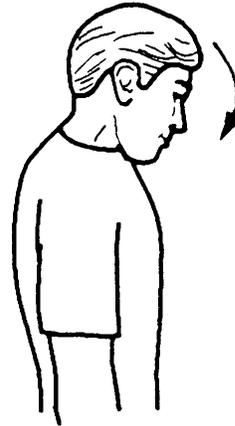


# Neck and Shoulder Relaxation Exercises

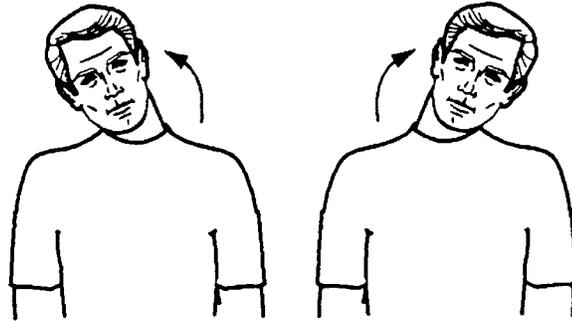
Do these exercises \_\_\_\_\_ times each, \_\_\_\_\_ times a day.

## ☐ Chin roll

1. Bring your chin in towards your chest.



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



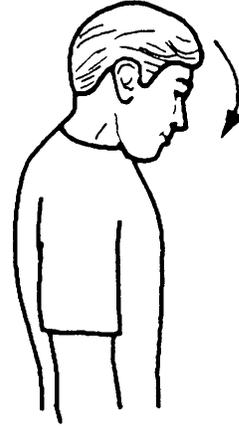
3. Relax and repeat.

# Jimicsiyada Jilcinta Luqunta iyo Garbaha

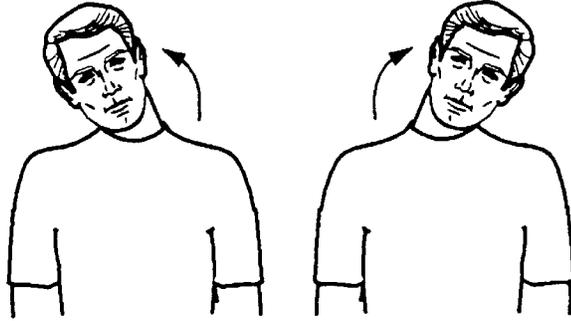
Jimicsiyadan samee \_\_\_\_\_ jeer midkiiba, \_\_\_\_\_ jeer maalintii.

## □ Rogrogga garka

1. Garka hoos ugu soo jiid laabta.



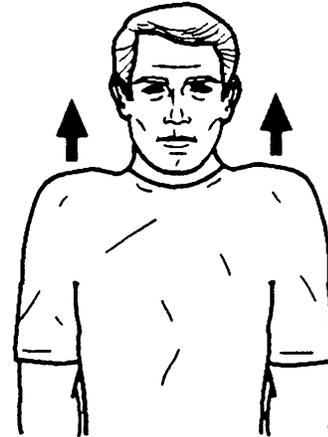
2. Si tartiib ah u wareeji madaxaaga xagga bidixda iyo haddana xagga midigta.



3. Is-deji 'relax' oo ku celi.

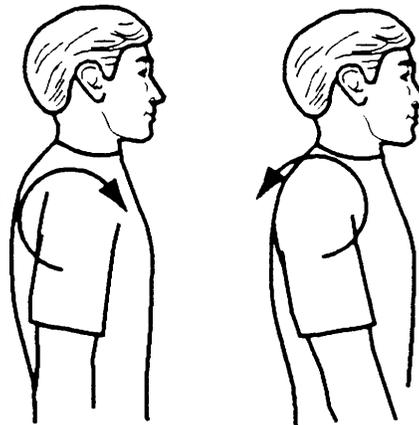
### ☐ **Shoulder shrug**

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.



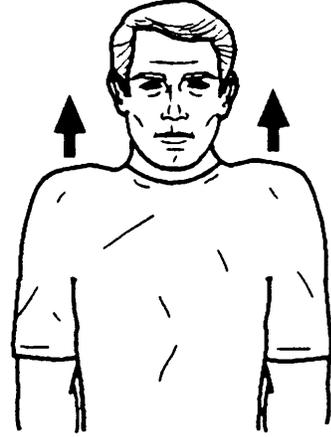
### ☐ **Shoulder blades together**

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.



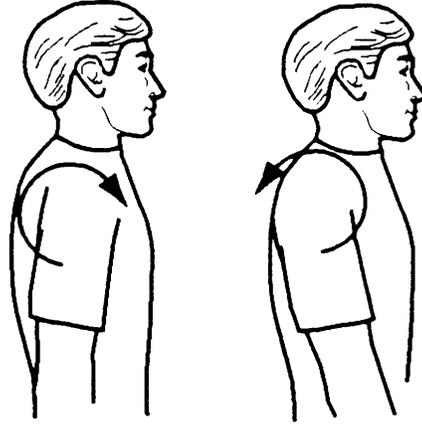
### □ Dhaqaajinta Garbaha

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



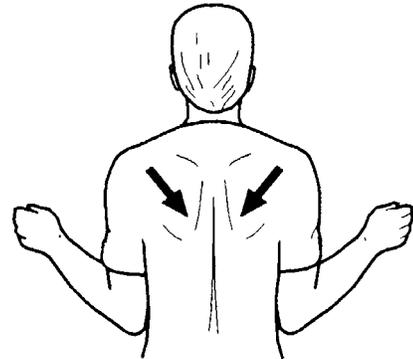
### □ Wareejinta garbaha

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.



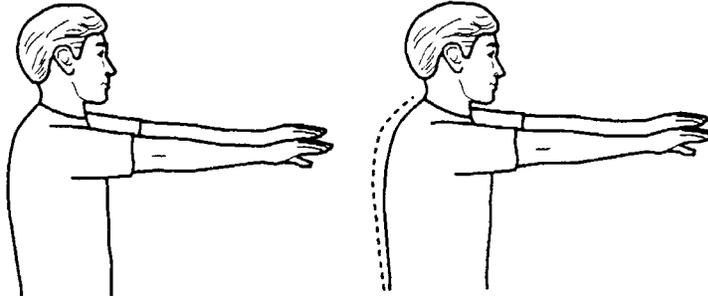
### □ Isu-keenidda lafaha garbaha

1. Iyadoo ay gacmahaaga ka laaban yihiin 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.



## □ Arm reach

1. With your arms straight out in front of you, reach forward stretching your arms as far as you can.



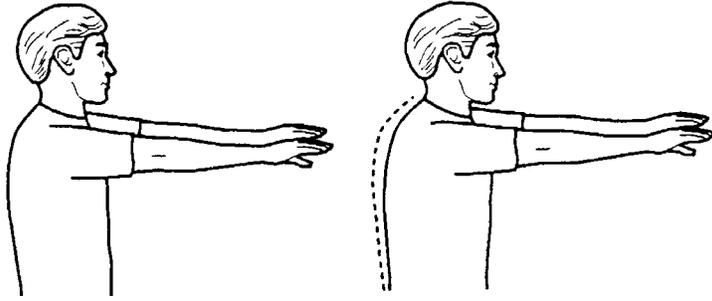
2. Relax and repeat.

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## ❑ Gacan fidis

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



2. Is-deji 'relax' oo ku celi.

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Neck and Shoulder Relaxation Exercises. Somali.