

Dhalinta Culeyska Iyada la isticmaalayo Biraha

Weight Bearing Using a Walker

Follow the directions as checked for your injured or weak leg.

Raac tilmaamaha sida la eegay dhaawacaaga ama lugta tabar daran.

❑ Non-weight bearing

For this method, do not let your injured or weak leg touch the floor when standing or walking. When using the walker, hold your injured or weak leg up off the floor.

- Move your walker out in front of you. Be sure all 4 legs of your walker are flat on the floor.
- While pushing down on the walker with your arms, hop on your good foot to the center of the walker.



❑ Aan aheyn dhalinta culeyska

Qaabkaan, ha u ogolaan in lugtaada dhaawacan ama tabarta daran inay taabato dhulka markii taaganyahay ama lugeynayo. Marka la isticmaalayo biraha, qabso lugtaada dhaawacan ama tabarta daran dhulka.



- Ka dhaqaaji birahaaga hortaada. Iska hubi in dhammaan 4 lugood ee birahaaga ay ku simmanyihiin dhulka.
- Iyada oo hoos loogula riixayo biraha gacmahaaga, ku dhaqaaq cagtaada wanaagsan ee bartamaha biraha.

❑ Touch down weight bearing

Touch the ball of your foot to the floor to help your balance, but do not put your weight on it.

- Move your walker out in front of you about an arm's length. Be sure all 4 legs of the walker are flat on the floor.
- Move your injured or weak leg forward into the walker, only touching the ball of your foot to the floor.



❑ Hoos u taabo dhimista culeyska

Ku taabo balooniga cagtaada ee dhulka si ay u caawiso dheelitirkaaga, laakin ha saarin culeyskaaga.



- Ka dhaqaaji birahaaga hortaada qiyaastii baaxada gacanta. Iska hubi in dhammaan 4 lugood ee biraha ay ku simmanyihiin dhulka.
- U dhaqaaji lugtaada dhaawacantay ama tabarta daran dhinaca biraha, kaliya taabashada balooniga cagtaada ee dhulka.

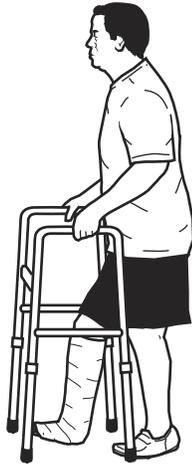
- While pushing down on your walker with your arms to take weight off your injured or weak leg, step your good leg forward into the center of the walker.

- Iyada oo hoos loo riixayo birahaaga ee gacmahaaga si culeyska looga qaado lugtaada dhawacan ama tabarta daran, ku jooji lugtaada wanaagsan dhinaca bartamaha biraha.

□ Partial weight bearing

For this method, you will be told how much weight you can put on the injured or weak leg.

- Move your walker out in front of you about an arm's length. Be sure all 4 legs of the walker are flat on the floor.
- Step your injured or weak leg into the walker, only putting the allowed weight on that leg.
- While pushing down on your walker with your arms to keep some weight off of your leg, step your good leg forward into the center of the walker.



□ Qeyb ahaan dhalinta culeyska

Qaabkaan, waxaa lagu sheegayaa inta culeys ee aad saari kartid lugta dhaawacan ama tabarta daran.

- Ka dhaqaaji birahaaga hortaada qiyaastii baaxada gacanta. Iska hubi in dhammaan 4 lugood ee biraha ay ku simmanyihiin dhulka.
- Ku jooji lugtaada dhaawacan ama tabarta daran biraha, kaliya saarida culeyska ee lugtaas.
- Iyada oo hoos loo riixayo birahaaga ee gacmahaaga si aad uga illaalisid qar ka mid ah culeyska lugtaada, ku jooji lugtaada wanaagsan dhinaca bartamaha biraha.



□ Weight bearing as tolerated

For this method, put as much weight on the injured or weak leg as you are able to without much pain. The walker helps give you some support and balance.

Talk to your doctor, nurse or physical therapist if you have any questions or concerns.

□ Dhalinta culeyska sida loo dulqaatay

Qaabkaan, saar sida culeys badan ee lugta dhaawacan ama tabar daran sida ay kuugu suurtoogaleyso iyada oo aan laheyn xanuun badan. Biraha waxay kugu caawiyaan inay ku siiyaan taageerada qaar iyo dheelitirka.

La hadal dhaqtarkaaga, kalkaalisada ama daaweeyaha jirka haddii aad qabtid wax su'aalo ah ama walaacyo.