

Iyada oo la isticmaalayo Usha

Using a Cane

Walking with a Cane

1. Adjust the cane length so that when you are standing, the handle of the cane is at the level of your wrist.
2. Hold the cane on the side of your good leg unless your physical therapist has told you otherwise.



La socodka Usha

1. Sax baaxada usha si markaas marka aad taagantahay, xamilaada usha waa heerka ee curcurka.
2. Ka qabo usha dhinaca ee lugtaada wanaagsan illaa daaweyahaaga jirka uu kuu sheego haddii kale.

3. Begin by stepping forward with your injured or weak leg and cane, keeping the two in line with each other.



3. Ku bilow adiga oo horay ugu taagsanayo lugtaada dhaawacan ama tabarta daran iyo usha, joogteynayo labadaba oo isku leen ah.

4. Step forward with your good leg, bringing it ahead of your injured or weak leg and cane.

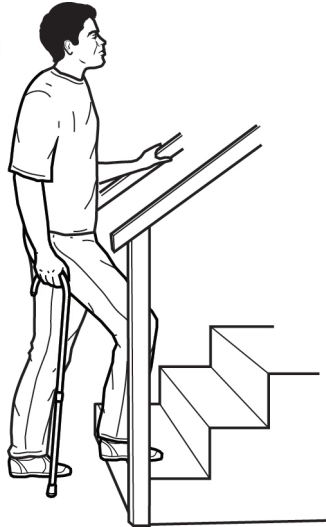


4. Horay ugu talaabso lugtaada wanaagsan, keenista horay ee lugtaada dhaawacan ama tababar daran iyo usha.

Going Upstairs with a Cane

Take your time and go slowly. Have someone stand behind you to help the first time.

1. Grasp the handrail with your free hand. Begin by raising your good leg up to the first step.

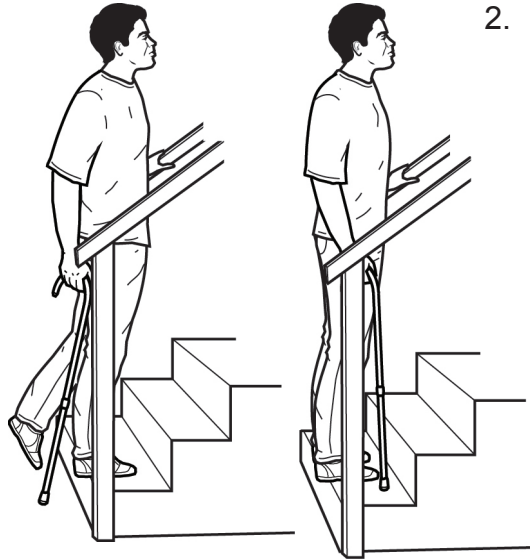


Ku aadista Jaranjarada Usha

Ku qaado waqtigaaga oo si tartiib ah u aad. Hayso qof gadaashaada taagan si aad u caawisid waqtiga ugu horeeyo.

1. Soo qabso gacan qabsiga ee gacantaada xorta ah. Ku bilow sare u qaadida lugtaada wanaagsan ee tallaabada koowaad.

2. Bring your injured or weak leg and cane together up to the same step. Keep your leg and cane in line with each other.

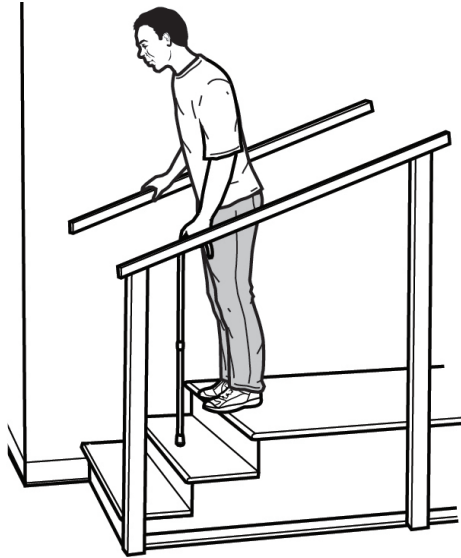


2. Keen lugtaada dhaawacan ama tabar daran iyo usha si wadajir ah illaa isku tallaabada. Joogtey lugtaada iyo usha ee isku leen ah.

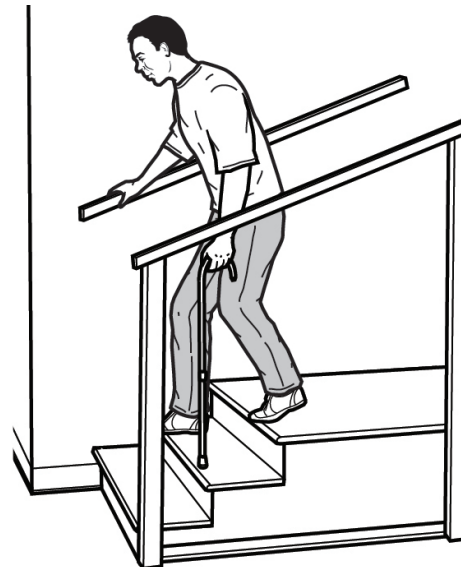
Going Downstairs with a Cane

Take your time and go slowly. Have someone stand in front of you to help the first time.

1. Put your feet near the steps and place your cane on the first step down.



2. Step down first with your injured or weak leg. Bring your good leg to the same step.



3. Repeat until you are at the bottom of the stairs.

Ku aadida Jaranjarada Usha

Ku qaado waqtigaaga oo si tartiib ah u aad. Hayso qof hortaada taagan si aad u caawisid waqtiga ugu horeeyo.

1. Saar cagtaada meel u dhow tallaabooyinka iyo meesha ushaada ee hoosta tallaabada koowaad.

2. Hoos ugu tallaabso marka koowaad lugtaada dhaawacan ama tabarta daran. Keen lugtaada wanaagsan isla tallaabada.

3. Ku celi illaa aad ka joogtid hoosta jaranjarada.

When using a cane to go up and down stairs, it is helpful to remember, **“Up with the good and down with the bad”**.

Marka aad isticmaaleysid usha si aad kor iyo hoos ugu aadid jaranjarooyinka, caawin ayay u leedahay in la xasuusto, **“Kor la aad mida wanaagsan iyo hoos mida xun”**.

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

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