

Foreign Language Title

Using a Walker

Walking with a walker

1. Lift the walker and place it at a comfortable distance in front of you with all four of its legs on the floor. This distance is often equal to an arm's length.



Ku socodka biraha

1. Qaad biraha oo dhig baaxad raaxo leh ee hortaada ah oo dhammaan afarteeda lugood dhulka. Baaxadaan waxay inta badan la mid tahay dhirirka garabka.

2. Move your injured or weak leg toward the walker first. If you have had surgery on both legs, use either leg to begin walking.



2. U dhaqaaji lugtaada dhaawacan ama tabar daran dhinaca biraha marka koowaad. Haddii aad qaliin ka martay labada lugoodba, isticmaal midkood lugaha si loo bilaabo socodka.

3. Then take a step with your good leg, bringing it ahead of the injured or weak leg.



3. Kadib la qaad tallaabada lugtaada wanaagsan, taas oo la keenayo lugta dhaawacan ama tabarta daran horteeda.

4. Repeat steps 1 to 3.

4. Ku celi tallaabooyinka 1 illaa 3.

Safety tips

- **Do not step too close to the walker because you may lose your balance.** There should be space between you and the walker at all times.
- **Hold your head up and look straight ahead.** Do not watch your feet. It is more tiring and you may run into something.
- **Walk slowly.**

Sitting with a walker

1. **Slowly** back up to the chair, bed or toilet until you feel it against the back of your legs.



2. Let go of the walker with one hand and reach back for the bed, chair arms or toilet seat, while sliding your injured or weak leg forward.



Tallooyinka badbaadada ah

- **Haku taagsan meel aad ugu dhow biraha sababtoo ah waxaad lumin kartaa dheelitirka.** Waa inay jirtaa booska u dhaxeeyo adiga iyo biraha oo marwalba ah.
- **Kor u haay madaxaaga oo toos horay u fiiri.** Ha dhaqin cagtaada. Aad ayay daal u tahay oo wax ayaad dulmari kartaa.
- **Si tartiib u soco.**

La fadhiga birihaaga

1. **Si tartiib ah** kor u laab korsiga, sariirta ama musqusha illaa aad ka dareentid inay ka soo horjeedo gadaasha lugaha.

2. Haku socdo biraha hal gacan oo gadaal ha u gaaro sariirta, korsiga garbaha iyo fadhiga musqusha, adiga oo u tuurayo lugtaada dhaawacan ama tababr daran.

3. **Slowly** lower yourself to the seat by leaning forward and keeping your injured or weak leg straight out in front of you. Go slowly so that you do not land heavy in the chair.



3. **Si tartiib ah** uga hooseey nafsadaada fadhiga adiga oo u seexanayo horida oo ku haynayo toos lugtaada dhaawacana ama tabarta daran meel ka baxsan hortaada. Si tartiib u aad si markaas aadan ugu dajin culeyska korsiga.

4. If you have had surgery on both legs, place both hands on the chair arms, bed or commode seat. Lower yourself to the seat and slowly walk both legs forward. Do not land heavy in the chair.



4. Haddii aad qaliin ka martay labada lugood, dhig labada gacmood korsiga garbaha, sariirta ama korsiga musqusha. Hoos u dhig nafsadaada korsiga iyo si tartiib ah horay ugu soco labada lugood. Haku dajin korsigoo culeys ah.

Stairs with a walker

Do not use your walker on stairs unless your physical therapist has instructed you and practiced this with you. Have someone help you on the stairs until you feel comfortable using your walker.

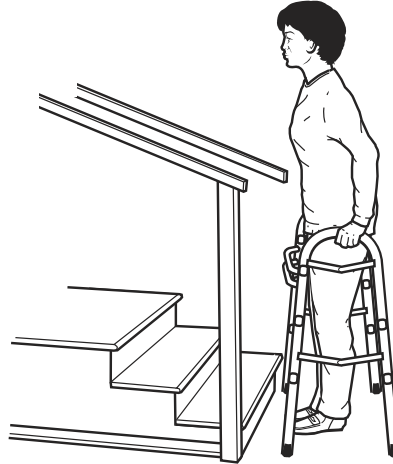
Jaranjarada iyo biraha

Ha u isticmaalin birahaaga jaranjarooyinka illaa uu kaaga tilmaamo dhaqtarkaaga jirka oo kula tababarto midaan adiga. Hayso qof kugu caawiyo jaranjarooyinka illaa aad raaxo dareento adiga oo isticmaalayo birahaaga.

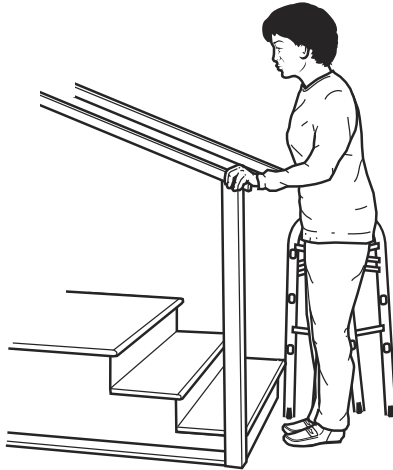
Going up stairs with a walker

When climbing stairs, start with your good leg going up, and start with your injured or weak leg going down. **Up with the good, down with the bad.** When going up and down stairs with a walker, you should have a sturdy handrail.

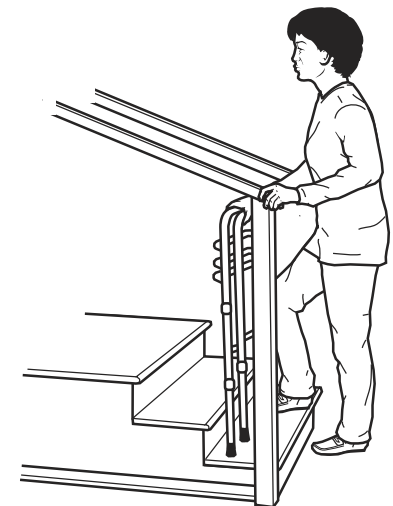
1. Walk up to the stairs and place your feet about six inches from the first step.



2. Fold the walker and place it in one hand. Place your other hand on the rail.



3. Lift the folded walker and set it to the back of the step. Step up first with your good leg.



Kor la aadida jaranjarooyinka biraha

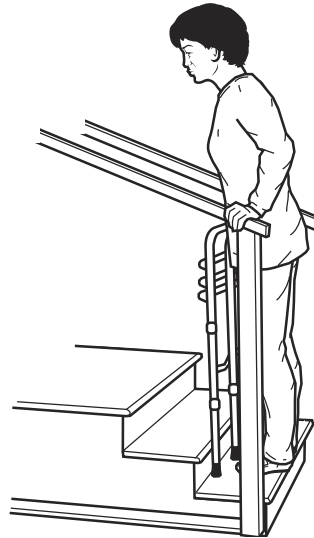
Marka aad fuuleysid jaranjarooyinka, ku bilow lugtaada wanaagsan inay kor aado, iyo ku bilow lugtaada dhaawacan ama tabarta daran inay hoos aado. **Kor mida wanaagsan, hoos mida xun.** Marka aad u socotid kor iyo hoos oo jaranjarada ee biraha, waa inaad lahaataa cuskushada adag.

1. Ku soco korka jaranjarooyinka oo dhig cagtaada qiyaastii lix inji ka bilow tallaabada ugu horeyso.

2. Laab biraha oo ku meeley hal gacan. Saar gacantaada kale leenka.

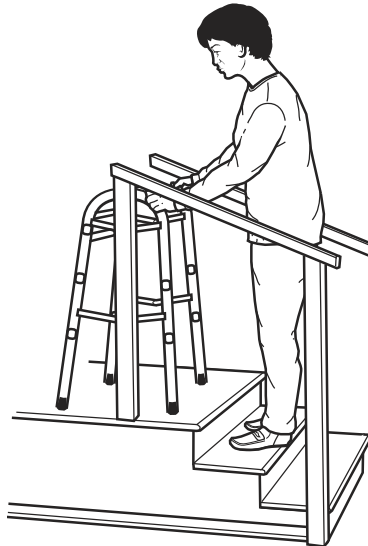
3. Qaad biraha laaban oo ku qaabey gadaasha tallaabada. Kor ugu tallaabso lugtaada wanaagsan.

4. Bring up your injured or weak leg.



4. Kor keen lugtaada dhaawacan ama tabarta daran.

5. At the top of the stairs, unfold the walker and set it on the landing. Make sure you hear the walker click into the locked position. Place both hands on the walker.



5. Dusha jaranjarada, isku laab biraha oo ku qaabey dagitaanka. Iska hubi inaad maqleysid qajacda biraha ee booska xiran. Ku qabo labada gacan biraha.

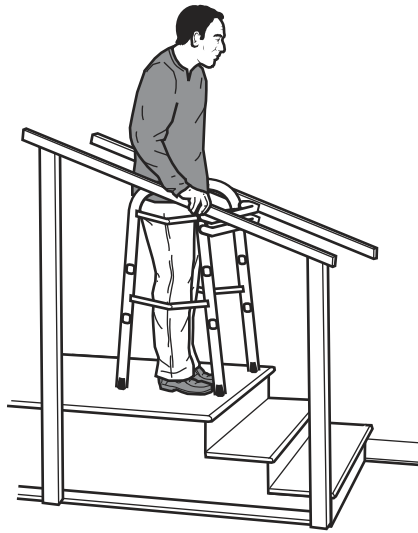
6. Step up first with your good leg, and then bring up your injured or weak leg.



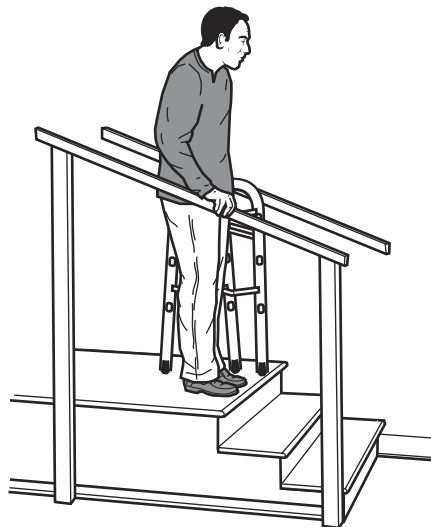
6. Kor ugu tilaabso kowdii lugtaada wanaagsan, iyo kadib kor keen lugtaada dhaawacan ama tabarta daran.

Going down stairs with a walker

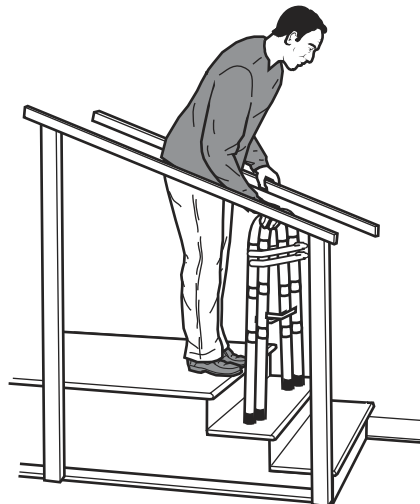
1. Walk up to the stairs and place your walker about two inches from the top step.



2. Fold the walker and place it in one hand. Place your other hand on the rail.



3. Set the folded walker down and near the front edge of the first step.



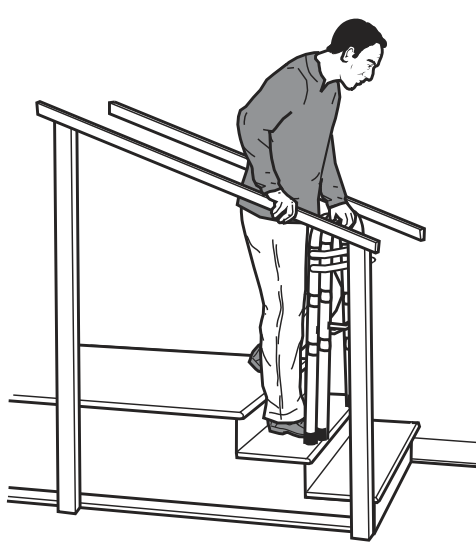
Hoos la aadida jaranjarooyinka biraha

1. Ku soco korka jaranjarooyinka oo dhig birahaagaa qiyaastii lix inji oo ka bilow tallaabada kore.

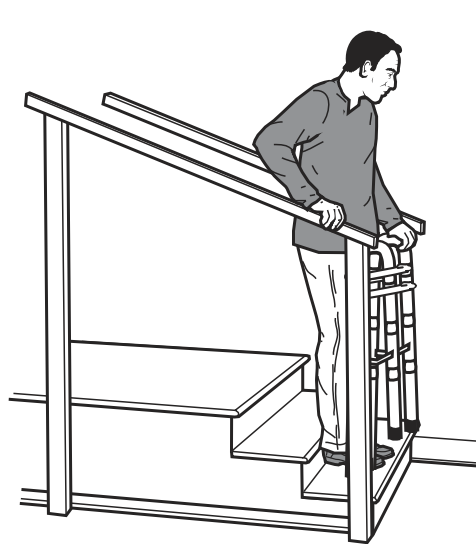
2. Laab biraha oo ku meeley hal gacan. Saar gacantaada kale leenka.

3. Hoos u daji biraha laaban oo u dhow horida geeska tallaabada ugu horeyso.

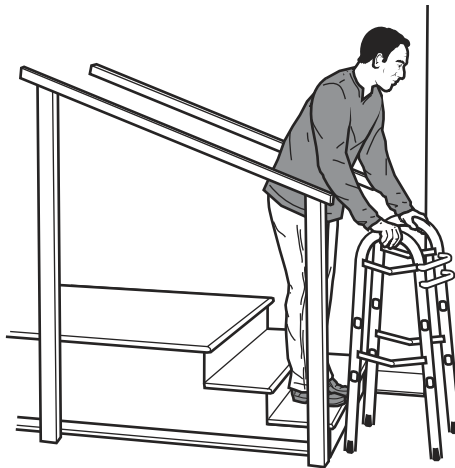
4. Step down first with your injured or weak leg, and then bring down your good leg.



4. Hoos ugu tilaabso marka koowaad lugtaada dhaawacan ama tabarta daran, iyo kadib hoos keen lugtaada wanaagsan.

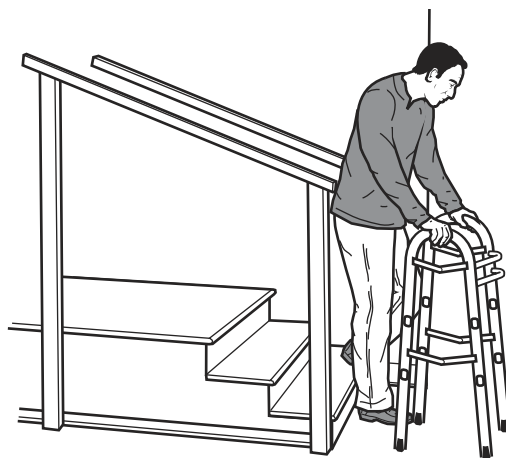


5. At the bottom of the stairs, unfold the walker and set it on the landing. Make sure you hear the walker click into the locked position.



5. Hoosta jaranjarada, isku laab biraha oo ku qaabey dagitaanka. Iska hubi inaad maqleysid qajacda biraha ee booska xiran.

6. Place both hands on the walker. Step down first with your injured or weak leg and then with your good leg.

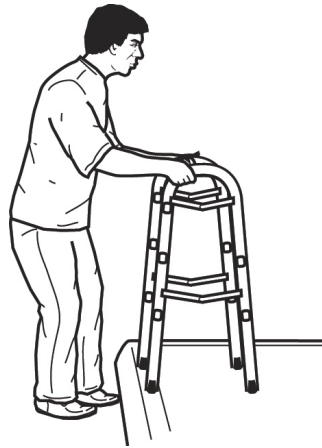


6. Ku qabo labada gacan biraha. Hoos ugu tilaabso marka koowaad lugtaada dhaawacan ama tabarta daran, iyo kadib lugtaada wanaagsan.

Going up a curb with a walker

Forward Method

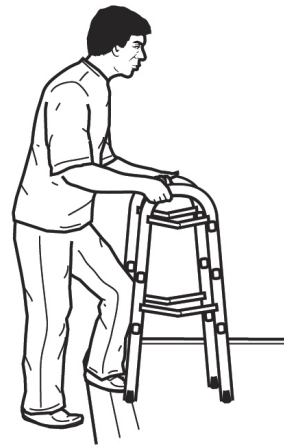
- Walk up to the curb.
- Put all four legs of the walker up on the curb.
- Push straight down on the walker when stepping up with the good leg.
- Step up with the injured or weak leg.



Kor la aadida marsho-biyeediga biraha

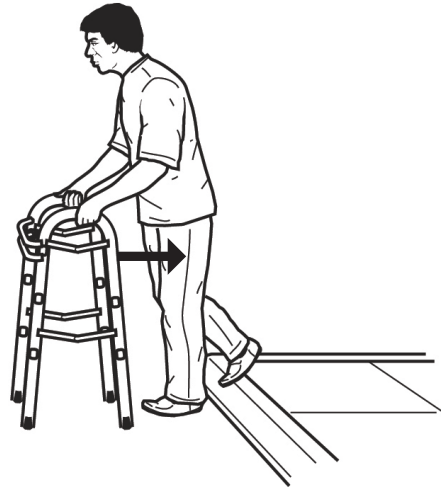
Qaabka Horay

- Kor ugu soco marsho-biyeediga.
- Dhig dhammaan afarta lugood ee biraha dusha marsho-biyeediga.
- U riix tooska hoose ee biraha marka kor ugu talaabsaneysid lugta wanaagsan.
- Kor ugu talaabso lugta dhaawacan ama tabarta daran.



Backward Method

- Walk up to the curb and turn so your back is to the curb.
- Step up on the curb with your good leg.
- Step up on the curb with your injured or weak leg.
- Lift the walker and put all four legs up on the curb.
- Turn back around carefully.



Qaabka Gadaalgadaal

- Ku lugey marsho-biyeediga oo leexo si markaas gadaashaada ay u wajaheyso marsho-biyeediga.
- Kor ugu tallaabso lugtaada wanaagsan.
- Kor ugu tallaabso lugtaada dhaawacan ama tabarta daran.
- Qaad biraha oo geli dhammaan afarta lugood dusha marsho-biyeediga.
- Gadaal ugu leexo si taxadar ah.

Going down a curb with a walker

Never go down a curb backwards.

- Walk up to the edge of the curb.
- Put all four legs of the walker on the ground below.
- Step down with your injured or weak leg, then your good leg.

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



Hoos la aadida marsho-biyeediga biraha

Marnaba ha u aadin hoosta marsho-biyeediga gadaalgadaal.

- Kor ugu soco geeska marsho-biyeediga.
- Dhig dhammaan afarta lugood ee biraha ee dhulka hoose.
- Hoos ugu tilaabso lugtaada dhaawacan ama tabarta daran, kadib lugtaada wanaagsan.

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