Neck and Shoulder Relaxation Exercises

Do these exercises ______ times each, ______ times a day.

☐ Chin roll

1. Bring your chin in towards your chest.

2. Slowly roll your head towards the left and then the right.

3. Relax and repeat.
Jimicsiyada Jilcinta Luqunta iyo Garbaha

Jimicsiyadan samee _____ jeer midkiiba, _____ jeer maalintii.

☐ Rogrogga garka

1. Garka hoos ugu soo jiid laabta.

2. Si tartiib ah u wareeji madaxaaga xagga bidixda iyo haddana xagga midigta.

3. Is-deji ‘relax’ oo ku celi.
- **Shoulder shrug**
  1. Shrug your shoulders, bringing them up towards your ears.
  2. Lower your shoulders and repeat.

- **Shoulder rolls**
  1. Roll your shoulders forward in a circle.
  2. Then, roll your shoulders backwards in a circle.
  3. Relax and repeat.

- **Shoulder blades together**
  1. With your arms bent at the elbows, push back to bring your shoulder blades together at your back. Try not to lift your shoulders up.
  2. Relax and repeat.
Neck and Shoulder Relaxation Exercises.

Dhaqaajinta Garbaha

1. Dhaqaaji garbahaaga, adigoo kor ugu soo qaadaya xaga dhagahaaga.
2. Hoos u soo deji garbahaaga oo ku celi mar kale.

Wareejinta garbaha

1. Xagga hore si wareeg ah u wareeji garbahaaga.
2. Ka dibna, xagga dembe si wareeg ah u wareeji garbahaaga.
3. Is-deji ‘relax’ oo ku celi.

Isu-keendda lafaha garbaha

1. Iyadoo ay gacmahaaga ka laaban yihiiin suxullada, dib u riix si aad dhabarka isugu keentid lafaha garbaha. Isku dey inaad kr u qaadid garbahaaga.
2. Is-deji ‘relax’ oo ku celi.
だと思いますか？
Neck and Shoulder Relaxation Exercises. Somali.

- Iyadoo gacmahaagu ay ku fidsan yihii hortaada, xagga hore u foorarso illaa iyo inta ay gacmahaagu gaari karaan.

- Is-deji ‘relax’ oo ku celi.