

Scapular, Shoulder and Elbow Theraband Exercises

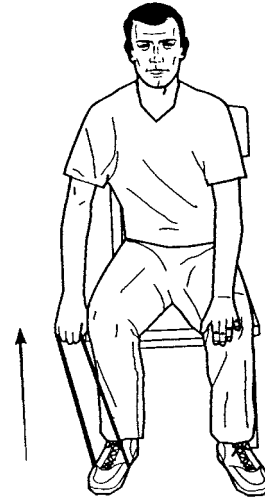
- These Theraband Exercises will help improve your strength and endurance. Your therapist will show you how and where to attach the band to get the most benefit during exercise.
- Do only those exercises checked by your therapist. Sit or stand as shown. Adjust the tension by tying the band in a large or small loop. Holding it closer to or farther away from where the band is attached also changes the tension.

Repeat each exercise _____ times for _____ times a day.

Theraband resistance: yellow red green
 blue black silver

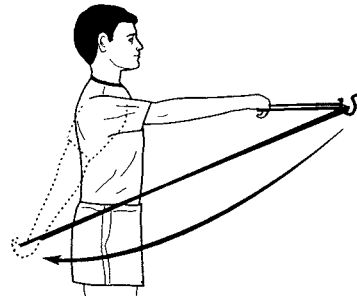
Scapular Elevation:

Fasten the Theraband to the bottom of a table or chair or under your foot. Keep your arm straight down to your side and shrug your shoulder upward.



Scapular Retraction:

Fasten the Theraband to a doorknob and face the door. Grasp the band with your arm straight in front of you. Move your shoulder back while your arm stays straight.



Jimicsiga Laastiigga ee Garbaha iyo Suxulka

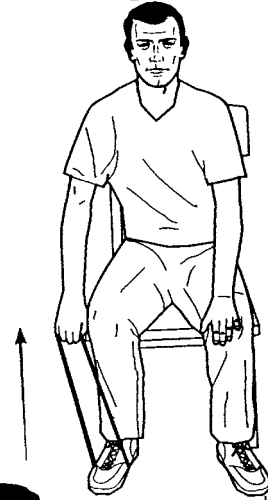
- Jimicsiyadan Laastiigga ‘Theraband’ waxay kaa caawin doonaan inaad kor u qaaddid xooggaaga iyo adkeysigaaga. Cilaajiyahaaga ayaa ku tusaya sida iyo halka lagu xiro laastiigga si aad uga heshid faa’idada ugu badan xilliga jimicsiga.
- Samee jimicsiyada uu calaamadeeyey cilaajiyahaagu oo qura. U fariiso ama u istaag sida lagu tusay. Hagaaji kakanka laastiigga adigoo ka dhigaya xirmo weyn ama xirmo yar. Ku heynta laastiigga meel u dhow ama ka fog halka uu ku xiran yahay waxay kaloo beddeshaa kakanka laastiigga.

Ku celi jimicsi kasta _____ jeer ee _____ jeer maalintii.

Kakanka laastiigga ‘theraband’: jaalle gaduud cagaar
 buluu madow qalin

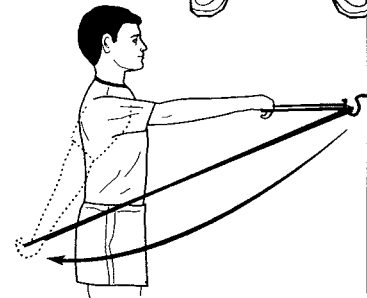
Qiimeynta murqaha garabka:

Laastiigga ku xir xagga hoose ee miiska ama kursiga ama cagtaada hoosteeda. Gacantaada ku hey dhinacaaga oo garabkaaga xagga sare u gundhi.



Dib u-noqoshada muruqyada garabka:

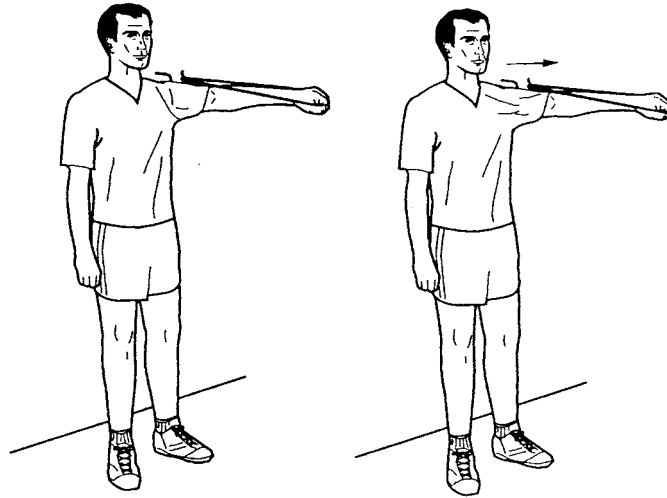
Laastiigga ku xir qabatada albaabka oo u jeeso xagga albaabka. Gacantaada oo hortaada ku fidsan ku qabso laastiiga. Garabkaaga u dhaqaaji xagga dembe gacantaada oo oo weli fidsan.



Scapular, Shoulder and Elbow Theraband Exercises. Somali.

❑ Scapular Protraction:

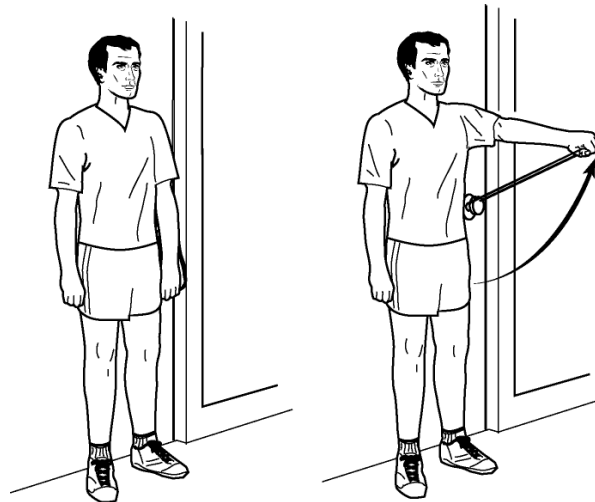
Attach the band to a doorknob. With your back toward the door, grasp the band with your arm straight forward. Move your shoulder forward while your arm stays straight.



❑ Shoulder Flexion:

Attach the band to a doorknob. With your back toward the door start with your arm at your side. Pull your arm forward and up in front of you.

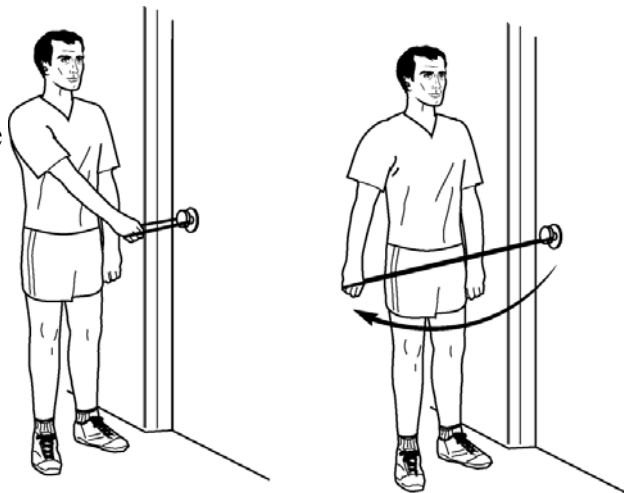
- palm facing up
- thumb up position



❑ Shoulder Abduction:

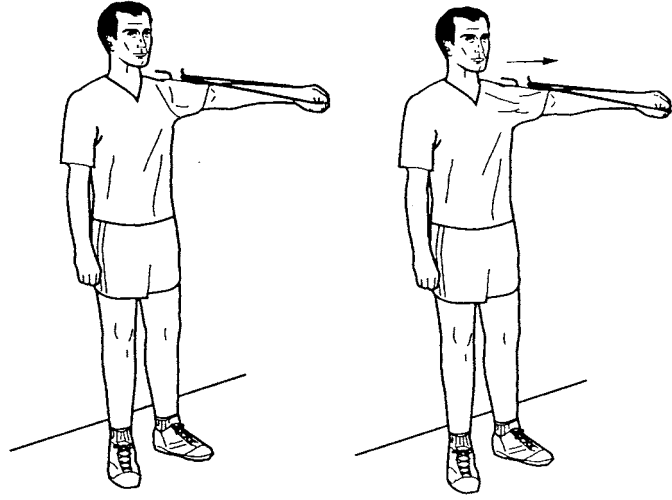
Start with your arm across your body holding on to the band near the doorknob. Pull your arm directly out to the side, keeping your arm straight.

- palm facing up
- thumb up position



❑ Fidinta muruqyada garabka:

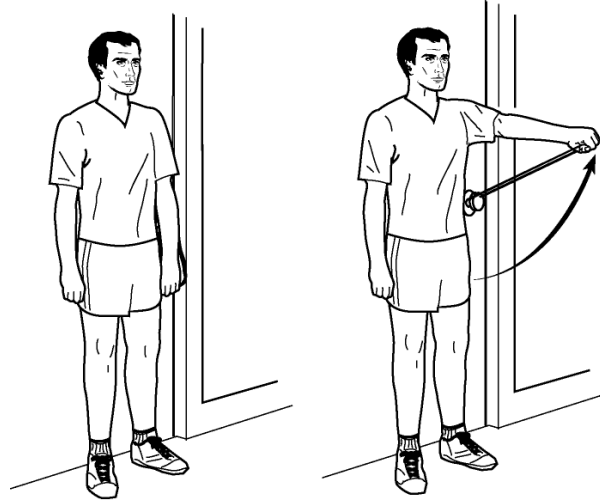
Laastiigga ku xir qabatada albaabka. Adigoo dhabarka u jeediyey albaabka, gacantaada oo hore u fidsan ku qabso laastiigga. Garabkaaga u dhaqaaji xagga hore iyadoo gacantaadu fidsan tahay.



❑ Laabidda Garabka:

Laastiigga ku xir qabatada albaabka. Adigoo dhabarka u jeediyey albaabka, ku bilow gacantaada oo dhinacaaga laalaadda. Gacantaada u riix xagga hore oo kor u qaad.

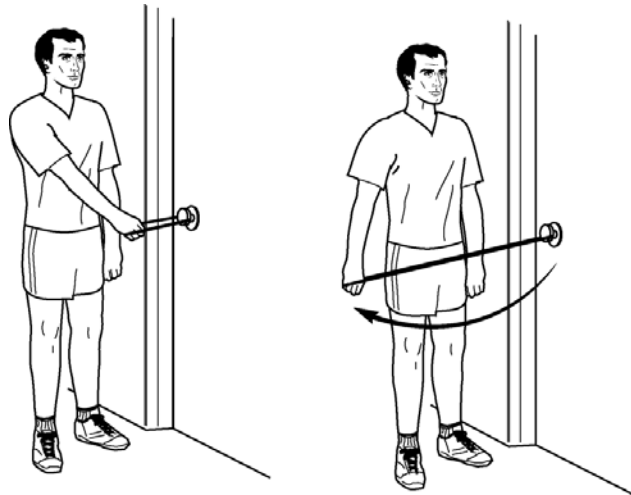
- ❑ baabacada oo kor jeedda
- ❑ suulka oo ku u jeedda



❑ Gabar Ka Fogeynta Dhexda Jirka:

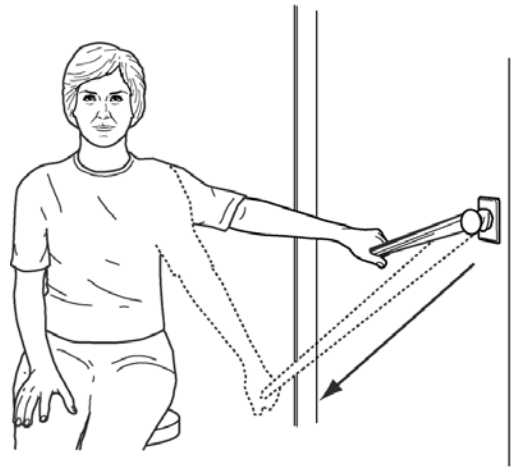
Ku bilow gacantaada oo ka gudubsan jirkaaga oo haysata laastiigga u dhow qabatada albaabka. Gacantaada si toos ah ugu jiid xagga dhinaca jirka iyadoo ay fidsan tahay.

- ❑ baabacada oo kor u jeedda
- ❑ suulka oo ku u jeedda



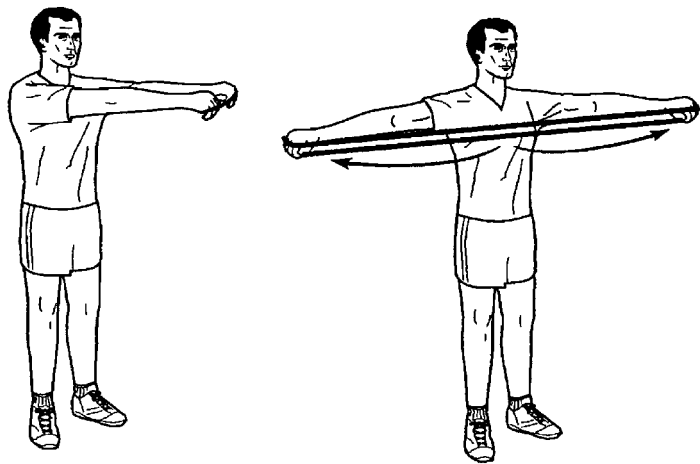
❑ **Shoulder Adduction:**

Keep the Theraband at waist level. Start with your arm out to your side, and keep your elbow straight or bent. Pull your arm in to your side. Do not twist at the waist.



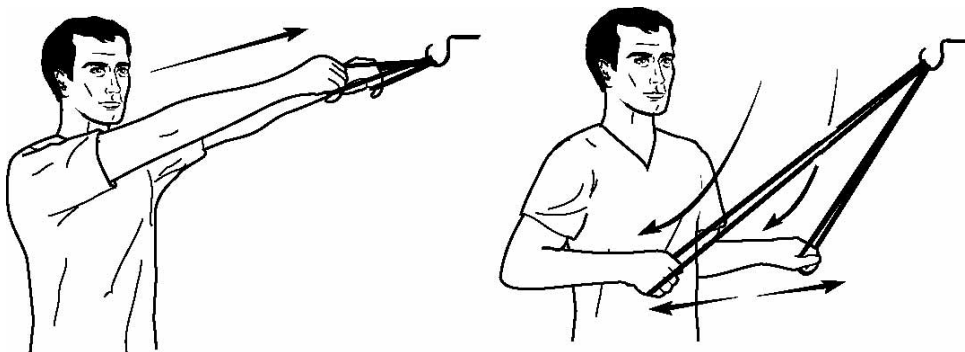
❑ **Scapular Chest Pulls:**

Grasp the Theraband in both hands or loop it over your hands. Stretch the band out to the sides with both your hands.



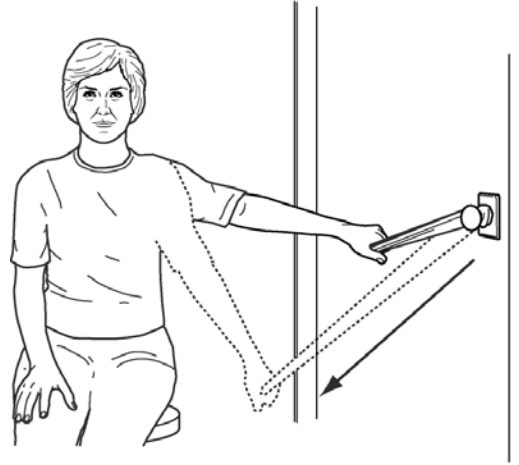
❑ **Scapular Pull Downs:**

Attach the Theraband over your head. With your arms over your head, pull the band out to the sides and down, so your elbows are bent at your sides.



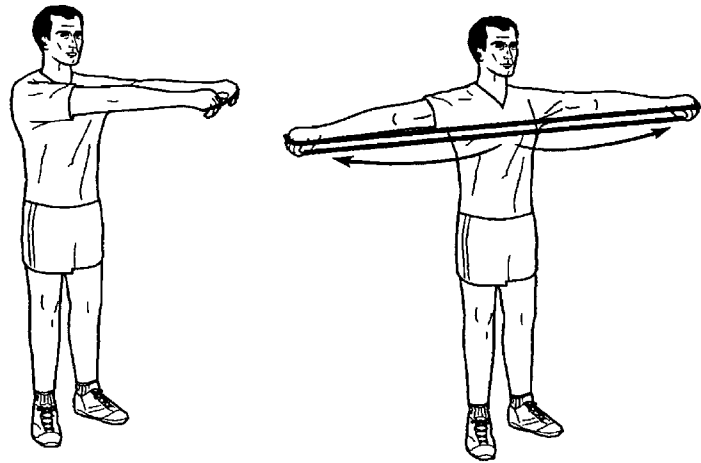
❑ **Garab U Dhaweynta Dhexda Jirka:**

Laastiigga ku hey meel la siman dhexda jirka. Ku bilow gacantaada oo ka baxsan dhinacaaga, oo suxulkaaga toosi ama laab. Gacantaada ku soo jiid dhinacaaga. Ha wareejin dhexdaada.



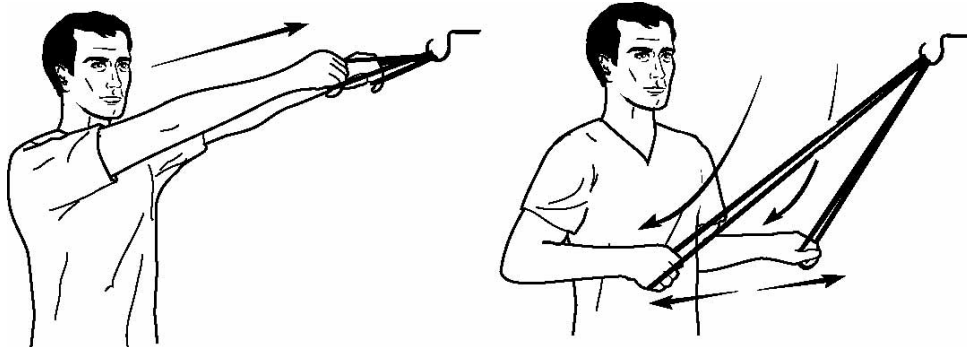
❑ **Kala Jiidka Laabta ee Muruqyada Garabka:**

Laastiigga ku qabso labada gacmood ama ku dul xir gacmahaaga. Labadaada gacmood ku kala jiid laastiigga illaa dhinacyadaada.



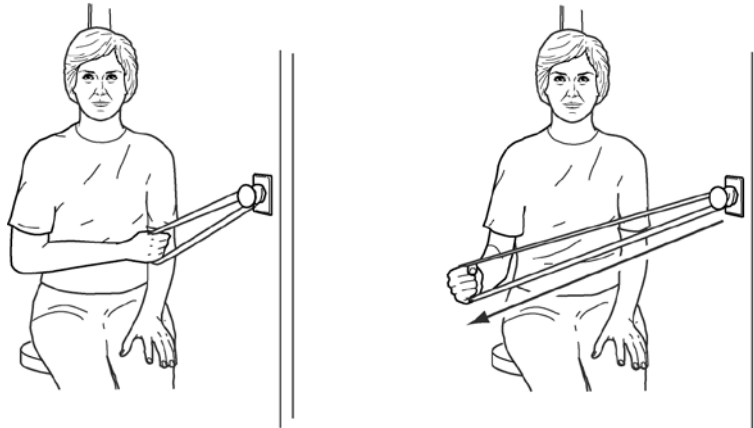
❑ **Hoos U Jiidda Muruqyada Garabka:**

Laastiigga ku xir madaxaagga korkiisa. Iyadoo gacmahaagu madaxa ka koreeyaan, laastiigga u jiid dhicacyada iyo hoos, iyadoo suxulladaadu laaban yihiin dhinacyadaada.



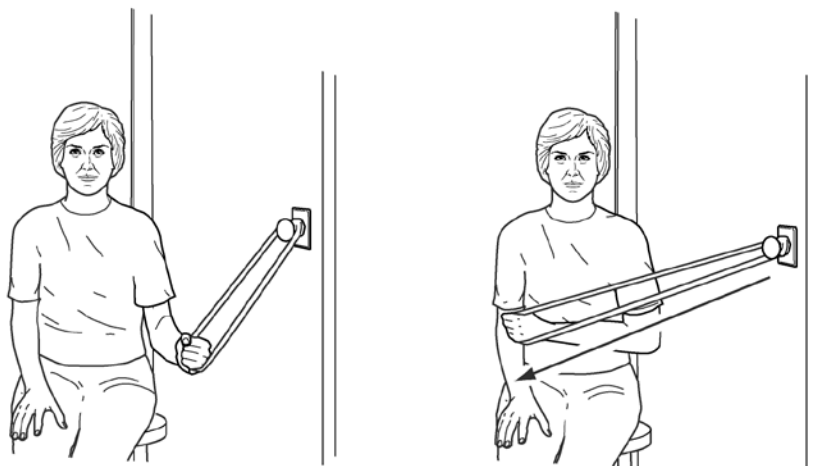
❑ **Shoulder External Rotation:**

Keep the Theraband at waist level. Use the arm farthest from the band and keep your elbow in at your side. Turn your arm outward away from your body. Keep your forearm parallel to the floor.



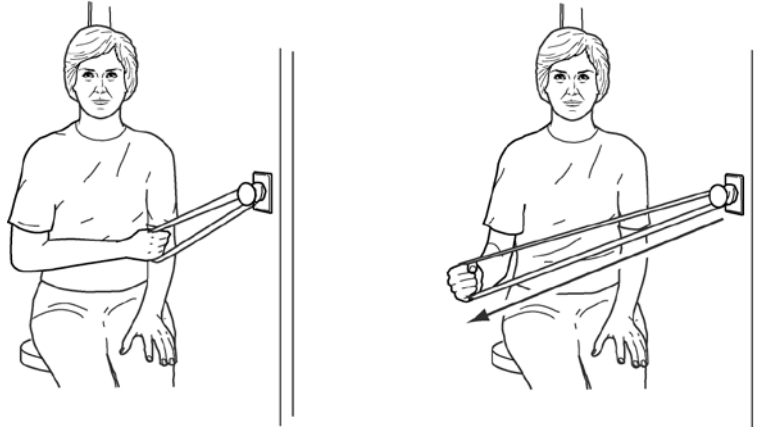
❑ **Shoulder Internal Rotation:**

Keep the Theraband at waist level. Use the arm next to the band and keep your elbow in at your side. Turn your arm inward across your body. Keep your forearm parallel to the floor.



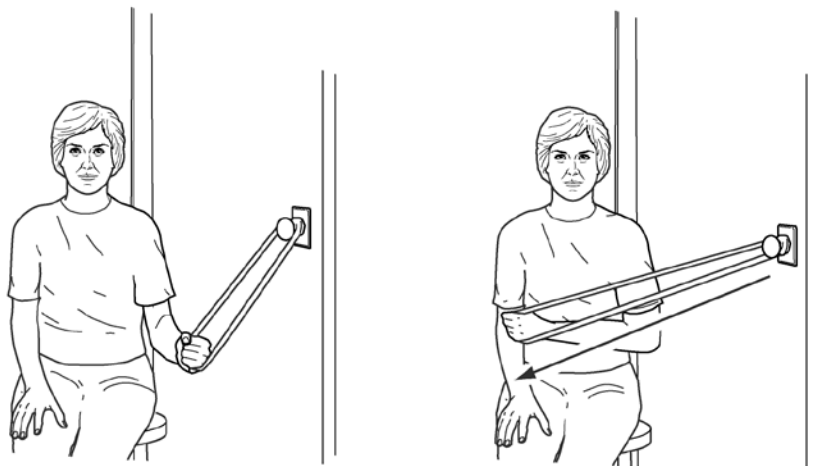
□ Wareejinta Dibbada Ah ee Garabka:

Laastiigga ku hey meel la siman dhexdaada. Istimmaal gacanta uga fog laastiigga oo suxulka ku hey dhinacaaga. Gacantaada u wareeji si ka baxsan jirkaaga. Baabacadaada hore ha la sinnaanto sagxadda 'floor'.



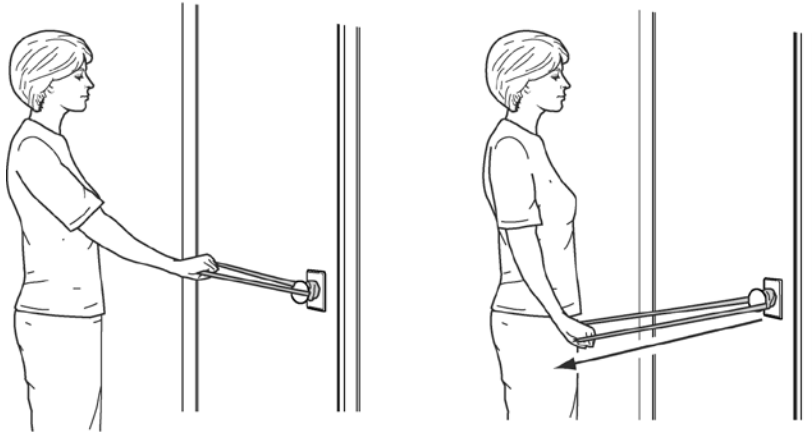
□ Wareejinta Gudaha Ah ee Garabka:

Laastiigga ku hey meel la siman dhexdaada. Istimmaal gacanta uga dhow laastiigga oo suxulkaag ku hey dhinacaaga. Gacantaada u wareeji dhinaca jirkaaga. Baabacadaada hore ha la sinnaanto sagxadda 'floor'.



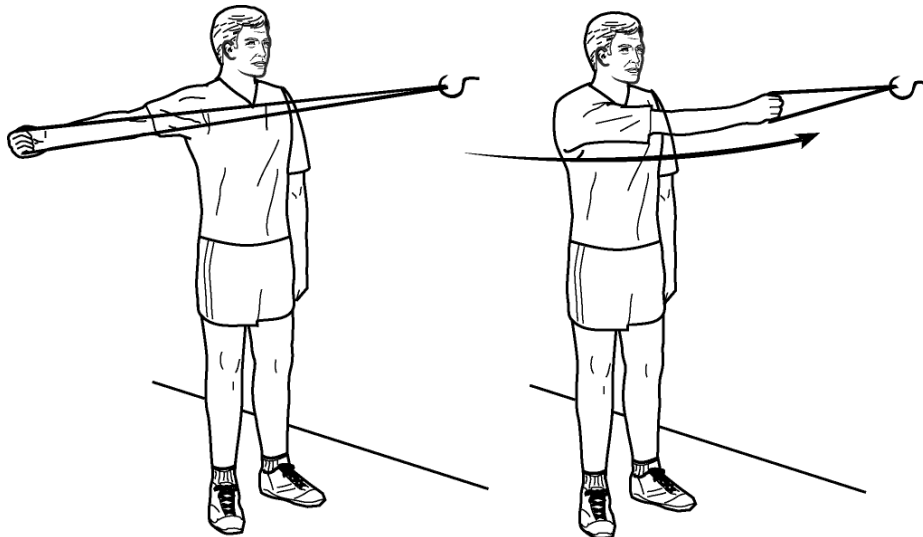
☐ Shoulder Extension:

Keep the Theraband at waist level. Start with your arm forward, and keep your elbow straight. Pull your arm back as far as possible.



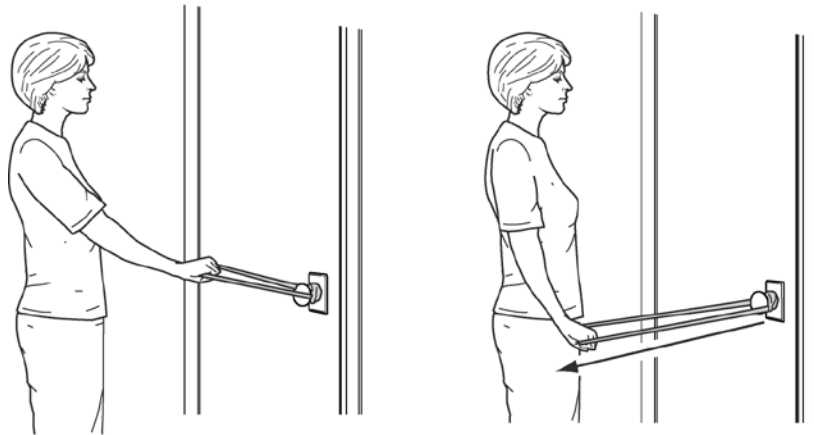
☐ Shoulder Horizontal Abduction:

Raise your arm to shoulder level, parallel to the floor, with your elbow straight or slightly bent. Pull your arm across your body.



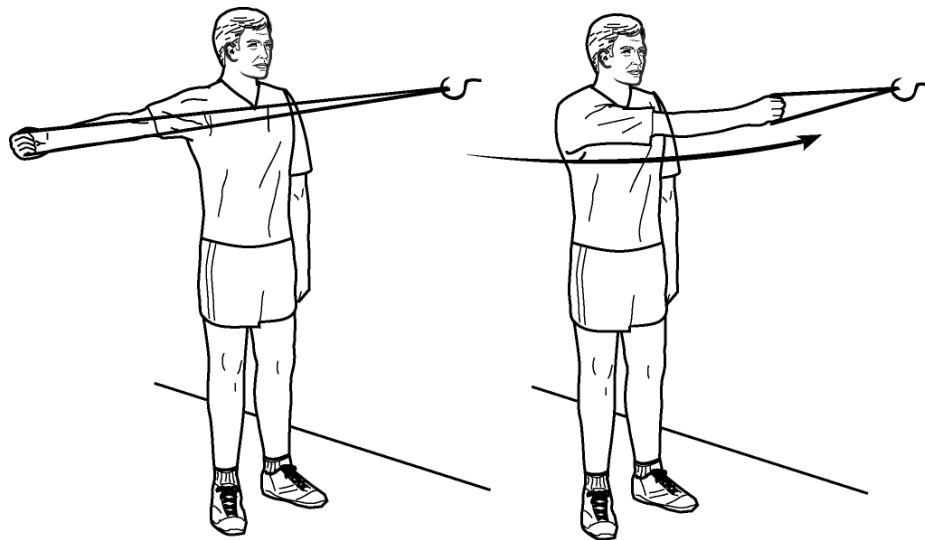
❑ **Fidinta Garabka:**

Laastiigga ku hey heerka dhexdaada. Ku bilow gacanta oo kor u socota, oo suxulku toosan yahay. Gacanta u jiid xagga dembe inta aad kartid.



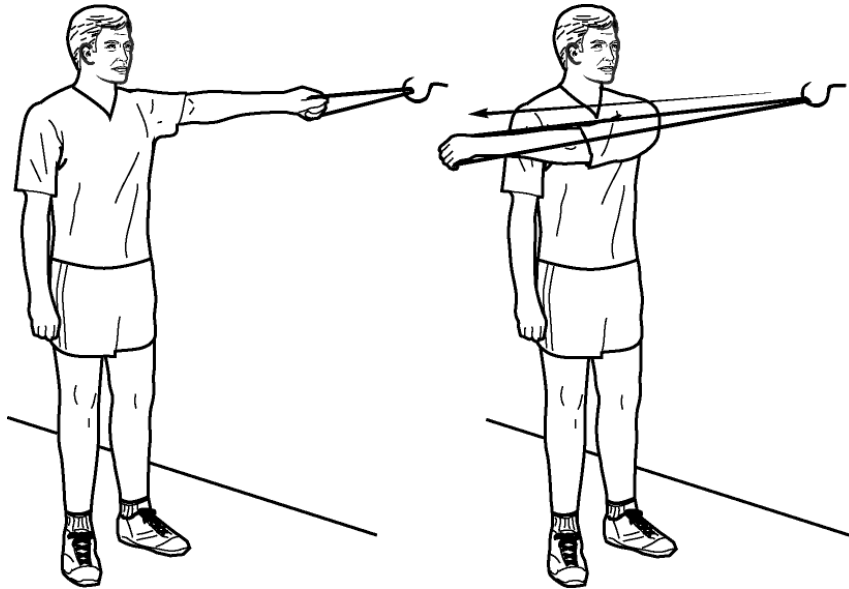
❑ **Garab Ka Fogeeynta Tooska ah 'Horizontal':**

Kor u qaad gacantaada illaa heerka garabka, ee la siman 'parallel' sagxadda, iyadoo suxulkaagu toosan yahay ama si yar u laaban yahay. Gacantaada u jiid gudubka jirkaaga.



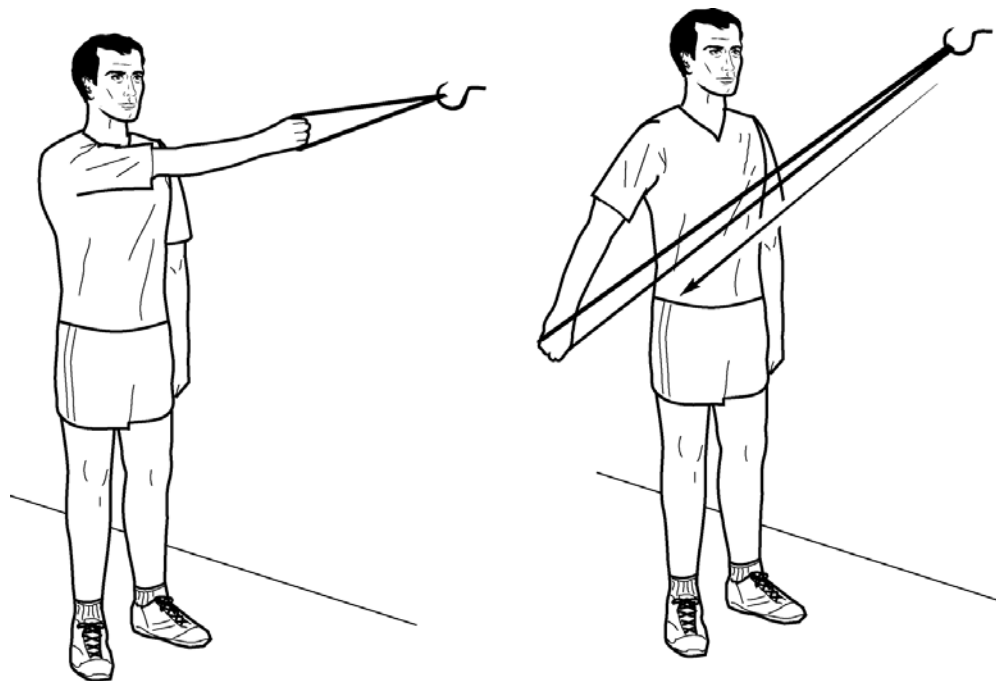
□ Shoulder Horizontal Adduction:

Start with your arm out to the side at shoulder level and parallel to the floor. Pull your arm across your body, bending your elbow if needed.



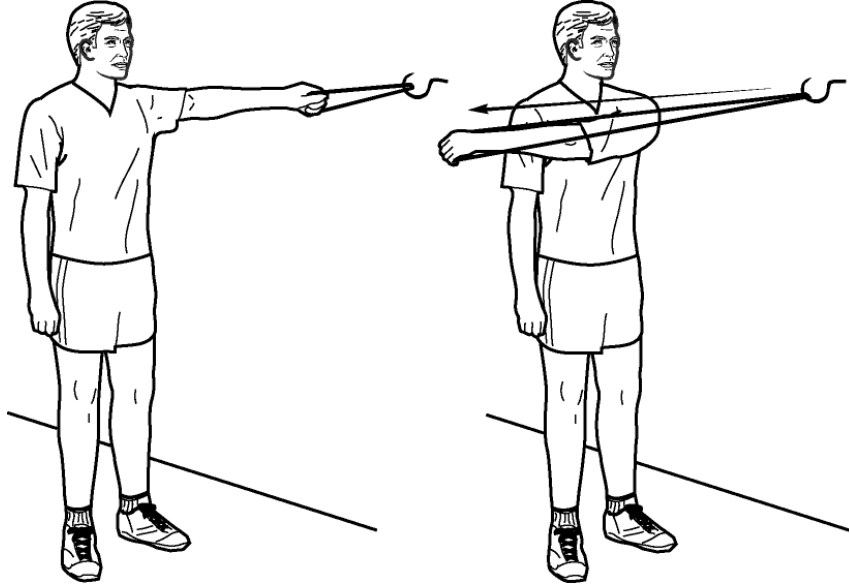
□ Diagonal Extension #1:

Put the Theraband above shoulder level. Pull in a downward motion across your body to the opposite side.



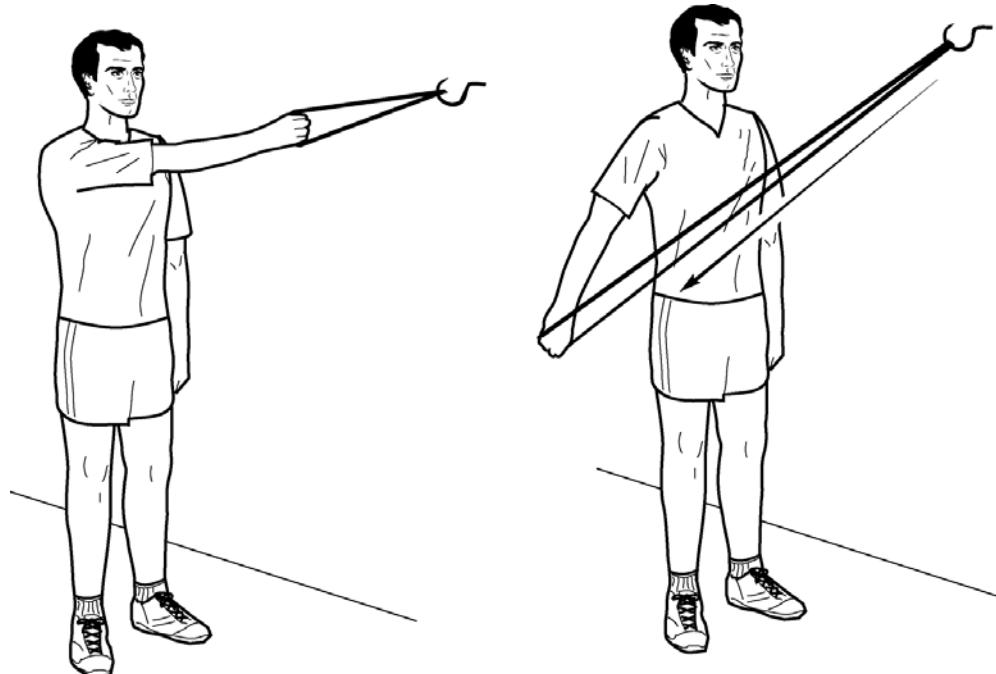
❑ **Garab Ku Dhaweynta Tooska ah ‘Horizontal’:**

Ku bilow gacantaada oo ka baxsan dhinacaaga illaa heerka garabka oo la siman ‘parallel’ sagxadda. Gacantaada u jiid gudubka jirkaaga, adigoo suxulka laabaya haddii loo baahdo.



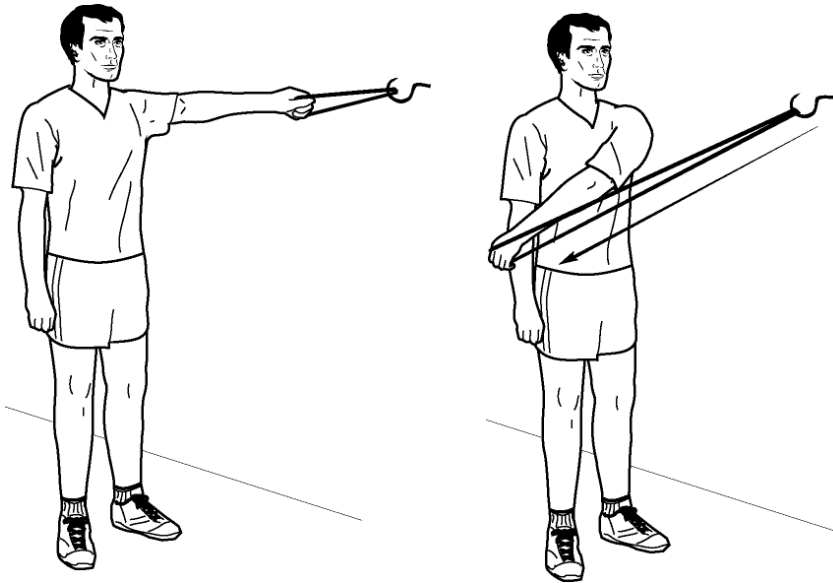
❑ **Fidinta Gudubka gees gees ah ‘Diagonal’ ee #1:**

Laastiigga ku hey meel ka sarreysa garabka. Xagga hoose u soo jiid gudubka jirkaaga illaa xaga ka soo horjeedda.



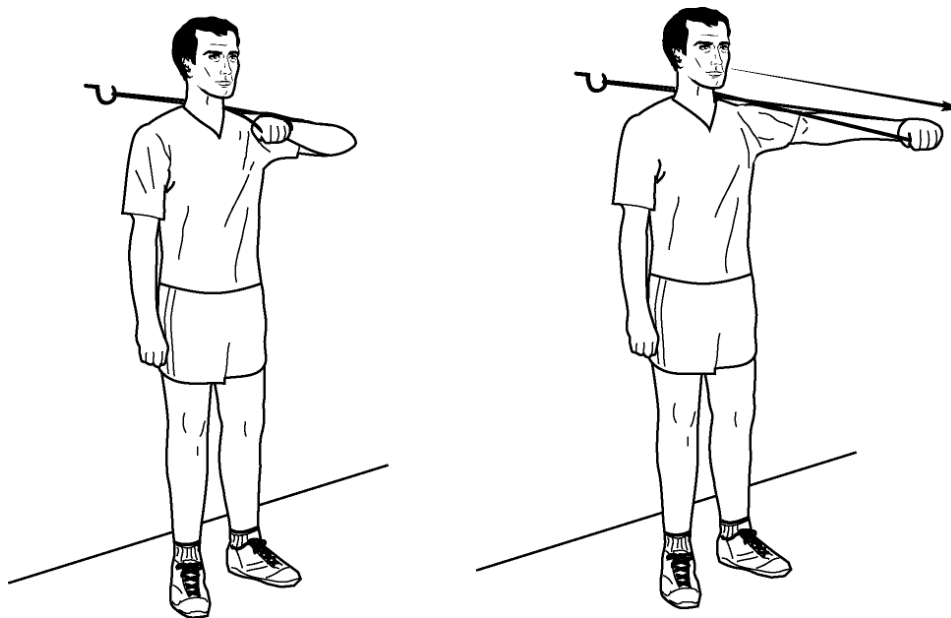
□ Diagonal Extension #2:

Grasp the Theraband with your arm at shoulder level, and out to your side. Bring your arm down and across your body to the opposite side.



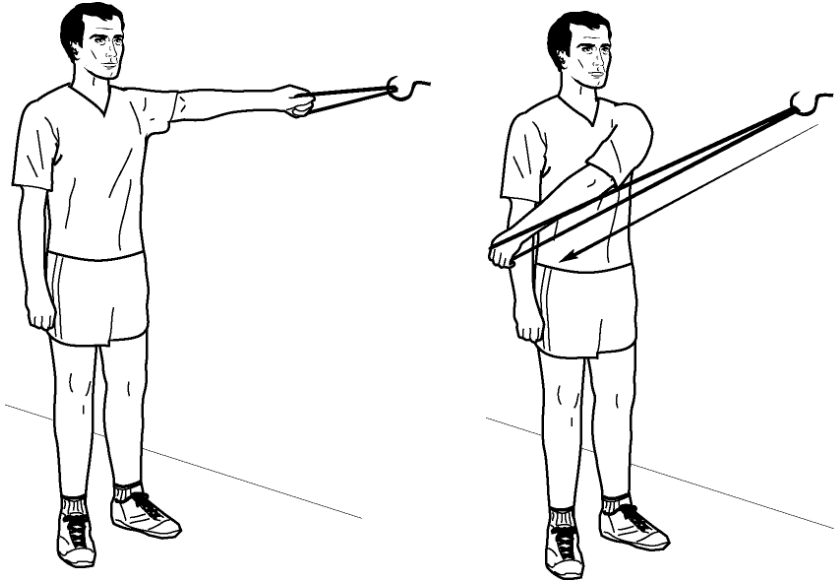
□ Forward Thrust:

With your back toward the Theraband at shoulder level, grasp the band behind your shoulder. Pull it forward, straightening your arm.



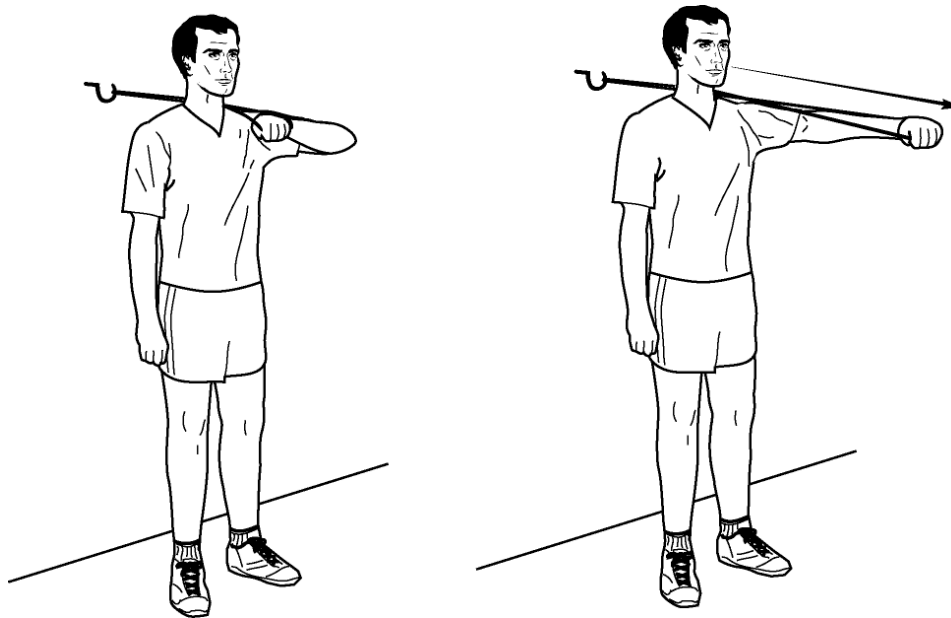
Fidinta Gudubka ah 'Diagonal' ee #2:

Gacantaada ku qabso laastiigga meel la sima garabka, oo u jiid xagga dhinaca. Hoos u soo jiid gacantaada gudubka jirkaaga illaa xagge kale.



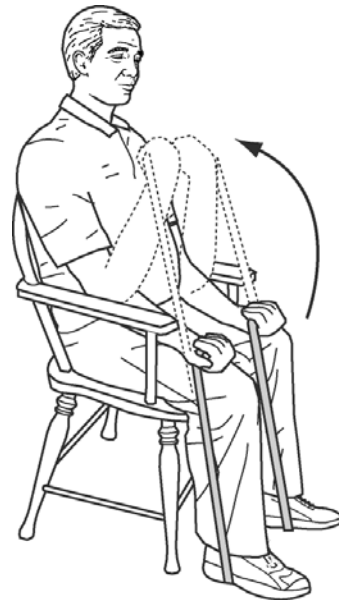
□ Hore Isu Tuur:

Iyadoo dhabarkaagu u jeedo laastiigga oo uu la siman yahay garabka, laastiigga ka qabso xagga dembe. Hore u jiid, adigoo toosinayana gacantaada.



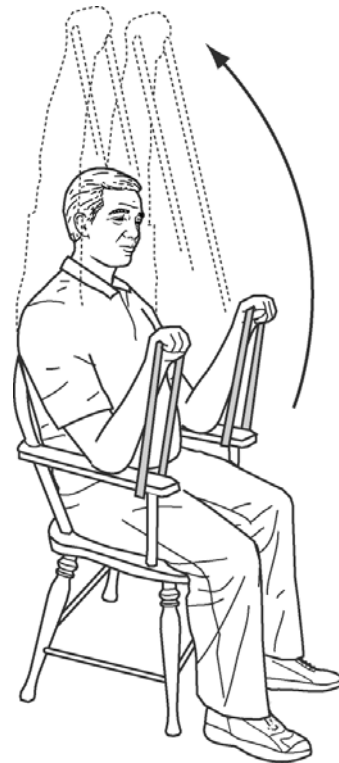
□ Elbow Flexion:

Place the Theraband under your feet and pull toward your shoulders.



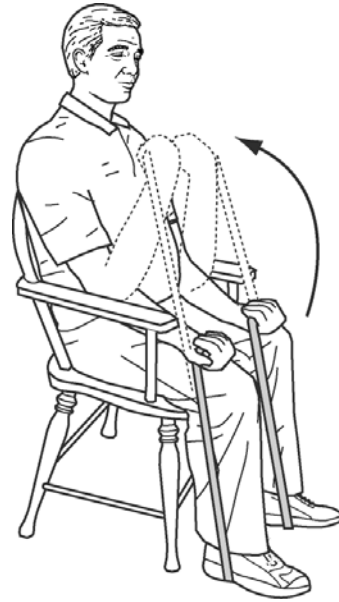
□ Elbow Extension:

Place the Theraband under the arms of a chair and push up toward the ceiling.



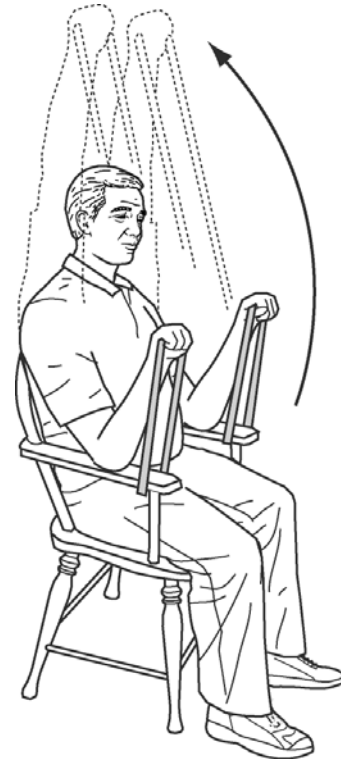
❑ Laabidda Suxulka:

Laastiigga hoos geli cagahaaga oo kor u soo
jiid xagga garbahaaga.



❑ Fidinta Suxulka:

Laastiigga hoos u geli gacanta kursiga oo
kor u soo jiid xagga saqafka.



5/2013 Health Information Translations

Unless otherwise stated, user may print or download information from 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.

Scapular, Shoulder and Elbow Theraband Exercises. Somali.