

Jimicsiga Dhabarkaaga

Exercises for Your Back

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.

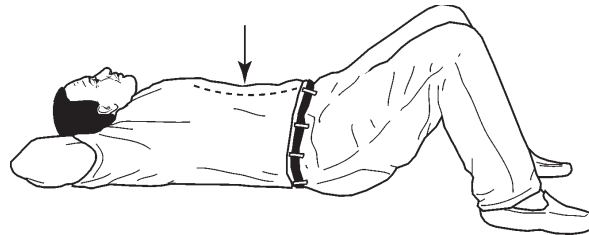
Lie on your back on a firm surface, such as the floor or a mat. **Repeat each exercise _____ times.**

Inta badan dhabar xanuunka waxaa u sabab ah jimicso la'aan ama dhaawac. Jimicsigaan wuxuu kugu caawinayaa inaad si wanaagsan u dhaqaaqdid oo aad xoojisid murqaha taageero dhabarkaaga. Si tartiib ah u samey jimicsiga. Haddii aad xanuun qabtid adiga oo sameynayo jimicsiyadaan, jooji sameynta jimicsiga oo la ahadal dhaqtarkaaga ama daaweynta jirka.

Ku jiifo dhabarkaaga ee saqaf toosan, sida dhulka ama sali. **Ku celi jimicsi walba _____ jeer.**

□ Pelvic tilt

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

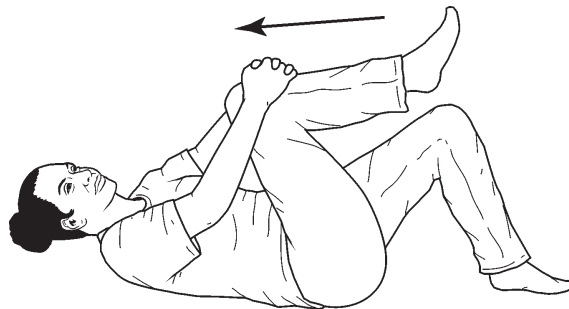


□ Hoos u dhacaa miskaha

Dhuujinta calooshaada iyo biradaada. Riix dhabarkaaga hoose ee dhinacyada dhulka. 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.

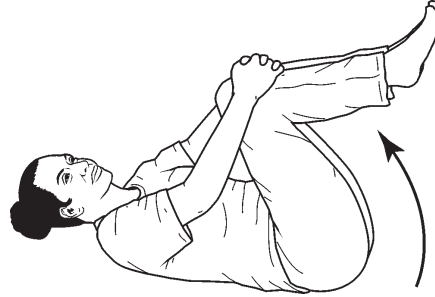


□ Jilibka illaa xabadka

Jiid hal jilib oo dhinaca xabadkaaga illaa aad dareentid kala bax yar e dhabarkaaga hoose iyo biradaada. Haay 10 ilbiriqsi kadib geli cagtaada 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.

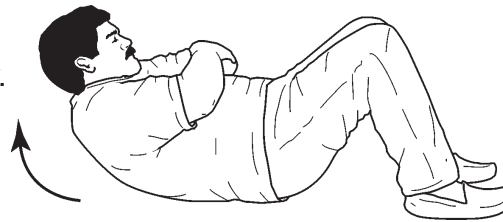


❑ Jilibka illaa xabadka labo jibaar ah

Si tartiib ah usugu keen xabadka. Haay 5 ilbiriqsi oo ugu hay dhabarkaaga si nasiinyo ah oo salaxan oo dhulka.

❑ 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.

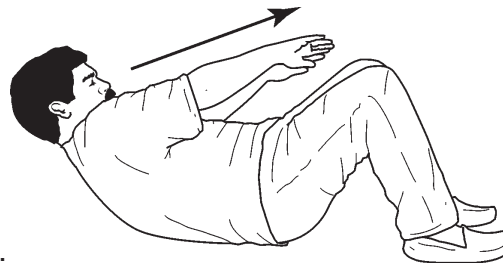


❑ Soo kacitaanka

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.

❑ 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.

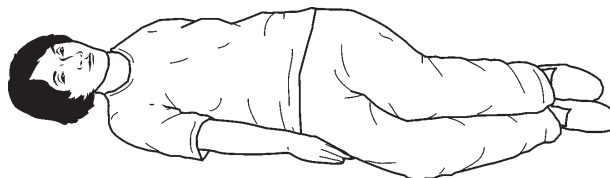


❑ Kor isu Laabid Dadban

Oo dhudumadaada horay hayaan, ka qaad garbahaaga dhulka. Keen garabkaaga midig dhinaca jilibkaaga bidix. Ku laabo dhulka. Kadib keen garabkaaga bidix jilibkaaga midig.

❑ Hip rolls

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

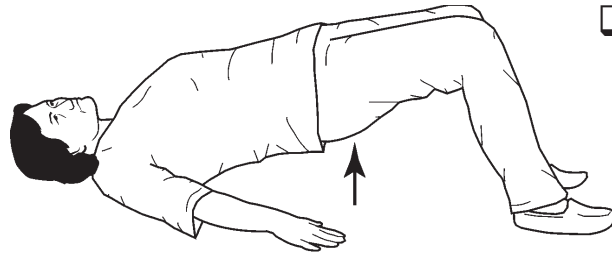


❑ Duubida miskaha

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.

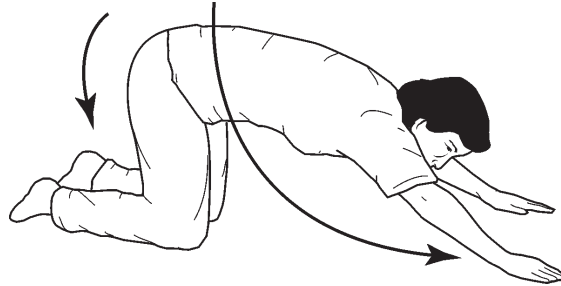


❑ Buundada

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

❑ 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.

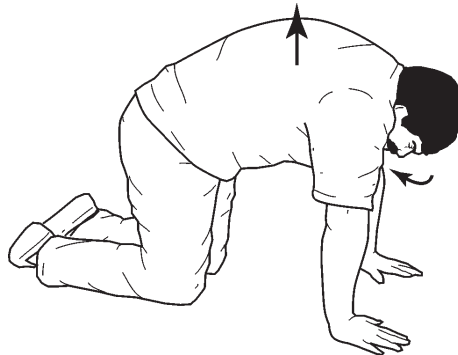


❑ Kala bixinta dhabarka hoose

Gacmahaaga iyo jilbahaaga, u riix cabadkaaga dhinaca dhulka, adiga oo gaarayo dhinaca sida dheer ee aad awoodid. Gadaal dib ugu fariiso cagtaada.

❑ Cat stretch

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

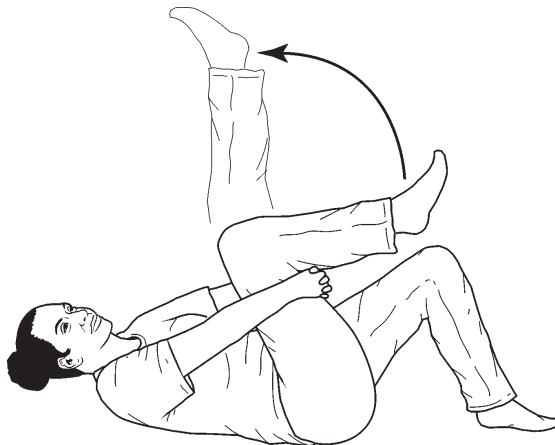


❑ kalabixinta nooca mukulaasha

Ku bilow gacmahaaga iyo jilbahaaga. Ku giiji garkaaga dhinaca xabadkaaga i oo dhuuji murqaha calooshaada adiga oo qaloocinayo dhabarkaaga.

❑ 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.

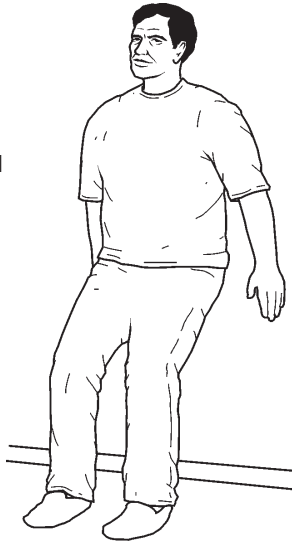


❑ Kalabixinta mooca murqaha

Ku seexo dhabarkaaga. Qalooci miskahaaga illaa heerka 90. Ka dib dhuuji jilibkaaga sida dheer oo suurto galka ah. Kula celi jimicsigaan ee lugta kale.

□ 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.

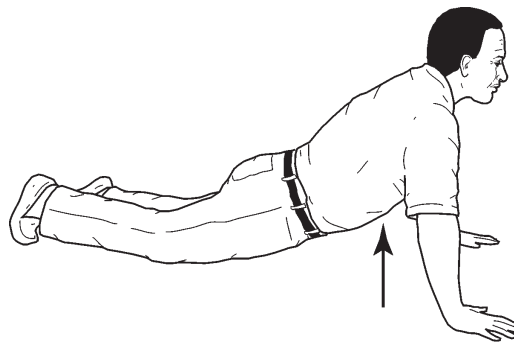


□ Darbi ku joogsiga

Kula joosiga dhabarkaaga darbiga iyo cagtaada ee qiyaastii 12 inji ama 30 sentimitir darbiga ka fog. Qalooci jilbahaaga adiga oo si tartiib ah u hooseynayo biradaada adiga oo hoos ugu socdo darbiga. Haay qiyaastii 10 ilbiriqsi.

□ 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.



□ Kor usu qaadida

Ku seexo calooshaada. Ku riix dhudhumadaada adiga oo nasinayo murqaha dhabarkaaga iyo calooshaada. Ku haay qalooc yar xusulkaaga.

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 daqiiqo. La hadal dhaqtarkaaga ka hor inta aadan bilaabin nooc walba oo jimicsi ah.