Baaxada Dhaqdhaqaaqa Lugta Shaqeyneyso

Active Leg Range of Motion

| Do these exercises on your back times, times a day. | Ku sameey jimicsiyadaan dhabarkaaga ah jeer, jeer maalintii. | |
|---|--|--|
| Ankle Pumps Move your foot up and down as if pushing down or letting up on a gas pedal in a car. | U dhad hoos s riixayo | aha Canqowga er qaaji cagtaada kor iyo ida haddii hoos loo ama kor geynayo ga gaaska ee gaariga. |
| Quad Sets Lie on your back with your legs straight and toes pointed toward the ceiling. Tighten your thigh muscles and push your knee down to the bed. Hold for 5 seconds and release. | | Dajiyaha Bowdada Ku seexo dhabarkaaga iyo lugahaaga si toosan iyo suulasha laaban ee dhinaca saqafka. Dhuuji muruqaaga adag iyo hoos u riix jilibkaaga ee sariirta. Haay 5 ilbiriqsi oo siideey. |
| □ Short Arc Quads Place a large can or rolled towel under | | l Jimicsiga Lagu xoojinayo Neerfaha |

Dhig gasac weyn

ama shukumaan

duuban jilibkaaga hoostiisa. Toosi jilibkaaga iyo

lugtaada. Haay ____

ilbiriqsi.

your knee. Straighten

your knee and leg.

Hold _____ seconds.

□ Gluteal Sets

Squeeze your buttocks together. Hold for 5 seconds and release.

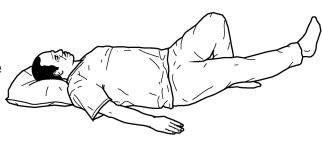


☐ MuruqyadaSalka

Isku giiji badhida. Ugu hay sidaas illaa 5 seken markaana siidaa.

☐ Straight Leg Raise

Lift your leg toward the ceiling while keeping your knee straight.
Bend the opposite knee.

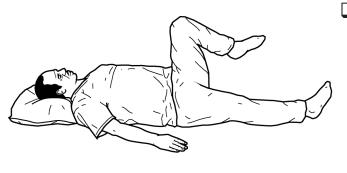


☐ Lug Fidsan Sare U Qaadid

Sare u qaad lugtaada adiga oo dhinaca saqafka u taagaya isla markaana jilibka fidinaya. Soo laabo jilibka kale.

☐ Hip and Knee Bending

Bring your leg in towards your chest, bending the knee and hip. You also can do this exercise sitting.

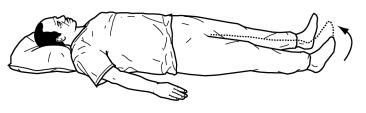


□ LaabistaMisgta iyoJilibka

U soo qaad lugtaada dhinaca laabta, adiga oo laabaya jilibka iyo misigta. Waxa kale oo aad samayn kartaa majobabaxsigan adigoo fadhiya.

☐ Hip Rotation

Roll your leg in towards your other leg and then back out.

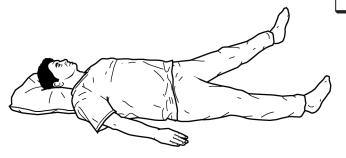


☐ MisigWareejin

Ku dul rog lugtaada lugta kale dabadeedtana ka soo celi.

☐ Hip Outward and Inward

Move your leg out to the side and then back, keeping your knee straight and pointed towards the ceiling.

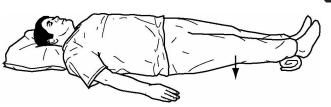


☐ Miskaha Banaanka iyo uurkooda

U dhaqaaji lugahaaga banaanka dhinaca iyo kadib gadaal, adiga ku haynayo jilibkaaga si toosan oo tilmaameyso dhinacyada saqafka.

☐ Knee Push

Put a towel roll under your ankle and push your knee down into the bed.



□ Riixida Jilibka

Dhig shukumaan hoosta canqowga oo hoos ugu riix jilibkaaga sariirta.

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