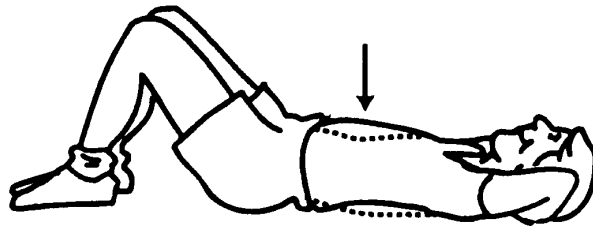


# Low Back Exercises

Do all exercises \_\_\_\_\_ times in each exercise session. Schedule \_\_\_\_\_ exercise sessions each day.

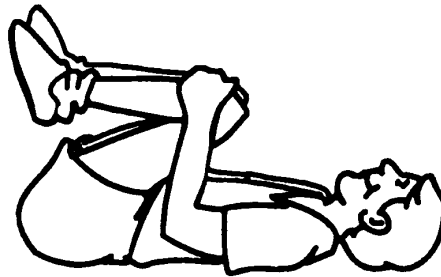
## Pelvic Tilt

Lie on your back with your hands at your side and your knees bent. Tighten the muscles of your lower abdomen and your buttocks, to flatten your back against the floor. This is the pelvic tilt (flat back) position. Hold this position for a count of 10 while breathing normally. Relax and repeat the exercise.



## Double Knee-to-Chest

Lie on your back. Bring both knees, one at a time, to your chest. With your hands clasped, pull your knees toward your chest and curl your head forward. Keep your knees together and your shoulders flat on the floor. Hold this position for the count of 10. Lower your legs one at a time. Relax and repeat the exercise.

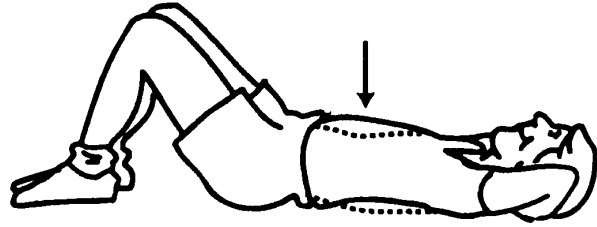


# Jimicsiyada Dhabarka Hoose

Samee dhammaantood jimicsiyada \_\_\_\_\_ jeer xilli kasta oo jimicsi, Ku talaggal \_\_\_\_\_ xilliyo jimicsi maalin kasta.

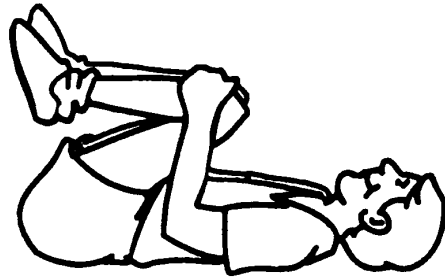
## Yara qaloociska Sinta

Dhabarka u jiifso iyaga oo gacmuhu dhinacyada kuu yaalliin, jilbahana laabaya. Adkee muruqyada calooshaada hoose iyo badhida, si aad ugu sinto dhabarkaaga dhulka. Tani waa habka dhacadiidka sinta (simidda dhabarka) Sidaas ku hay illaa tirinta 10 adigoo si caadi ah u neefsanaya. Naso oo ku celi jimicsiga.



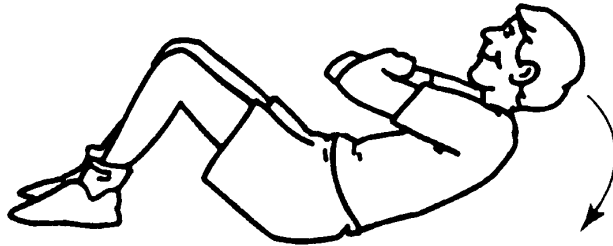
## Labada Jilib-u-Laabka Xagga Laabta

Dhabarka u jiifso. Keen labada jilboodba, kolba midkood, laabtaada. Adiga oo gacmaha ku xajinaya, u soo jiid jilbahaaga laabtaada oo madaxaaga hore u soo dhig. Jilbahaaga isku hay adiga oo dhabarkana ku simaya sagxadda. Sidaas ku hay illaa aad ka tirineyso 10. Lugahaaga soo deji kolba midkood. Naso oo ku celi jimicsiga



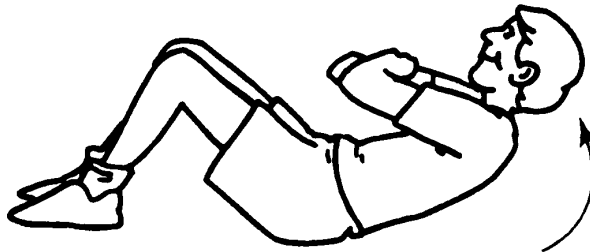
## Progressive Curl-Down

Sit on the floor with your hips and knees bent and your feet and thighs apart. Ask someone to hold your feet down or hook them under something such as a sofa. Gradually and slowly sit back until you feel your abdominal muscles strain or quiver. Hold this position for a count of 6, then reach forward again and relax. Do this exercise until you can go all the way down to the floor.



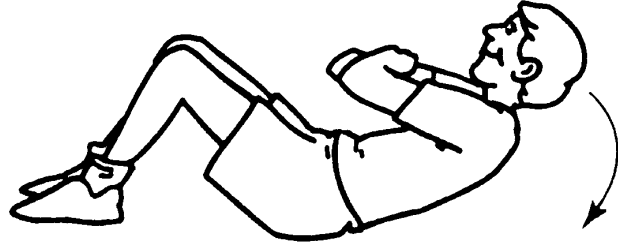
## Progressive Curl-Up

Lie on your back and keep the pelvic tilt position as in exercise #1. With your arms out, reach for your knees, while curling your head and clearing your shoulders off the floor. Gradually and slowly return to the starting position. Relax and repeat. Increase the degree of difficulty by crossing your arms in front of you. The most difficult is to put your hands behind your head.



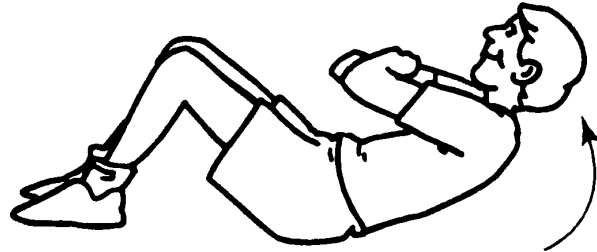
## Isku-daba-xig Hoos Ugu Dhacadiid

Dhulka fadhiiso iyagoo misgaha iyo jilbuhu laaban yihiin, cagaha iyo bowdooyinkuna kala baxasan yihiin. Qof weydiiso inuu cagahaaga hoos kuugu xajiyo ama ku xajiso hoosta shey sida soofaha oo kale ah. Tartiib iyo aayar dib u fadhiiso illaa aad dareento muruqyadaada caloosha gijjisma ama gariira. Sidaas ku hay illaa aad ka tirineyso 6, dabadeed hore u soo noqo mar kale oo naso. Jimicsigan samee illaa aad hoosta oo dhulka ah aad ka gaadheyso.



## Isku-daba-xig Kor Isku Soo Qaadid

Dhabarka u jiiifso oo ku hay sid dhacadiidka sinta ah sida jimicsiga #1. Gacamahaaga oo soo baxsan, tiigso jilbahaaga, adigoo madaxa hore u soo dhigaya oo ka soo qaadaya garbahaaga dhulka. Tartiib iyo aayar ugu soo noqo halkaad ka bilowday. Naso oo ku celi. Kolba ku sii dar heerka adkaanta adiga oo isku weydaariya gacmahaaga horraantaada. Midda ugu adagi waa ta aad gacmahaaga qabaneyso gadaasha madaxa.



5/2013 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Low Back Exercises. Somali.