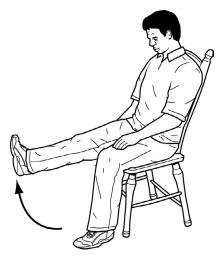
# Baaxada Jimicsiga Dhaqdhaqaaqa Lugta Shaqeyneyso: Fadhiga

**Active Leg Range of Motion Exercises: Sitting** 

Do these exercises times, times a day.	Sameey tababaradaan jeer, jeer maalintii.
Do only the exercises checked.	Samey kaliya jimicsiga la sameeyay.
Sit up with your feet on the floor.	Koe ugu fariiso cagtaada ee dhulka.

# □ Leg Extensions

Straighten your knee. Hold for 5 to 10 seconds. Slowly lower your leg then repeat.



# ☐ Kordhinada Lugta

Toosi jilibkaaga. Haay 5 illaa 10 ilibiriqsi. Si tartiib ah u yareey lugtaada kadib ku celi.

# ■ Marching

Keep your knee bent and lift your knee up. Slowly lower your leg then repeat.



#### □ Gaardiska

Ku haay jilibkaaga inuu qaloocnaado oo kor u qaad jilibkaaga. Si tartiib ah u yareey lugtaada kadib ku celi.

#### □ Toe Raises

Leave your heel on the floor and move your toes slowly up and down.



#### □ Suulka Kordhaa

Ku haay ciribtaada dhulka iyo oo si tartiib ah ugu dhaqaaji suulashaada kor iyo hoos.

#### ☐ Heel Raises

Leave your toes on the floor and slowly lift your heel up and down.



### ☐ Ciribta Korodhaa

Ku haay suulashaada dhulka oo si tartiib ah u qaad ciribtaada kor iyo hoos.



Push your feet straight down into the floor for 5 to 10 seconds as if you were going to stand up. Relax and repeat.

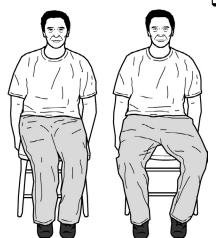


# ☐ Riixid Cagta

Riix cagtaada si toos ah hoos ee dhulka oo 5 illaa 10 ilbiriqsi sida adiga oo istaagi rabo. Isdaji oo ku celi.

#### ☐ Knees Out

Sit with both knees bent. Push both legs out and slowly return your legs to the center.



#### □ Jilbaha Banaanka

La fariiso labadi jilib oo qaloocan. U riix labada lugood banaanka iyo si tartiib ah ugu celi lugahaaga bartamaha.

#### □ Knees In

Sit with both knees bent. Place a pillow between your knees. Squeeze for 5 to 10 seconds.



## □ Jilibka gudaha

La fariiso labadi jilib oo qaloocan. Geli barkinta inta u dhaxeysojilbahaaga. Isku riix illaa 5 illaa 10 ilbiriqsi.

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