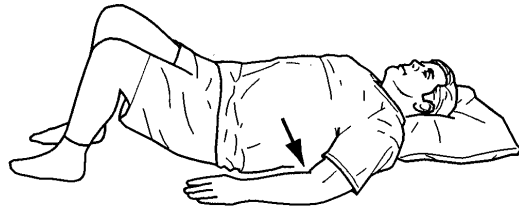


# Exercises to Strengthen Your Back

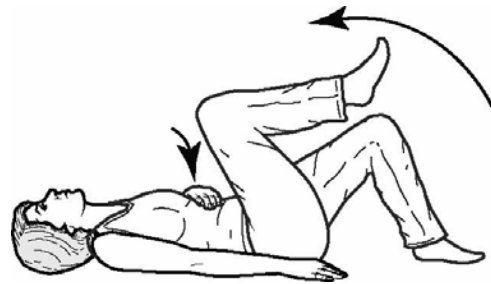
## ☐ Tighten tummy (Transverse Abdominis)

1. Relax on your back with your knees bent. Breathe in and out.
2. Breathe out and pull your tummy in.
3. Breathe and hold your tummy in for 10 seconds.
4. Relax and then repeat 10 times.



## ☐ Bent knee fall outs

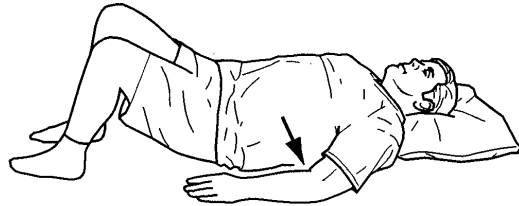
1. Lie on your back with your knees bent. Breathe in and out.
2. Breathe out and tighten your tummy to support your back. You may want to rest your hand on your tummy to remind you to keep it pulled in.
3. Keep breathing but keep your tummy tight and lift one leg with your knee bent so your knee is facing the ceiling.
4. Lift the other leg slowly to the same position and hold for 5 to 10 seconds.
5. Then lower one foot to the floor and then the other.
6. Relax and repeat 10 times.



# Jimicsiyada Kuu Xoojiya Dhabarkaaga

## □ Adkee caloosha (Transverse Abdominis)

1. Dhabarka u dhacadiid adigoo jilbahaaga soo laabaya. Neefta qaado oo sii daa.
2. Neefta sii daa oo caloosha soo celi.
3. Neefso oo caloosha qabo illaa 10 sekend.
4. Is deji oo ku celi 10 jeer.



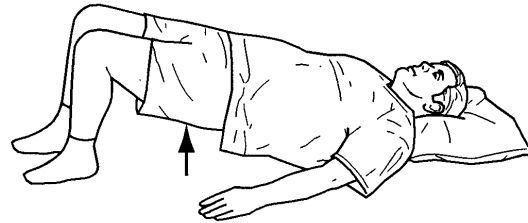
## □ Natiijooyinka Jilibka Laaban

1. Dhabarka u dhacadiid adiga oo jilbahaaga soo laabta. Neefta qaado oo sii daa.
2. Neefta sii daa oo soo celi calooshaada si aad u taageerto dhabarkaaga. Waxaad gacantaada dul dhigi kartaa caloosha si aad ugu hubiso inaad caloosha isku soo celisay.
3. Neefsiga ku sii wad laakiin calooshaada adkee oo hal lug qaad iyada oo jilibkaagu laaban yahay jilibkuna ku aaddan yahay saqafka.
4. Lugta kale aayar ugu qaad meesha la midka ah oo sidaas ku hay illaa 5 illaa 10 sekand.
5. Markaa u deji hal cag dhulka kadibna ta kale deji.
6. Is deji oo ku celi 10 jeer.



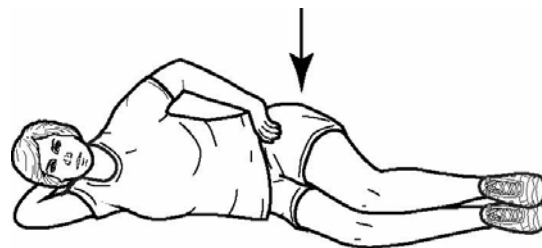
## ❑ Bridging

1. Lie on your back with your knees bent and arms at your sides. Breathe in and out.
2. Breathe out and tighten your tummy to support your back.
3. Keep breathing and keep your tummy tight and lift your buttocks off the floor.
4. Hold and then lower your buttocks to the floor.
5. Repeat 10 times.



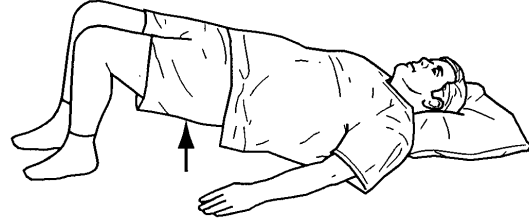
## ❑ Side clam (Hip abduction and external rotation on side)

1. Lie on your side with your hips, knees and feet straight over each other and your knees bent 45 to 60 degrees. Support your head with your arm.
2. Pull in your tummy and straighten your spine while you keep your breathing relaxed.
3. Keep your feet touching and slowly lift the top knee towards the ceiling. Do not let your hips roll back.
4. Hold for 5 to 10 seconds and then lower the leg.
5. Repeat 10 times. Then roll to the other side and do this exercise again.



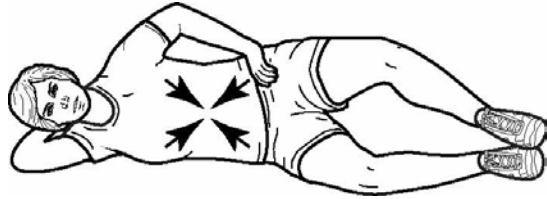
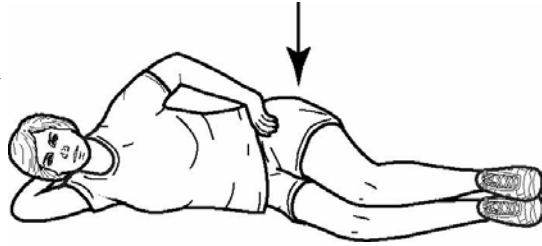
## □ Buundaynta

1. Dhabarka u jiifso adiga oo laabaya jilbahaaga oo gacmuhu dhinacyada kuu yaalliin. Neefa qaado oo sii daa.
2. Neefta sii daa oo soo celi calooshaada si aad u taageerto dhabarkaaga.
3. Neefsashada ku sii wado oo boggana isku celi markaana salkaagaa kor ugu soo qaad dhulka uga qaad.
4. Sidaas ku hay oo markaana hoos ugu dhiga salkaaga dhulka,
5. Ku celceli 10 jeer.



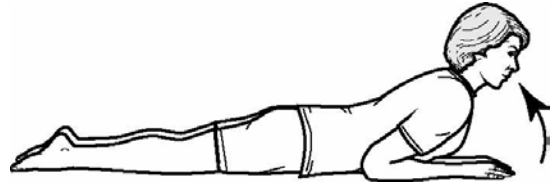
## □ Kalaam garaynta dhinac (Misig kala-fidinta iyo wareejin dibadeed dhinaca ah)

1. Dhinac u jiifso adiga oo misigahaaga, jilbahaaga iyo cagahaaga oo isdul saaran oo jilbahaaguna ka qalloocsan yihiin 45 illaa 60 digrii. Madaxaaga u hoos dhig gacantaada.
2. Calooshaada soo celi oo laf-dhabartaada toosi isla markaana neefsashadaada aad dejineyso
3. Ku sii wad cago taabashadaada oo qun yar ugu qaad jilibka sare dhinaca saqafka. Misgahaagu yeyna dib u soo noqon.
4. Ku hay 5 illaa 10 sekend markaana hoos u dhig lugta.
5. Ku celceli 10 jeer. Markaana isku rog dhinaca kale oo samee jimicsigan markale.



❑ Elbow press up (Lumbar extension)

1. Lie face down with your legs out straight behind you. Your arms should be at your sides with your elbows bent and your hands by your face.
2. Push up to your elbows but keep your hips on the floor.
3. Hold and then lower back down.
4. Repeat 10 times.



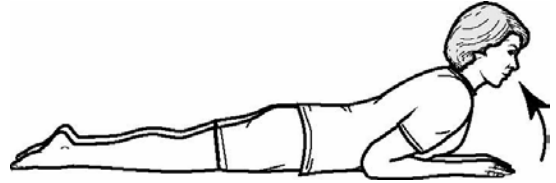
❑ Wall slide (Quarter squat)

1. Stand with your back against the wall and your feet shoulder width apart.
2. Slide down the wall until your knees are bent 30 to 45 degrees. Do not bend your knee deep enough to cause pain.
3. Hold for 5 to 10 seconds and then straighten your knees to push you back up.
4. Relax and then repeat 10 times.



❑ Kor isugu soo Riixid Xusul (Fidinta Laf-dhabarta Hoose)

1. Caloosha u seexo adigoo lugaha si toos ay kaaga dambeeyaan. Gacmahaagu waa inay ku ag yaalliin iyaga oo xusulladu laaban yihiin gacmuhuna ay wajigaaga agtiisa yaalliin.



2. Kor u qaad xusulladaada laakiin misgahaaga daa sagxadda.
3. Sidaas ahow oo markaa dhabarka soo deji.
4. Ku celceli 10 jeer.

❑ Derbi ku Siqid (Rubuc Kuudansi)

1. Istaag iyada oo dhabarkaaguna uu derbiga saaran yahay cagahaaguna ay isku kala jiraan intay garbuhu isku kala jiraan.
2. Derbiga hoos ugu siq illaa jilbahaagu laabmaan 30 illaa 45 digrii Ha u laabin jilbaha illaa heer hoose oo ay ku xanuunaan.
3. Sidaas ku hay 5 illaa 10 sekend markaana toosi jilbahaaga si ay dib kuugu riixaan.
4. Is deji oo ku celi 10 jeer.



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Exercises to Strengthen Your Back. Somali.