

Jimicsiga Lagu xoojinayo Garabkaaga

Exercises to Strengthen Your Shoulder

- Do the exercises _____ times a day with:
 - Right arm
 - Left arm
 - Both arms
- Repeat each exercise _____ times.
- Hold each position for _____ seconds.
- If you prefer, the exercises done lying on a firm, sturdy table may also be done on the floor or on an exercise bench.
- Samey jimicsiga _____ jeer maalintii iyo:
 - Dhudhunkaaga midig
 - Dhudhunkaaga bidix
 - Labada gacmood
- Ku celi jimicsi walba _____ jeer.
- Ku haay boos walba _____ ilibriqsi.
- Haddii aad doorbidid, in jimicsiga lagu sameeyo u jifka si simman, miis adag ayaa sidoo kale lagu sameyn karaa dhulka ama korsiga jimicsiga.

With rod or cane

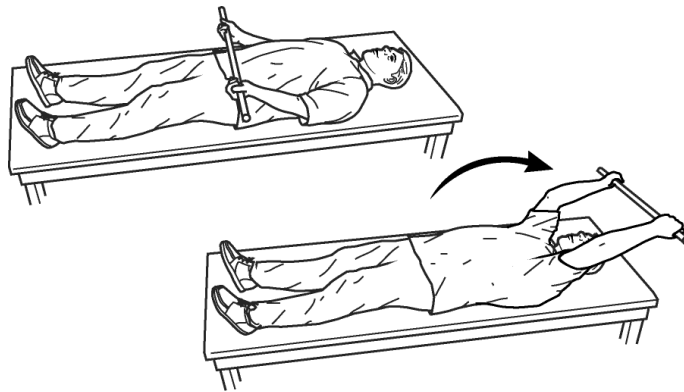
For each of the next three exercises, use a long dowel rod or cane.

- Lie on your back, holding the dowel with both hands from underneath.

Have elbows straight and the dowel resting across your legs.

Lift the dowel up over your head as far as you can.

Hold. Slowly lower the dowel back down and relax, then repeat.



Iyo ul iyo bakooraad

Oo mid walba oo sadexda jimicsi ee xigta, isticmaal usha dheer ee alwaaxa ama bakooraada.

- Ku seexo dhabarkaaga, adiga oo ka hayo alwaaxa labada gacan ee hoosta. Toosi xusulada iyo alwaaxa oo nasanayo isdhaafka lugahaaga.

Kor uga qaad alwaaxa madaxaaga sida dheer ee aad awoodid.

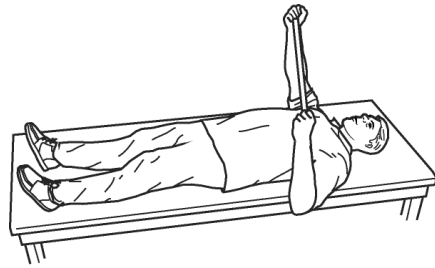
Haynta. Si tartiib ah hoos ugu dhig alwaaxa gadaasha hoose oo naso, kadib ku celi.

- Lie on your back with your hands wrapped over the top of the dowel.

Have one arm slightly out from your body with the elbow bent 90 degrees.

Using the other hand, push the dowel to move the hand up above the shoulder.

Hold. Bring the arm back down and relax. Repeat.



Adiga oo isticmaalayo gacanta kale, ku riix alwaaxa si aad ugu dhaqaajisid gacanta kor garabka.

Haynta. Gadaal u soo celi garabka oo dabci. Ku celi.

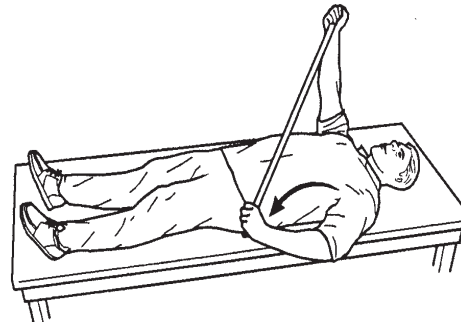
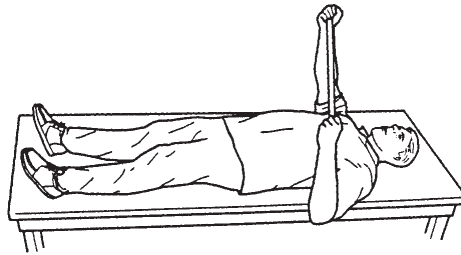
- Kula seexo dhabarkaaga gacmahaaga oo ku dul daboolan dusha alwaaxa.

Ku hayso hal gacan oo si yar ah uga baxsan jirkaaga ee la jirto ee xusulka laaban heerka 90.

- Lie on your back with your hands wrapped over the top of the dowel.

Have one arm slightly out from your body with the elbow bent at 90 degrees. Using the other hand, push the dowel to move the hand down toward your waist.

Hold. Return the arm to the start position and relax. Repeat.



- Kula seexo dhabarkaaga gacmahaaga oo ku dul daboolan dusha alwaaxa.

Ku hayso hal gacan oo si yar ah uga baxsan jirkaaga ee la jirto ee xusulka laaban ee heerka 90. Adiga oo isticmaalayo gacanta kale, ku riix alwaaxa si aad hoos ugu dhaqaajisid gacanta ee dhinaca dhexda.

Haynta. Ku celi gacanta booska bilowga oo dabci. Ku celi.

Without rod or cane

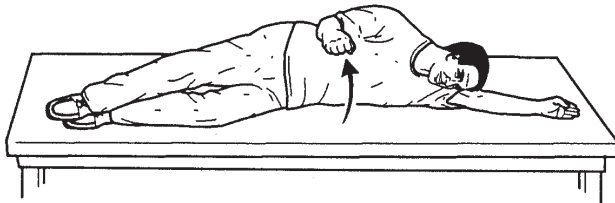
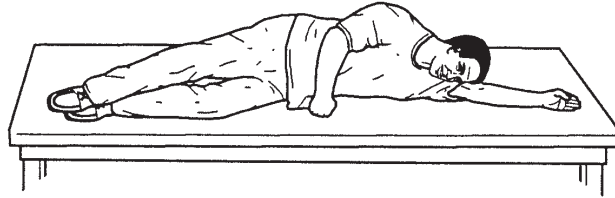
Put the dowel rod or cane down for the next exercises. Your therapist may have you add light weights as your shoulder gets stronger.

- Lie on your side. Have your bottom arm stretched above your head.

Have your upper arm at your side with the elbow bent at 90 degrees, so the hand is on the floor or table.

With the upper arm fixed at your side, raise your hand up to shoulder level.

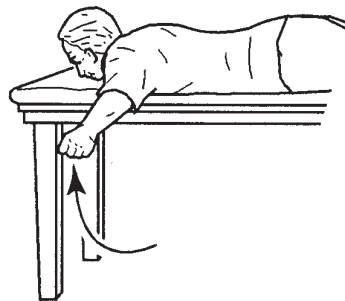
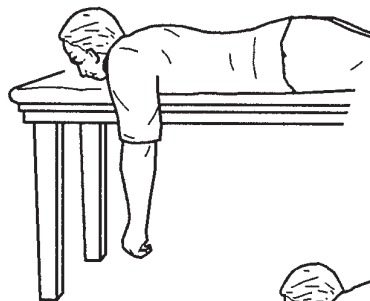
Hold and then lower to starting point. Relax and repeat.



- Lie face down on a table or bench. Have one arm hanging straight down to the floor.

Lift your arm out to your side until it is parallel to the floor.

Hold and then slowly lower your arm. Relax and repeat.



Iyada oo aan jirin ul iyo bakooraad

Dhig usha alwaaxa ama bakoorada hoosta oo jimicsiga xigga. Dhaqtarkaaga ayaa kuugu dari karo culeys qafiif ah iyada oo garabkaaga xoogeysanayo.

- Ku seexo dhinacaaga. U ogolaw in gacantaada hoose ku kala baxdo dusha madaxaaga.

U ogolaw in gacantaada kore ee dhinacaaga iyo xusulkaaga laabmo heerka 90, si markaas gacanta ay dhulka u taalo ama miiska.

Oo ay la jirto gacanta kore ee ku sameysan dhinacaaga, kor uga qaad gacantaada heerka garabka.

Haay iyo kadib hoos uga dhig barta bilowga. Naso oo ku celi.

- Ku seexo wajjiga oo hoos ka yaalo miiska ama korsiga. Yeelo hal gacan oo u laalaado tooska hoose ee dhulka.

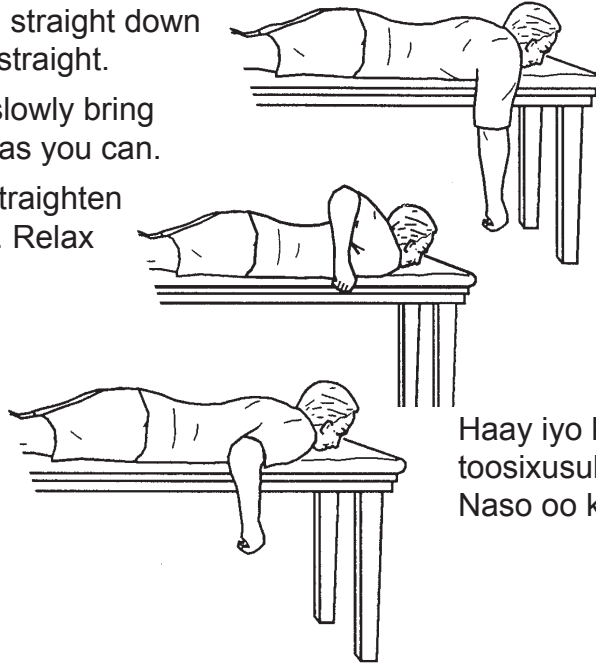
Uga qaad gacantaada banaanka ee dhinacaaga illaa ay isku mid tahay dhulka.

Haay iyo kadib si tartiib ah hoos uga dhig gacantaada. Naso oo ku celi.

- Lie face down on a table or bench. Have one arm hanging straight down to the floor with elbow straight.

Bend your elbow and slowly bring your elbow up as high as you can.

Hold and then slowly straighten your elbow back down. Relax and repeat.



- Ku seexo wajiga oo hoos ka yaalo miiska ama korsiga. Yeelo hal gacan oo u laalaado tooska hoose ee dhulka iyo xusulka oo toosan.

Laab xusulkaaga oo si tartiib ah u keen xusulkaaga kor sida sareyso ee aad awoodid.

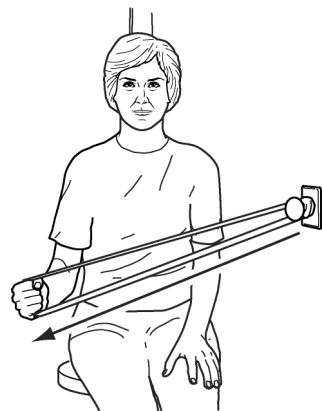
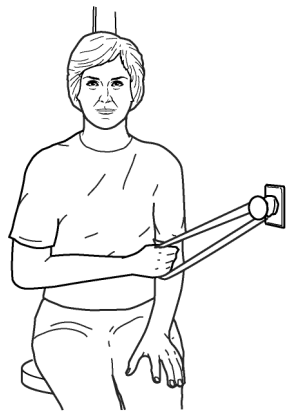
Haay iyo kadib si tartiib ah u toosixusulkaaga ee gadaasha hoose. Naso oo ku celi.

With theraband or tubing

For the next two exercises, you can use a theraband or resistance tubing.

□ Shoulder External Rotation:

- Attach the theraband or tubing at waist height.
- Stand or sit on a stool with arms at your sides.
- Hold the theraband in one hand with the elbow bent at 90 degrees and the arm across the front of your body.
- Pull the theraband out across your body, keeping the elbow at your side.
- Slowly return to the start. Relax and then repeat.



Iyo laastiiga murqaha ama balooniga

Wixii labada jimicsi oo xigga, waxaad isticmaali kartaa laastiiga murqaha ama balooniga adkeysiga leh.

□ Wareejinta Banaanka Garabka:

- Ku lifaaq laastiiga ama balooniga dhirirka ma xogga.
- Ku joogso ama ku fariiso korsiga ku leh gacmaha dhinacyaha.
- Ku haay laastiiga hal gacan oo ay la jirto xusulka oo ku qaloocan heerka 90 iyo gacanta oo dulmareyso horida jirkaaga.
- Ka jiid laastiiga bananaka ee agagaarka jirkaaga, adiga oo ku haynayo xusulka dhinacaaga.
- Si tartiib ah ugu laabo bilowga. Naso oo ku celi.

☐ Shoulder Internal Rotation:

- Attach the theraband or tubing at waist height.
- Stand or sit on a stool with arms at your sides.
- Hold the theraband in the hand closest to the side where the band is attached.
- With the elbow bent at 90 degrees and by your side, pull the theraband across the front of your body.
- Hold and then slowly return to the starting point. Relax and repeat.



☐ Wareejinta Gudaha Garabka:

- Ku lifaaq laastiiga ama balooniga dhirirka ma xogga.
- Ku joogso ama ku fariiso korsiga ku leh gacmaha dhinacyaha.
- Ku haay laastiiga gacanta u dhow dhinaca halka laastiiga ku lifaaqantahay.
- Iyo xusulka ku laaban heerka 90 iyo dhinacaaga, jiid laastiiga ee horida jirkaaga oo dhan.
- Qabo iyo kadib si tartiib ah ugu laabo barta bilowga. Naso oo ku celi.

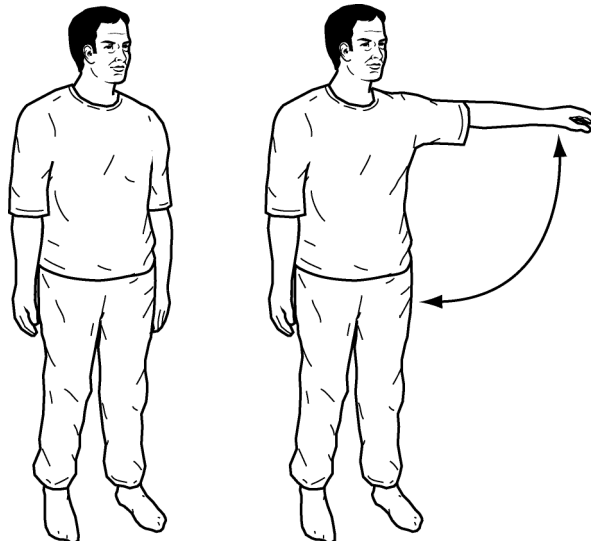
Without theraband or tubing

These two exercises are done without the theraband or tubing. As your shoulder gets stronger, your therapist may have you add light hand weights for these exercises.

- ☐ Stand with your arms straight down at your sides and palms facing in toward your body.

Raise your arm out to your side, turning your palm up as your arm reaches shoulder height. Do not go higher than shoulder height.

Hold. Then slowly lower your arm and relax. Repeat.



Iyada oo aan jirin laastiiga murqaha ama balooniga

Labadaan jimicsi waxaa la sameeyay iyada oo aan jirin laastiiga ama balooniga. Sida garabkaaga xoog u yeesho, dhaqtarkaaga jirka laga yaabo inuu kugu daro culeyska gacanta ee jimicsiyadaan.

- ☐ Ku joogso gacmahaaga oo hoos u toosan ee dhinacyadaada iyo calaancalahaaga ee wajahayo dhinaca wajigaaga.

Kor ugu qaad gacantaada dhinacaaga, wareejinta calaancashaada kore illaa gacantaada gaarto dhirirka garabkaaga. Ha aadin meel ka sareyso dhirirka garabka.

Haynta. Kadib si tartiib ah hoos uga dhig garabkaaga oo naso. Ku celi.

- Stand with your elbows to your side and thumbs up. Raise your arm to shoulder level slightly out from your body. Hold and then slowly bring your arm down. Relax and repeat.



- Ku joogso xusulkaaga ee dhinacaaga iyo suulka oo kor ah. Kor uga qaad gacantaada heerka garabkaaga wax yar markii laga reebo jirkaaga. Haay iyo kadib si tartiib ah hoos u keen gacantaada. Naso oo ku celi.