Most back pain is due to a lack of exercise or an injury. These exercises will help you move better and strengthen the muscles that support your back. Do the exercises slowly. If you have pain while doing these exercises, stop doing the exercises and talk to your doctor or physical therapist.

Lie on your back on a firm surface, such as the floor or a mat. Repeat each exercise _______ times.

**Pelvic tilt**

Tighten your stomach and buttocks. Push your lower back towards the floor. Hold for 10 seconds then relax.

**Hoos u dhacaa miskaha**

Dhuujinta calooshaada iyo biradaada. Riix dhabarkaaga hoose ee dhinacyada dhluka. Haay 10 ilbiriqsi kadib naso.

**Knee to chest**

Pull one knee toward your chest until you feel a light stretch in your lower back and buttocks. Hold for 10 seconds then put your foot back down. Repeat this with the other knee.

**Jilibka illaa xabadka**

Jiid hal jilib oo dhinaca xabadkaaga illaa aad dareentid kala bax yar e dhabarkaaga hoose iyo biradaada. Haay 10 ilbiriqsi kadib geli chtagada gadaasha hoose. Kula celi midaan jilibka kale.
Double knee to chest
Slowly bring both knees to your chest.
Hold for 5 seconds and keep your back relaxed and flat on the floor.

Curl up
Bend your knees. Fold your arms across your chest and raise your shoulders until they come off the floor. Then slowly return to the starting position.

Diagonal curl up
With your arms held forward, lift your shoulders off the floor. Bring your right shoulder toward your left knee. Return to the floor. Then bring your left shoulder to your right knee.

Hip rolls
With your knees together, roll your hips slowly from side to side. Keep your shoulders on the floor.

Jilibka illaa xabadka labo jibaar ah
Si tartiib ah usugu keen xabadka. Haay 5 ilbirixsi oo ugu hay dhabarkaaga si nasiinyo ah oo salaxan oo dhulka.

Soo kacitaanka
Qalooci jilbahaaga. Laab dhudhumadaada oo guud ahaan xabadkaaga oo kor u qaad garbahaaga illaa ay dhulka ka soo kacaan. Kadib si tartiib ah ugu laabo booska bilowga.

Kor isu Laabid Dadban

Duubida miskaha
Iyo jilbahaada oo wada jir ah, si tartiib ah u duub miskahaaga dhinac ka dhinac. Ku haay garbahaaga dhulka.
- **Bridge**
  Bend your knees and keep your feet flat on the floor. Lift your buttocks slowly up and then slowly return them to the floor.

- **Low back stretch**
  On your hands and knees, push your chest toward the floor, reaching forward as far as you can. Sit back on your feet.

- **Cat stretch**
  Start on your hands and knees. Tuck your chin in toward your chest and tighten your stomach muscles while arching your back.

- **Hamstring stretch**
  Lie on your back. Bend your hip and knee to 90 degrees. Then straighten your knee as far as possible. Repeat this exercise with the other leg.

- **Buundada**
  Qalooci jilbahaaga oo ugu haay cagtaada si simman dhulka. Si tartiib ah u qaad biradaada iyo kadib si tartiib ah ugu laabo dhulka.

- **Kala bixinta dhabarka hoose**
  Gacmahaaga iyo jilbahaaga, u riix cabadkaaga dhinaca dhulka, adiga oo gaarayo dhinaca sida dheer ee aad awoodid. Gadaal dib ugu fariiso cagtaada.

- **Kalabixinta nooca mukulaasha**
  Ku bilow gacmahaaga iyo jilbahaaga. Ku giiji garkaaga dhinaca xabadkaaga i oo dhuuji murqaha calooshaada adiga oo qaloocinayo dhabarkaaga.

- **Kalabixinta mooca murqaha**
Exercises for Your Back.

- **Wall slide**
  Stand with your back against a wall and your feet about 12 inches or 30 centimeters from the wall. Bend your knees as you slowly lower your buttocks while sliding down the wall. Hold for 10 seconds.

- **Press ups**
  Lie on your stomach. Push up with your arms while keeping your back and stomach muscles relaxed. Keep a slight bend in your elbows.

- **Darbi ku joogsgiga**
  Kula joogsgiga dhabarkaaga darbiga iyo cagtaada ee qiyaastii 12 inji ama 30 sentimitir darbiga ka fog. Qalooci jilbaaga adiga oo si tartiib ah u hooseynayo biradaada adiga oo hoos ugu socdo darbiga. Haay qiyaastii 10 ilbiriqsi.

- **Kor usus qaada**

Aerobic exercises are also needed to have a healthy back. Aerobic exercises such as walking or swimming should be done 3 to 4 times a week for 30 to 45 minutes. Talk to your doctor before beginning any form of exercise.

Jimicsiyada hawada sidoo kale waa loo baahanyahay si loo lahaado dhabar caafimaadan. Jimicsiyada hawada sida socodka ama dabaasha waa in la sameeyaa 3 illaa 4 jeer isbuucii oo qiyaastii 30 illaa 45 daqiqiyo. La hadal dhaqtarkaaga ka hor inta aadan bilaabin nooc walba oo jimicsi ah.