

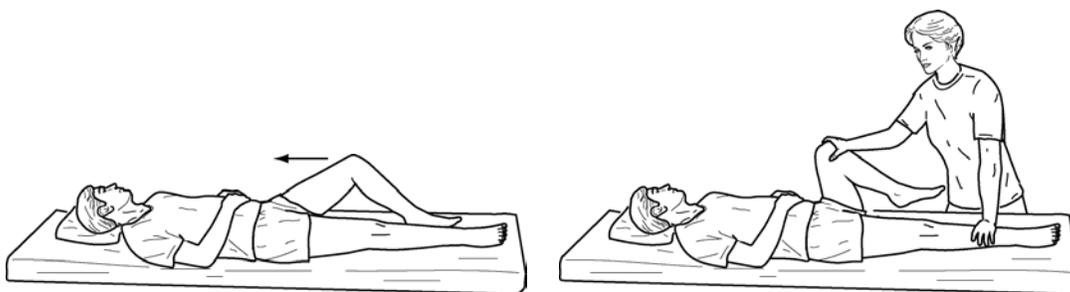
# Passive Leg Range of Motion

Range of motion (ROM) is a set of exercises done to keep normal movement in the joints. Exercise also helps keep the muscles flexible. Spasticity is an abnormal increase in muscle tone. It can cause less flexibility and may decrease the range of motion of the joints. When the joints and muscles do not have normal range of motion (ROM) and flexibility is lost, contractures will form. This prevents the body from being positioned correctly.

- Range of motion should be done every day.
- Each exercise should be done 10 times on each leg.
- All of these exercises are done with the person lying on their back.

## Hips

- ❑ Raise the leg, allowing the hip and knee to bend. Gently push the knee toward the chest while holding the other leg straight.



- ❑ With the foot and ankle resting on your shoulder, place both hands over the kneecap to keep the leg straight. Raise the leg as far as you can from the bed until you feel a pull. Goal is a 90 degree angle from the hips. Keep the hips and opposite leg straight.



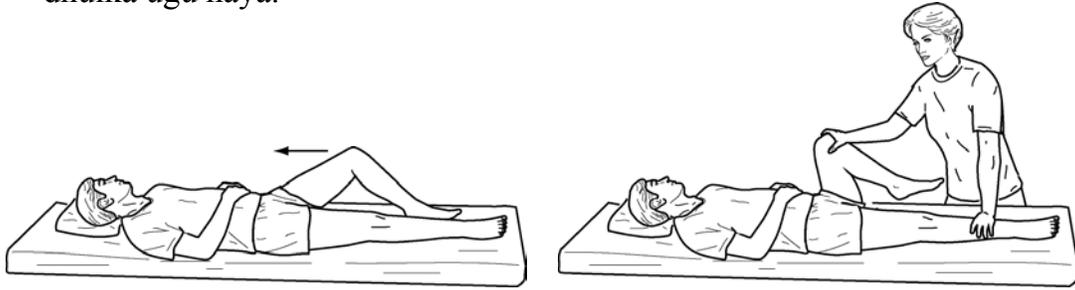
# Dhaqdhaqaaqa Kala-Duwan ee Lugta Jiifta

Dhaqdhaqaaqa kala-duwan (ROM) waa dhowr jimicsi oo loo sameeyo in la sii wado dhaqdhaqaaqa caadiga ah ee laabatooyinka. Jimicsigu wuxuu kaloo kaa caawin doonaa kala baxa muruqyada. Xaallada “Spasticity” waa koror laablaabka muruqa ee aan caadiga ahayn. Waxa kale oo ay keeni kartaa muruqyadoo is gala oo waxa laga yaabaa inay hoos u dhigto dhaqdhaqaaqa kala-duwan ee laabatooyinka. Marka ay laabatooyinka iyo muruqyadu aanay laheyn dhaqdhaqaaq kala-duwan oo caadi ah oo kala baxu lumo, waxa sameysma isku soo laabad iyo isku urur. Tani waxay jirka ka celisaa inuu si saxa u qotomo.

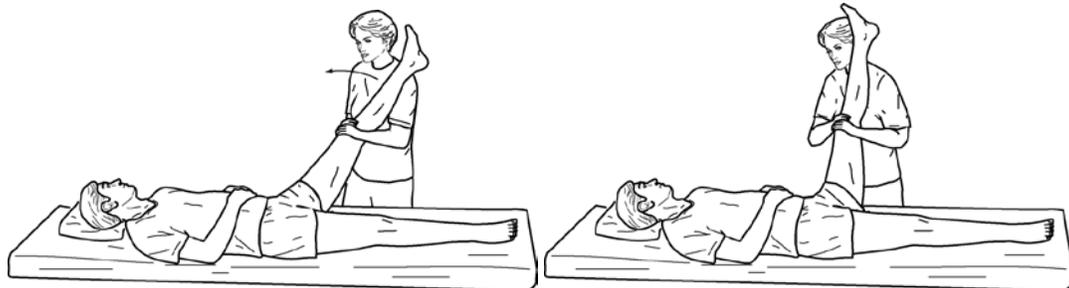
- Dhaqdhaqaaqa kala-duwan waa in malin kasta la sameeyaa.
- Jimicsi kasta waa in la sameeyaa 10 jeer lug kasta.
- Dhammaan jimicsiyadan waxa la sameeyaa qofkoo dhabarka u jiifta.

## Misgaha

- ❑ Kor u qaad lugta, adigoo u oggolaanaya in misig iyo lowgu inay laabmaan. Lowga si tartiib ah ugu soo riix xagga laabta adigoo lugta kale si siman dhulka ugu haya.

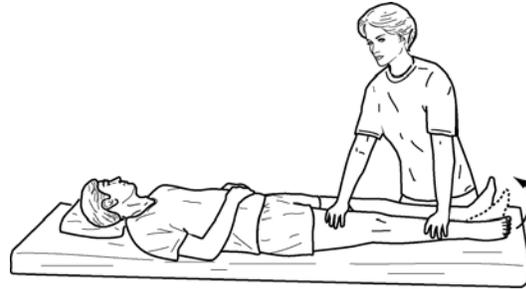


- ❑ Cagta iyo canqowga oo dul saaran garabkaaga, labadaada gacmood saar lafta lowga si lugta loogu hayo dherer. Kor u qaad lugta inta aad kari kartid ee ka fogayn karto sariirta illaa aad dareento jiiditaan muruq. Hadafku waxa weeye inay gaarta xagasha ‘90 degree’ marka laga yimaaddo misgaha. Misgaha iyo lugta kale ha ku jiraan dhererkooda.



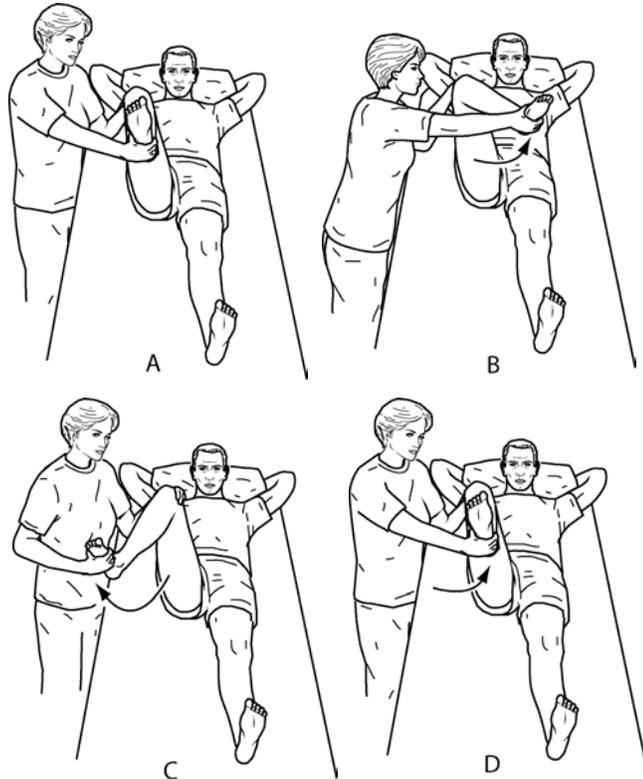
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- ❑ Keep the leg flat on the bed. Hold the leg above the knee and roll the leg in and out.



**Different Method:**

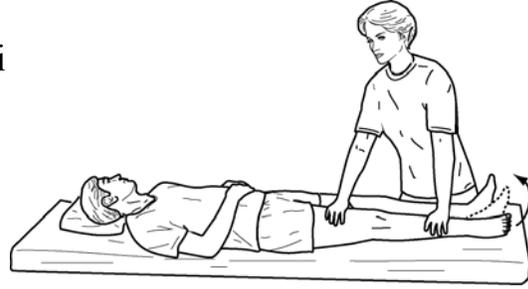
- ❑ Bend the hip and knee up so it is directly above the hip (A). Put one hand above the knee and one hand on the ankle. Turn the leg so the foot is inward across the other leg (B). Now, turn the leg out to the side (C). Force should not be used with the hand above the knee. Bring the leg back to where you started (D).



- ❑ With one hand under the ankle and one hand under the knee, bring the leg straight out to the side and then back in. Keep the kneecap pointed up.

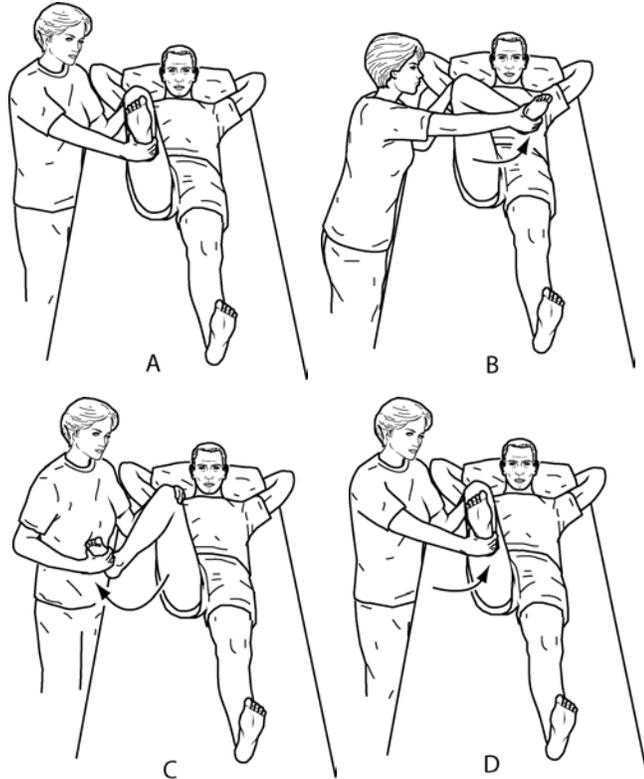


- ❑ Lugta si fidsan ugu hey sariirta. Lugta ku kor hey lowga oo wareeji lugta hoos iyo sareba.



### Dariiqo Kale:

- ❑ Leexi misigta oo lowga kor u qaad si uu toos uga sarreeyo misigta (A). Hal gacan saar lowga korkiisa oo gacan kale saar canqowga. Wareeji lugta si ay cagtu hoos u gasho lugta kale (B). Imika, cagta u rog xagga gudaha (C). Xoog ha u isticmaalin gacanta kor saaran lowga. Lugta ku soo celi halkii aad ka bilowday (D).



- ❑ Hal gacan oo ku jirta canqowga hoostiisa iyo hal gacan oo ku hoos jirta lowga, lugta toos ugu leexi dhinaca oo ku celi meesheedii. Lafta lowgu kor ha u fiqnaato.



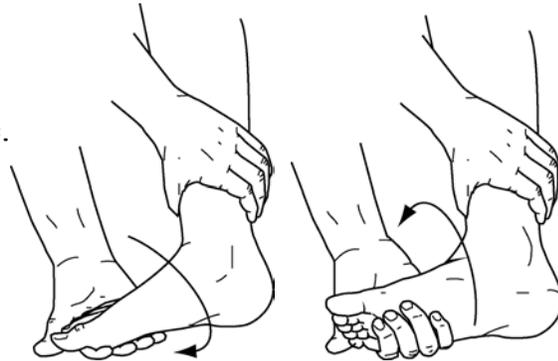
## Ankles

- ❑ Hold the heel of the foot firmly in your hand. Support the rest of the foot with your forearm. Slowly push back the foot for a firm stretch. Hold the stretch for 20 seconds.



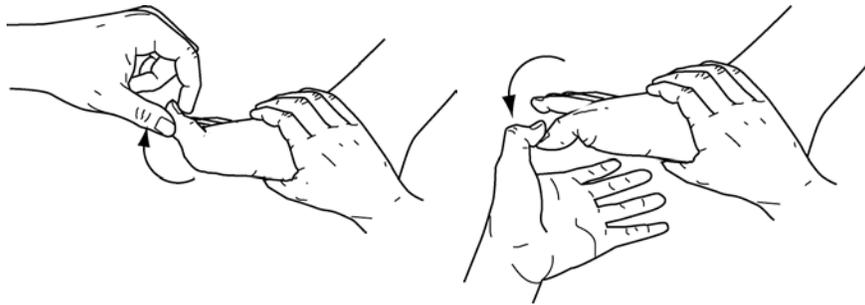
## Feet

- ❑ Move the entire foot in circles clockwise and counterclockwise.



## Toes

- ❑ Bend and straighten each toe 5 times.



## Canqowga

- ❑ Gacataada si adag ugu qabo ciribtaada. Gacantaada ku taageer inta ka soo hartay cagta. Si tartiib ah xagga u dembeysa u riix cagta si ay si adag u fidsamaan. Fidsankaa meeshiisa ku hey illaa 20 sakin.



## Gacaga hoose

- ❑ Gacata hoose oo dhan u dhaqaaji si wareeg ah dhinaca saacaddu u socoto iyo dhinaca ka-horjeedka saacadda.



## Suulasha

- ❑ Leexi oo toosi suul kasta 5 jeer.



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