

Bir ku Socoshada

Crutch Walking

Using Your Crutches Safely

Crutches

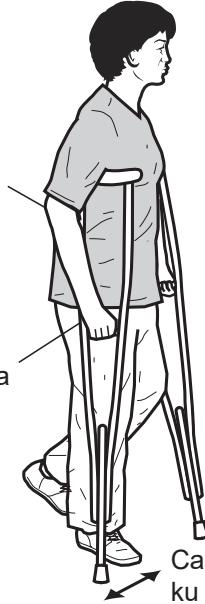
- Adjust the crutches for your height. The top of the crutch should be 1 to 2 inches below your armpit.
- Be sure that the pads and grips are in place.
- Clean the tips of the crutches to make sure that they are free of dirt and stones.

Prevent Falls

- Keep your crutch tips about 2 to 3 inches (7.5 centimeters) away from the side of your feet so you don't trip.
- Wear supportive footwear that has non-slip soles. Do not wear slip on shoes.
- Remove throw rugs in your home to avoid falls.
- Pick up your crutches and injured leg higher walking on carpet than you do walking on tile or smooth floors.

Waxyar soo god suxulka
Slight bend in the elbow

Miisaanka ayaa fuulaaya gacmaha
Weight goes on the hands



Cagta iyo biraha aad ku boodayso 2 ilaa 3 inji ha isku jiraan
Foot and crutch 2 to 3 inches apart

Adeegsiga Bilaha aad Ku socoto si Badqab leh

Biraha lagu socdo

- Kala fidhi biraha socodka illaa joogaaga. Qaybta sare ee birta socodku waa inay noqotaa 1 illaa 2 inji joog ka hooseeya kilkishaada.
- Xaqiiji in gacanta la kuskado iyo ciljirku meesha ku yaalaan.
- Nadiifi afka hore ee biraha socodka si aad u xaqiijiso inaysan kujirin dhagaxaan wasaq ah.

Kahortag dhicitaannada

- Ka durji biraha aad ku boodayso 2 illaa 3 injir (7.5 senti mitir) geeska cagtaada si aadan u dhicin.
- Xiro kabo ku taageeraaya oo bariiqanayn. Ha xiran kabo kula bariiqan kara.
- Ka qaad roogaga yaala gurigaaga si aadan ugu kufin.
- Kor u qaad biraha aad ku boodayso iyo lugtaada dhaawaca ah markaad rooga ku soconayso si kaduwan markaad marayso sagxada mutuleelka ah ama sibiibaxa ah.

Safe Walking

- Carry your weight on your hands, not on your armpits.
- Keep your elbows close to your sides and slightly bent.
- Do not walk too fast.
- Keep your head up and look forward when you are walking. Do not look at your feet.
- Check your balance often.

The order from your doctor or therapist for your injured leg is (do only what is marked):

- Do not let your foot touch the floor when standing or walking.
- Touch your toe on the ground to help your balance but do not put weight on it.
- Touch your foot on the ground but do not put weight on it.
- Put as much weight on the leg as you can comfortably.
- Put all your weight on the leg.

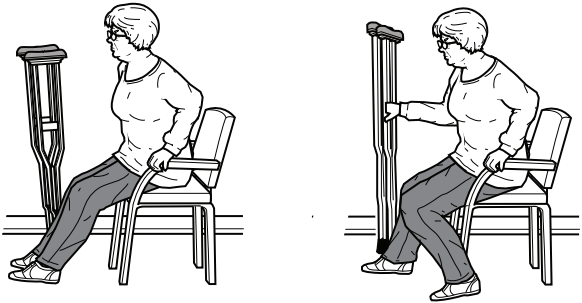
Socod Badqab leh

- Culayskaaga saar gacmahaaga, oo ha saarin kilkilahaaga.
- Suxuladaadu ha u dhawaadaan geesahaaga wax yarna hasoo godnaadaan.
- Boobsii ha u socon.
- Madaxaaga kor u qaad oo horay fiiri markaad soconayso. Ha fiirin cagahaaga.
- Si joogto ah ula soco dheelitirnaantaada.

Amarka kasoo baxa dhakhtarkaaga ama baxnaaniyaha ee ku saabsan dhaawaca lugtaada ayaa ah (samee kaliya waxa la calaamadeeyay):

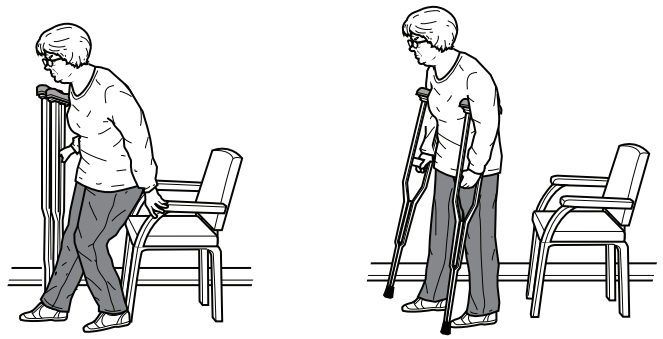
- Ha u ogolaan cagtaada inay taabato dhulka marka aad taagan tahay ama soconayso.
- Saar faraha cagtaada dhulka si ay kaaga caawiso inaad dheelitirnaato laakiin ha saarin miisaankaaga.
- Saar cagtaada dhulka laakiin ha saarin miisaankaaga.
- Saar miisaanka ugu badan lugtaada illaa intaadan xanuun dareemayn.
- Saar miisaankaaga oo dhan lugta.

Standing Up



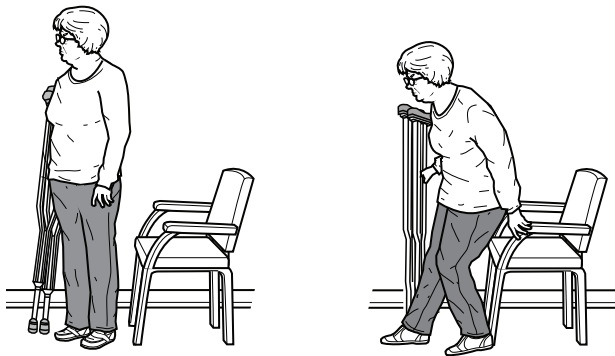
1. Hold both crutches on your injured side.
2. Slide to the edge of the chair.
3. Lean forward and push down on the arm of the chair on your good side to stand up.
4. Check your balance. Follow instructions about how much weight to put on your injured leg.
5. Put the crutches under your arms.

Sare Joogsiga



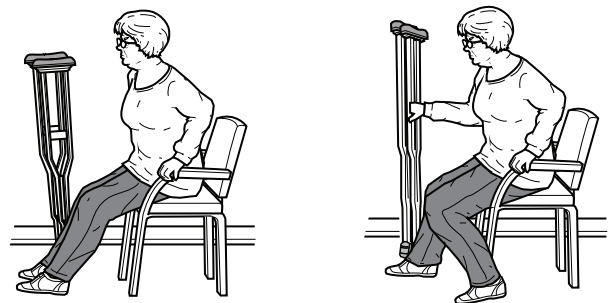
1. Ka qabo labada birood ee aad ku boodayso dhanka lugtaada dhaawaca ah.
2. U durug cirifka kursiga.
3. Horay u foorarso oo ku cusko kursiga caganta dhankaaga fayooow si aad kor ugu istaagto.
4. Hubi dheelitirnaantaada. Raac tilmaamaha ku aadan xajmiga miisaanka aad saarayso lugtaada dhaawaca ah.
5. Geli biraha aad ku boodayso garabkaaga hoostiisa.

Sitting Down



1. Back up to the chair until you feel the chair on the backs of your legs.
2. Put both crutches in your hand on the injured side.
3. Reach back for the chair with your other hand.
4. Lower yourself slowly into the chair, bending at the hips.

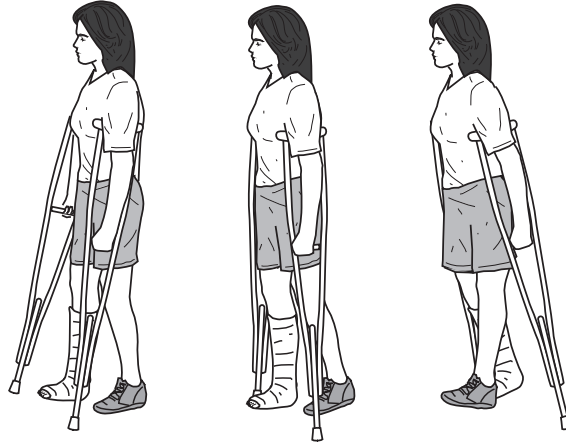
Fariisiga



1. Isku tiiri kursiga illaa aad ka dareento kursiga dhabarka danbe ee lugahaaga.
2. Ku qabo labada birood ee aad ku boodaysa gacanta dhankaaga dhaawaca ah.
3. Gadaal ugu cusko kursiga gacantaada kale.
4. Hoos ugu hoobo kursiga si tartiib ah, adoo sinahaaga soo hoobinaaya.

Walking with Crutches

1. Put crutches under your arms and press them into your side. Do not put weight on your armpits.
2. Move the crutches ahead of you about 12 inches (30 centimeters).
3. Move your injured leg even with the crutches, pushing down on the hand grips as you step. **Only put as much weight as allowed on your injured leg.**
4. Finish the step by moving your strong leg forward.



Ku socoshada Biraha Lagu Boodo

1. Geli biraha aad ku boodaysa gacmahaaga hoostooda kadibna geeskaaga ku riix. Ha saarin miisaankaaga kilkilahaaga.
2. Iska hormari biraha aad ku boodayso ku dhawaad 12 inji (30 senti mitir).
3. Si siman ula talaabso lugtaada dhaawaca ah biraha aad ku boodayso, adoo hoos u riixaaya gacanta intaad talaabada dhigayso. **Kaliya saar miisaankga ugu badan ee lagu ogol yahay lugtaada dhaawaca ah.**
4. Kusoo afjar talaabada adoo lugtaada badqabka horay u dhaqaajinaaya.

Stairs

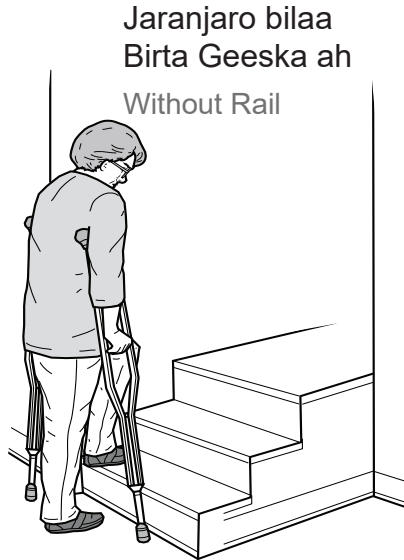
- Do not try to climb stairs or curbs until you can use the crutches well.
- For safety reasons, you can sit down and scoot up and down the steps on your bottom if needed.
- If you have a rail, put both crutches under one arm and hold onto the rail for safety.

Jaranjaroyinka

- Ha isku dayin inaad korto jaranjaro ama meel rako ah illaa aad si fiican uga adeegsan karto biraha aad ku boodayso.
- Sababo badbaado awgood, waad fariisan kartaa waxaadna ku xamaaran kartaa salkaaga haddii loo baahdo.
- Haddii jaranjaradaadu leedahay bir geeska ah oo la cuskado, hal gacan ku wada qabo labadaada bir oo aad ku boodayso kadibna cusko birta jaranjarada si amaan ah.

Going Upstairs

1. Have someone stand behind you to help you as needed.
2. Keep the crutches on the stair you are standing.
3. Support your weight between your crutches.
4. Bring your good leg up to the next step. Let the injured leg trail behind.
5. Straighten your good leg and bring the crutches and your injured leg up.



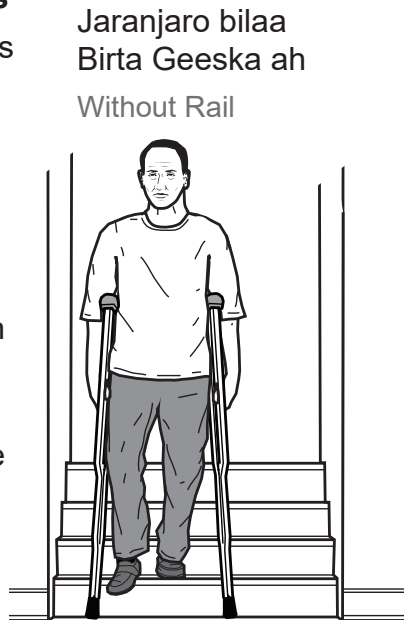
Kor u fuulida Jaranjarada

1. Qof gadaashaada ha istaago si uu kuu caawiyo markaad u baahan tahay.
2. Kuhaay biraha aad ku boodayso jaranjarada aad ku taagan tahay.
3. Taageer miisaankaaga u dhaxeeya labada birood.
4. Usoo qaad lugtaada fayooow talaabada xigta. Lugta dhaawaca ah gadaal hasoo jiidanto.
5. Toosi lugtaada badka qabta oo biraha iyo lugta dhaawaaca ah soo raaci.



Going Downstairs

1. Put the crutches on the lower step while putting your injured foot forward.
2. Support your weight between your crutches.
3. Move your good foot to the lower step.



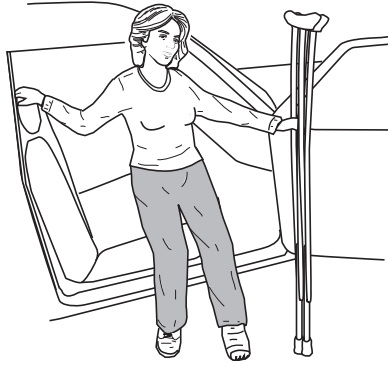
Ka dagashada Jaranjarada

1. Saar biraha aad ku boodayso jaranjarada hoose intaad soo qaadayso lugtaada dhaawaca ah.
2. Taageer miisaankaaga u dhaxeeya labada birood.
3. U dhaqaaji lugtaada fayooow salaanka hoose.



Getting into a Car

1. Have someone open the door and move the seat back as far as they can.
2. Back up until you feel the edge of the seat. Grab the seat with one hand and the hand grips of the crutches with the other.
3. Tip your head to avoid bumping it. Stand up or sit down using your good leg to bear your weight.
4. To sit down, put the heel of your good leg on the car frame and push back. Move across the seat until your injured leg can be swung into the car.



Fuulista Gaariga

1. U sheeg qof inuu furo albaabka uuna dib u riixo kursiga illaa intuu awoodo.
2. Dib u riix illaa aad dareento in kursigu gaaray meeshii u danbaysay. Hal gacan ku qabso kursiga adoo gacanta kale ku qabsanaaya gacanada biraha aad ku boodayso.
3. Foorari madaxaaga si aad uga fogaato inaad meel ku dhufato. Ku istaag ama ku fariiso lugtaada fayooow si aad miisaankaaga u saarto.
4. Si aad u fariisato, saar ciribta lugtaada fiyoow qaybta gaariga ee kaa horaysa kadibna dib u durug. Kuso durug kursiga illaa lugtaada dhaawaca ah ay gaariga geli karto.

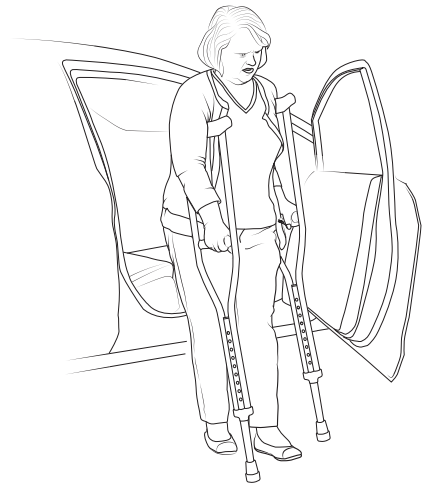
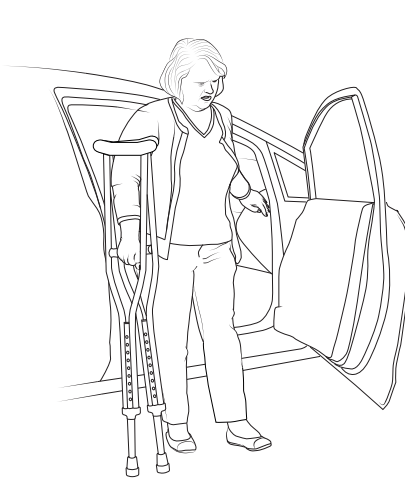


Getting Out of a Car



1. Open the door and move the seat back as far as you can. Put both crutches outside the car in one hand.
2. Hold onto the seat and slowly turn yourself toward the door.
3. Carefully take both feet out of the car. Hold onto the door frame or seat back with one hand and the hand grips of the crutches with the other hand. Tip your head to avoid bumping it.
4. Slowly stand up using your good leg to bear your weight. Move your crutches under both arms.

Ka dagashada Gaariga



1. Fur albaabka oo dib u riix kursiga ilaa intaad awoodo. Dhig labada biroodba banaanka gaariga adoo hal gacan ku haya.
2. Qabso kursiga si tartiib ahna ugu jeenso dhanka albaabka.
3. Si taxadar leh labada cagoodba ugasoo bixi gaariga. Hal gacan ku qabso madaxa kursiga ama dhabarka kursiga adoo gacanta kale ku qabsanaaya gacanaada biraha aad ku boodayso. Foorari madaxaaga si aad uga fogaato inaad meel ku dhufato.
4. Ku istaag lugtaada fayooow si aad miisaankaaga u saarto. Kubood labada birood oo garabkaaga ku jira.