

Jimicsiga Xoojinta Murquaha

Rotator Cuff Exercises

These exercises may be used after rotator cuff injury to the shoulder or for strengthening the shoulder.

- Do these exercises while lying face down on an exercise table or other sturdy surface where your arm can hang down.
- Turn your head toward the shoulder you are exercising.
- Do not lift your arm higher than shoulder height for these exercises.

Repeat each exercise _____ times. Hold each position for 2 to 5 seconds. Do these exercises _____ times each day.

Jimicsiyadaan waxaa loo isticmaali karaa kadib dhaawaca muruqa ee garabka ama xoojinta garabka.

- Samey jimicsiyadaan adiga oo u jiifo wajiga hooseeyo ee miiska jimicsiga ama sagxad kaloo adag halka gacantaada ay hoos ugu laalaadi karto.
- U wareeji madaxaaga dhinaca garabka aad ku jimicsaneysid.
- Ha u qaadin gacantaada si kareyso dhirirka garabka ee jimicsiyadaan.

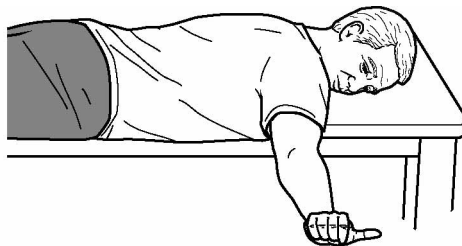
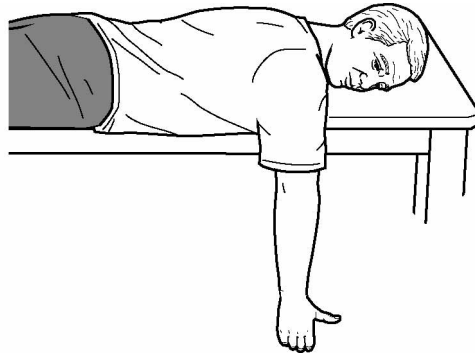
Ku celi jimicsi walba _____ jeer. Ku haay boos walba 2 illaa 5 ilbiriqsi. Samey jimicsiyadaan _____ jeer maalin walba.

Exercises

- ❑ Start with your arm hanging down over the side of the table with your thumb pointed towards your head. Your elbow should be straight.

Lift your arm straight out to the side to table top level.

Hold, then lower your arm and repeat.



Jimcisiga

- ❑ Ku bilow gacantaada oo hoos laalaado ee dhinaca miiska iyo suulkaaga oo ku aadan dhinaca madaxaaga. Xusulkaaga waa inuu toosnaadaa.

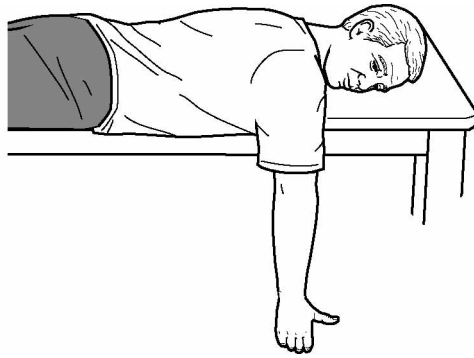
Toos uga qaad gacantaada banaanka ee dhinaca heerka sare ee miiska.

Qabo, kadib hoos u dhig gacantaada oo ku celi.

- Start with your arm hanging down over the side of the table, elbow straight with your thumb pointed towards your head.

Lift your arm at an angle towards your head to table height.

Hold and then lower your arm to start position.



- Ku bilow gacantaada oo hoos laalaado ee dhinaca miiska, xusulka toosan iyo suulkaaga oo ku aadan dhinaca madaxaaga.

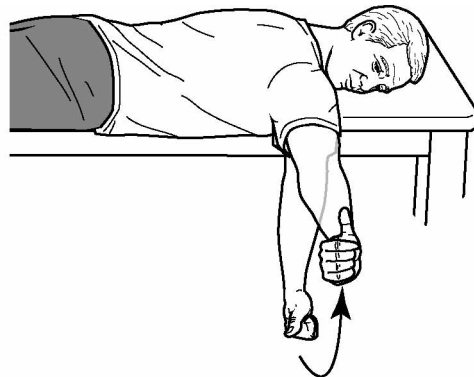
Ka qaad gacantaada xagalka dhinaca madaxaaga ee dhirirka miiska.

Qabo oo kadib hoos u dhig gacantaada si aad boos u bilowdid.

- Start with arm down, elbow straight and thumb pointed out.

Lift your arm straight up to your side to shoulder height.

Hold, then lower your arm and repeat.



- Ku bilow gacanta oo hooseeyso, xusulka toos ah iyo suulka oo banaanka ku aadan.

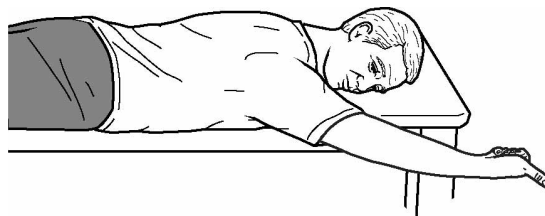
U qaad gacantaada tooska kore ee dhinacaaga ee dhirirka garabka.

Qabo, kadib hoos u dhig gacantaada oo ku celi.

- Start with arm down, elbow straight and thumb pointed out, away from your body.

Lift your arm at an angle towards your head to table height.

Hold, then lower your arm and repeat.



- Ku bilow gacanta oo hooseeyso, xusulka toos ah iyo suulka oo banaanka ku aadan, ka baxsan jirkaaga.

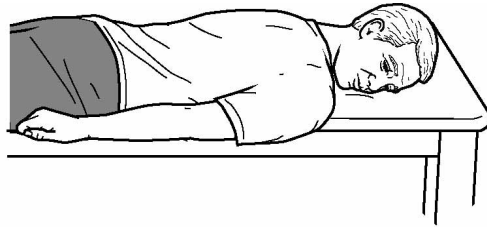
Ka qaad gacantaada xagalka dhinaca madaxaaga ee dhirirka miiska.

Qabo, kadib hoos u dhig gacantaada oo ku celi.

- Start with your arm down, thumb pointed out and elbow straight.

Lift your arm back to bring it up along your side at table height.

Hold and then lower your arm to the start position.



- Ku bilow gacantaada oo hooseyso, suulka oo banaanka ku aadan iyo xusulka oo toos ah.

Ka qaad gacantaada gadaasha si aad kor ula keentid dhinacaaga ee dhirirka jadwalka.

Qabo oo kadib hoos u dhig gacantaada si aad boos u bilowdid.

- Start with your elbow bent at 90 degrees, hanging down from the table.

Keeping your elbow bent, lift your hand up as high as you can to table height.

Hold then lower your arm and repeat.



- Ku bilow xusulkaaga oo qaloocan ee heerka 90, hoos uga laalaado miiska.

Joogteynta qalooca xusulkaaga, kor u qaad gacantaada sida dheer ee aad awoodid ee dhirirka miiska.

Qabo, kadib hoos u dhig gacantaada oo ku celi.

