

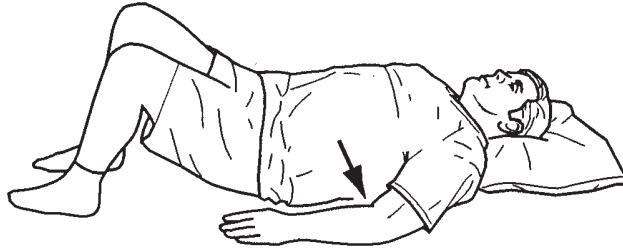
Jimicsiga Lagu xoojinayo Dhabarkaaga

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.



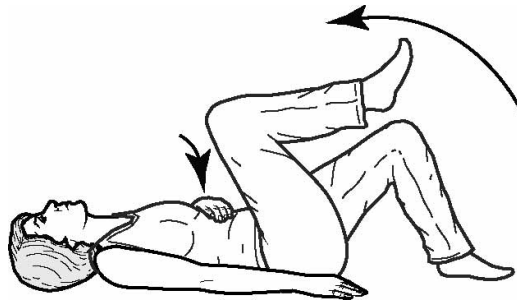
□ Dhuuji caloosha

(Murqaha xundhurta)

1. Dabci dhabarkaaga oo jilbahaaga laaban. Gudaha iyo banaanka u neefso.
2. Banaanka u neefso oo gudaha u jiid calooshaada.
3. Neefso oo qabo calooshaada oo 10 ilbiriqdi.
4. Dabci iyo kadib ku celi 10 jeer.

□ 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.

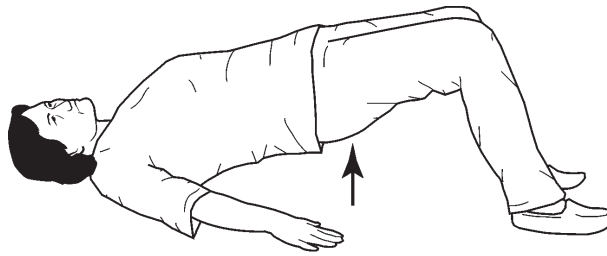


□ Qalooci dhacitaanka jilibka

1. Kula jiifo dhabarkaaga jilibkaaga oo laaban. Gudaha iyo banaanka u neefso.
2. Banaanka u neefso oo dhuuji calooshaada si aad u taageertid dhabarkaaga. Waxaad rabi kartaa inaad ku nasisid gacantaada calooshaada si ay kuu xasuusiso inaad joogteysid gudo u jiidida.
3. Joogtey neefsashada, laakin ku haay calooshaada dhuuqsanaan oo uga qaad hal lug ee jilibkaaga laabanyahay, marka jilibkaaga wuxuu wajahayaa saqafka.
4. Si tartiib ah u qaad lugta kale oo isla booska ah oo hay 5 illaa 10 ilbiriqsi.
5. Kadib hoos ugu dhig hal cag dhulka iyo kadib mida kale.
6. Dabci 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 of the floor.
4. Hold and then lower your buttocks to the floor.
5. Repeat 10 times.

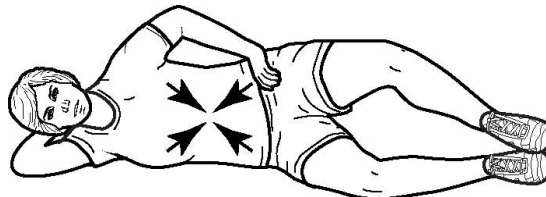
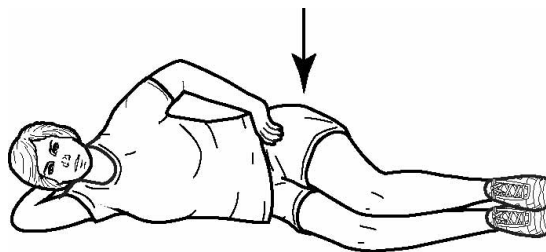


□ Dul saarida

1. Kula seexo dhabarkaaga jilibkaaga oo laaban iyo gacmahaaga oo dhinacyahaaga ah. Gudaha iyo banaanka u neefso.
2. Banaanka u neefso oo dhuuji calooshaada si aad u taageertid dhabarkaaga.
3. Joogtey neefsiga oo ku hay calooshaada dhuuqsanaan oo ka qaad biradaada ee dhulka.
4. Qabo oo kadib hoos u dhig biradaada dhulka.
5. Ku celi 10 jeer.

□ 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.

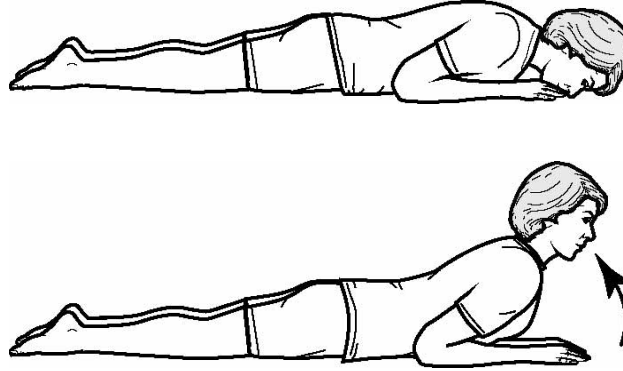


□ Dhinaca hadal joojinta (Dhaqaaqa sinta iyo wareega banaanka ee dhinaca)

1. Kula seexo dhinaca sintaada, jilbahaaga, iyo cagta toosan ee midba midka kale dul saaran, iyo jilibkaaga ku laab heerka 45 illaa 60. Madaxaaga ku taageer ganactaada.
2. Jiid calooshaada oo toosi lab dhabarkaaga adiga oo joogteynayo dabcinta neefsigaaga.
3. Ku haay cagtaada oo si tartiib ah u taabaneyso qaadida dusha dhinacyada saqafka. Ha u ogolaan in sintaada gadaal u socoto.
4. Haay 5 illaa 10 ilbiriqsi iyo kadib hoos u dhig lugta.
5. Ku celi 10 jeer. Kadib ku duub dhinaca kale, oo samey jimicsigaan 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.



□ Xusulka kor u riix (Kordhinta dhabarka hoose)

1. Seexo wajiga oo hoos ka jiro lugahaaga ee banaanka gadaashaada. Gacmahaaga waa inay ahaadaan dhinacyadaada ee la jiro xusuladaada oo laaban iyo gacmahaaga oo wajigaaga ah.
2. Ku riix xusulkaaga, laakin ku haay sintaada dhulka.
3. Haay iyo kadib hoos ugu dhig gadaasho hoose.
4. Ku celi 10 jeer.

□ 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.



□ Jimicsiga darbiga (Jimicsiga murqaha)

1. Kula joogso dhabarkaaga darbiga iyo cagtaada garabka dhinac u kala baxsan.
2. Hoos ugu jiifo dabriga illaa jilbahaada ay ka qalocmaan heerka 30 illaa 45. Ha u laabin jilibkaaga si qoto dheer ee ku filan xanuun sababida.
3. Haay 5 illaa 10 ilbiriqsi iyo ka dib toosi jilbahaaga si aad dib ugu riixdid kor.
4. Dabci iyo kadib ku celi 10 jeer.