

# Baaxada Jimicsiga Dhaqdhaqaaqa Lugta Shaqeyneyso: Joogsiga

## Active Leg Range of Motion Exercises: Standing

Do all these exercises **slowly**. Do not hold your breath during these exercises. If unusual pain occurs in your joints or muscles while you are exercising, do not continue the exercise.

Do each exercise \_\_\_\_\_ times,  
\_\_\_\_\_ times a day.

U sameey tababaradaan **si tartiib ah**. Ha celin neeftaada inta lagu jiro jimicsiga. Haddii xanuun caadi aheyn ka dhaco xubnaha ama murquaha adiga oo jimicsanayo, ha joogteynin jimicsiga.

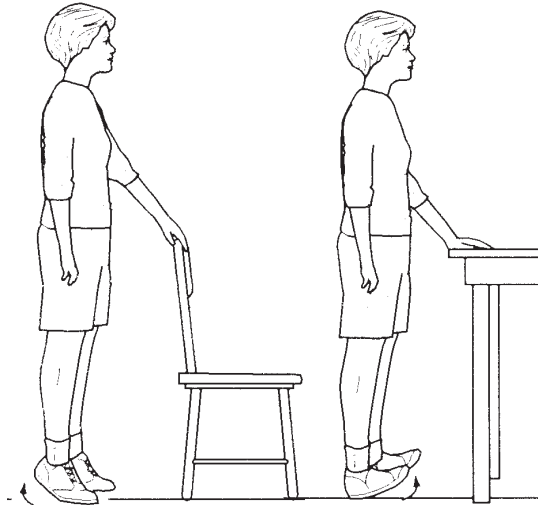
Sameey tababar walba \_\_\_\_\_ jeer, \_\_\_\_\_ jeer maalintii.

### ☐ Toe / Heel Raises

Hold onto a stable object.

Rise up on your toes and hold for \_\_\_\_\_ seconds.

Rock back on your heels and hold for \_\_\_\_\_ seconds.



### ☐ Suulka/ Ciribta Korodha

Qabo shey xasiloon.

Kor u qaad suulashaada iyo qabo \_\_\_\_\_ ilbiriqsi.

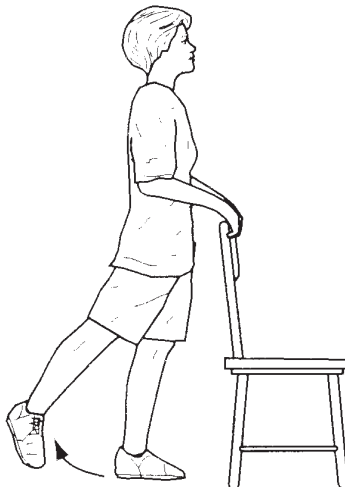
Dib ugu soco cirbahaada oo qabo \_\_\_\_\_ ilbiriqsi.

### ☐ Hip Extensions

Hold onto a stable object, keeping your legs shoulder width apart and toes pointed forward.

Slowly extend one leg back, keeping your knee straight. **Do not** lean forward.

Repeat using other leg.



### ☐ Kordhinta Sinta

Qabo shey xasiloon, joogteynta garabka lugtaada qeyb markii labalaariyo iyo suulasha lagu aadiyo dhinaca.

Si tartiib ah ugu kordhi hal lug gadaal, adiga oo ku joogteena jilibkaaga si toosan. **Ha ui liicsan horida.**

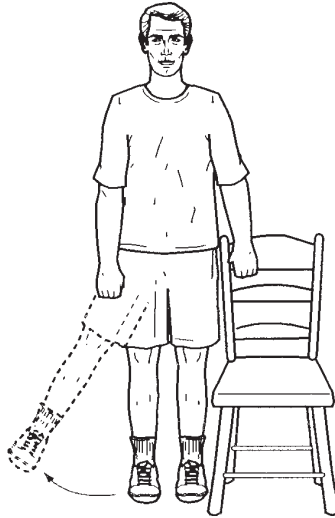
Ku celi adiga oo isticmaalayo lugta kaleg.

## □ Hip Abduction

Hold onto a chair for balance.

Move your leg out to the side then return to the starting position.

Repeat with your other leg.



## □ Dhaqaajinta Miskaha

Qabso korsiga oo haraaga ah.

DHaqaaji lugtaada ee dhinaca booska bilowga.

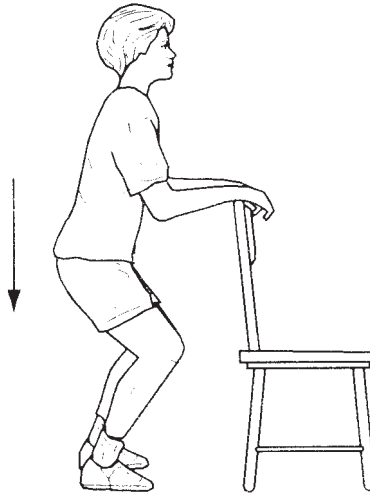
Ku celi lugtaada kale.

## □ Mini-squats

Hold onto a stable object.

Slowly bend your knees.

Keep both feet on the floor.



## □ Si tartiib ah u qalooci miskaha

Qabo shey xasiloon.

Si tartiib ah u qalooci jilbahaaga.

Ku haay labada cagba dhulka.

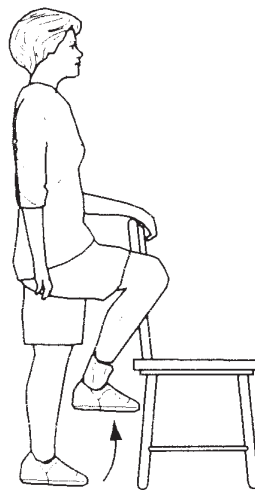
## □ Hip / Knee Flexion

Stand with your feet slightly apart.

Lift your right knee up to waist level.

Return your foot to the floor.

Repeat with your left leg.



## □ Miskaha / Dabacsanaanta Jilibka

Ku joogso cagtaada oo dhinac qeyb ah.

Qaad jilibkaaga bidix illaa heerka dhexda.

Ku celi cagtaada dhulka.

Ku celi lugtaada bidix.