad

Ha sameynin:

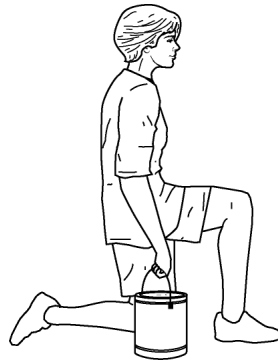
- Ka fogow boosaska barka laaban.

Lifting

Avoid lifting if you can.

Do:

- Use the correct lifting technique. Keep your back straight when lifting. Never stoop or bend forward. Stand close to the load, have a firm footing and wide stance. Kneel on one knee, keeping the back straight. Have a secure grip on the load and lift by straightening your knees. Do a steady lift. Shift your feet to turn and do not twist your back.



Si fiican
Good

Qaadida

Ka fogow qaadida haddii aad awoodid.

Samey:

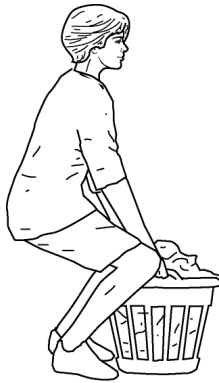
- Isticmaal farsamada qaadida saxda ah. Ku hay dhabarkaaga si toos ah markii aad qaadeysid. Marnaba horay ha u foorarsan ama ha usu laabin. Joogso meel u dhow rarka, samey cag joogsi toosan iyo qaab balaaran. Ku jilbo joogso hal jilib, ku haynta gadaasha si toos ah. Yeelo xajin aamin ah ee rarka oo ku qaad iyada oo la toosinayo jilbahaaga. Samey qaadid joogta ah. Badel cagtaada si aad u wareejisid oo aadan isugu laabin dhabarkaaga.



Si xun
Bad

Don't:

- **Do not** jerk when you lift.
- **Do not** bend over the object you are lifting.

Ha sameynin:

Si fiican
Good

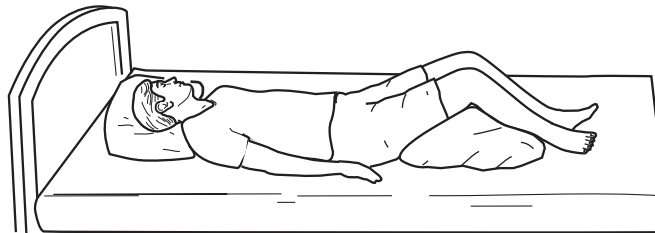


Si xun
Bad

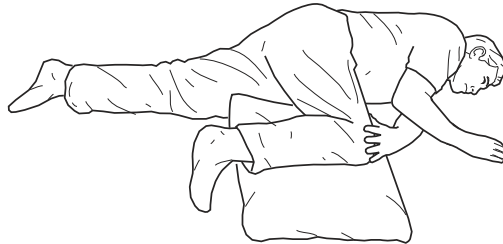
- **Ha** degdegin marka aad qaadeysid.
- **Ha ku** laabin dusha sheyga aad qaadeysid.

Lying**Do:**

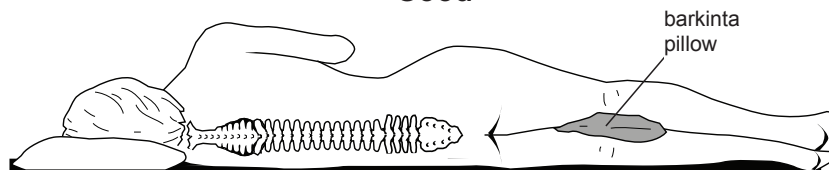
- Sleep on a good firm surface.
- If your bed sags, use slats or plywood supports between the mattress and base to firm it. You also can place the mattress on the floor, a simple but temporary solution.
- You may be more comfortable at night when you use a pillow for support.

Jiifashada**Samey:**

Si fiican
Good



Si fiican
Good



Si fiican
Good

- U seexo sagxada aadka u simman.
- Haddii sarriirtaada dhacdo, isticmaal taageerada alwaaxda ama alwaax u dhaxeeyo joodariga iyo booska lagu toosinayo. Waxaad sidoo kale ku meeleyn kartaa joodariga dhulka, sahlan laakin xalinta ku meelgaarka ah.
- Waxaad aad ugu qancin kartaa habeenkii marka aad isticmaashid barkinta oo taageero.

Don't:

- **Do not** sleep on your stomach unless advised to do so by your doctor or physical therapist.

Ha sameynin:

- **Ha ku** seexan calooshaada illaa uu kaala taliyo inaad sidaas sameysid dhaqtarkaaga ama dhaqtarka jirka.

Bending forward**Do:**

- Keep the natural curves of your back when doing these and other activities: making a bed, vacuuming, sweeping or mopping the floor, weeding the garden or raking leaves.



Si fiican
Good

Laabida hore**Samey:**

- Joogtey qaloocyada dabiiciga ah ee dhabarkaaga marka aad sameysid howlahaan iyo kuwa kale: sameynta sariirta, bus kicinta, xaaqida ama biyo marinta dhulka, ka saarida beerta ama xaaqida caleemaha.



Si xun
Bad

Coughing and sneezing**Do:**

- Bend backwards to increase the curve of your back while you cough or sneeze.

Qufacida iyo hindhisaada**Samey:**

- Laab gadaasha si loo kordhiyo qalooca dhabarkaaga adiga oo qufacayo ama hindisayo.

Driving a car**Do:**

- Drive the car as little as possible. It is better to be a passenger than to drive yourself.

Ka ceynta gaari**Samey:**

- Ku kaxeey gaariga sida yar oo suurtoogalka ah. Waxaa wanaagsan in rikaab la ahaado badelkii nafsadaada ka xeyn laheyd.



- Move the seat forward to the steering wheel. Your seat must be close enough to the wheel to keep the natural curves of your back. If your hips are lower than your knees in this position, raise yourself by sitting on a pillow.

- Horay u dhaqaaji korsiga isteerinka lugta. Korsigaaga waa in si dhow loogu xiraa lugta si loo joogteeyo qaloocyada dabiiciga ah ee dhabarkaaga. Haddii sintaada ay ka hooseyso jilbahaaga ee booska, sare u qaad nafsadaada adiga oo ku fadhiyo barkinta.

Exercises for low back pain

Safety Guidelines

- An increase in your low back pain can be expected with these exercises. This is acceptable as long as your leg symptoms are not increasing.
- If while doing these exercises, your pain worsens or you have new pain or symptoms, stop the exercises and discuss your symptoms with your doctor or physical therapist.
- Stop exercising and let your doctor or physical therapist know right away if you have any change in your bowel or bladder control or any increase in weakness in your leg or foot.

Jimicsiga ee dhabarka xanuunka hoose

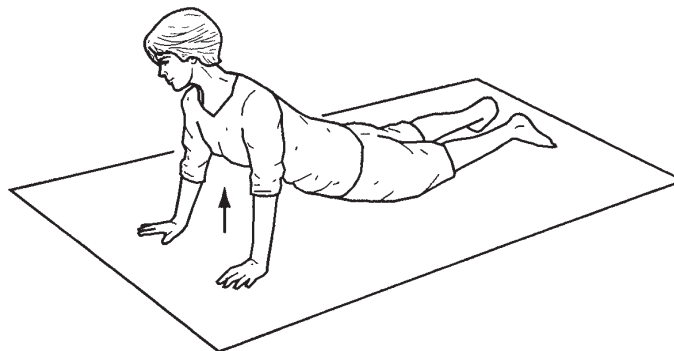
Tilmaaha Badbaadada

- Kordhinta dhabar xanuunkaaga hoose waxaa laga filan karaa jimicsiyadaan. Tani waxaa loo ogolyahay haddiiba aastaamaha lugahaaga aysan kordheynin.
- Haddii iyada oo la sameynayo jimicsiyadaan, xanuunkaaga ka darto ama aad qabtid xanuun cusub ama aastaamaha, jooji jimicsiga oo kala hadal aastaamahaaga dhaqtarkaaga ama dhaqtarka jirka.
- Jooji jimicsiga iyo ogeysii dhaqtarkaaga ama dhaqtarka jirka inuu ogaado isla markaas haddii aad qabtid isbadel walba ee saxaradaada ama xakameynta kaadi haynta ama kordhin walba ee tababar darada lugtaada ama cagta.

Exercises

□ Press-Ups:

Keep your back and buttocks relaxed and use your arms to press up. Concentrate on keeping your hips down and push up your upper body as high as possible.



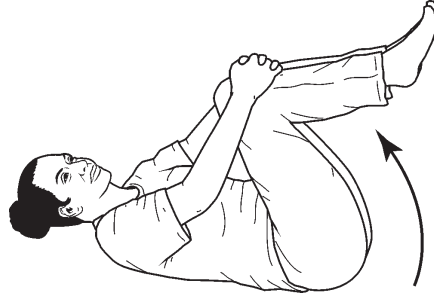
Jimcisiga

□ Buush abka:

Ku haay dhabarkaaga iyo baridaada dabacsanaan oo u isticmaal gacmahaaga inaad kor ku riixdid. Diirada saar inaad ku haysid sintaada hoos iyo kor u riix jirkaaga kore sida sareyso ee suurtoalka ah.

❑ Double Knee to Chest:

Grasp both your knees with your hands and pull toward your shoulders. Hold the stretch for 1 second. Let your knees return, but keep them bent at arms length.

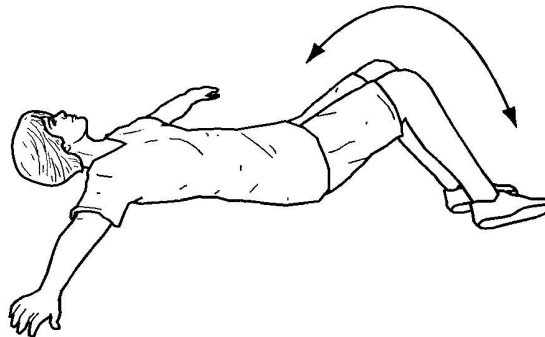


❑ Labo Jilib illaa Xabadka:

Soo qabso labadaba jilbahaada iyo gacmahaaga oo u jiid dhinaca garbahaada. Haay kala bixinta oo 1 ilbiriqsi. Jilibkaaga haku laabto, laakin ku hay laabmida ee baaxada gacanta.

❑ Lumbar Spine Stretches:

Lie on your back. Bring your knees towards your chest. Rotate your knees towards the pain.



❑ Jimicsiga Kala bixinta Laf dhabarka:

Ku seexo dhabarkaaga. Keen jilbahaaga dhinaca xabadkaaga. Wareeji jilbahaaga dhinaca xanuunka.

❑ Side-lying Position:

Lie on your side and face forward. Have both arms straight in front and bend your knees. Turn your head as you move your top arm across your body as far as you can. Keep your arm in place and turn your head back to the starting position. Look back again and turn your head farther if you can. Bring your head and arm back to the starting position. Relax and repeat 10 times on each side.



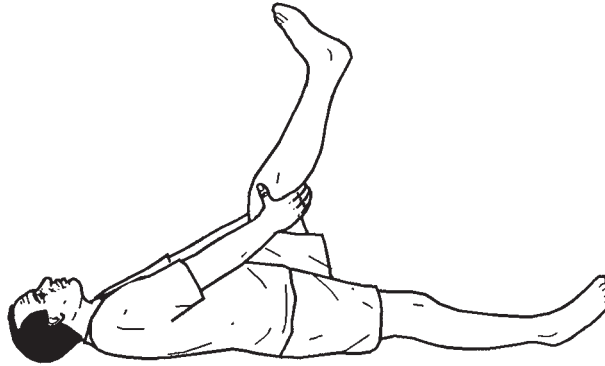
❑ Booska Jiifida Dhinaca:

Ku seexo dhinacaaga oo wajah hori. U hayso si toos ah labada gacmoodba ee horida oo laab jilbahaada. Wareeji madaxaaga adiga oo dhaqaajinayo gacantaada kore ee agagaarka jirkaaga sida dheer ee aad awoodid. Ku haay gacantaada meel oo u wareeji madaxaaga gadaasha booska bilowga. Gadaal fiiri markale oo horay u wareeji madaxaaga haddii aad awoodid. Keen madaxaaga iyo gacantaada gadaasha booska bilowga. Naso oo ku celi 10 jeer oo dhinac walba.



❑ Hamstring Stretch:

Lie on your back with your legs out straight. Raise your leg up and put your hands around the upper leg for support. Slowly straighten the raised knee until you feel a stretch in the back of the upper leg. Hold, then relax and repeat 10 times on each leg.



❑ Kalabixinta Murqaha

Kula jiifo dhabarkaaga lugahaaga oo toosan. Kor u qaad lugtaada oo saar gacmahaaga agagaarka lugta kore oo taageero ah. Si tartiib ah u toosi jilibka kor loo qaaday illaa aad ka dareentid kala baxa dhabarka ee lugta kore. Hay, kadib naso oo ku celi 10 jeer oo lug walba ah.

❑ Standing Arch:

Stand with your feet apart and hands on the small of your back with fingers pointing backwards. Bend backwards at the waist, supporting the trunk with your hands. Keep your knees straight. Hold for 5 seconds. Repeat 3 to 5 times.

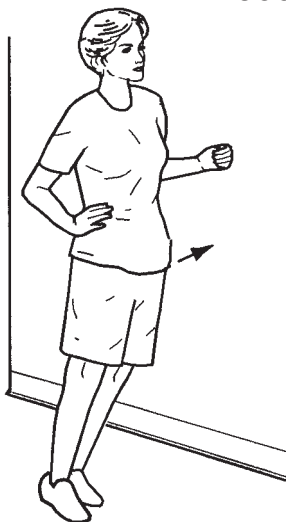


❑ Joogsiga Qaansada:

Ku joogso cagtaada oo gaar ah iyo gacmaha ee yaraanta dhabarkaaga iyo faraha oo ku aadan gadaasha. Qaloo ci gadaasha maxoga, oo taageerayo jirida la jirto gacmahaaga. Ku haay jilibkaaga si toosan. Haay qiyaastii 5 ilbiriqsi. Ku celi 3 illaa 5 jeer.

❑ Side Glides:

Stand at a right angle to the wall about 2 feet out from the wall. Lean your shoulder into the wall. Move your hips toward the wall, keeping your legs together and your knees straight. Return to the starting position.



❑ Joogsiga Dhinaca:

Joogso xagalka saxda ah ee darbiga qiyaastii 2 fiit markii laga saaro darbiga. U seexo garabkaaga ee darbiga. U dhaqaaji sintaada dhinaca darbiga, adiga oo isku haynayo lugahaaga iyo jilbahaaga si toos ah. Ku soo celi booska bilowga.