

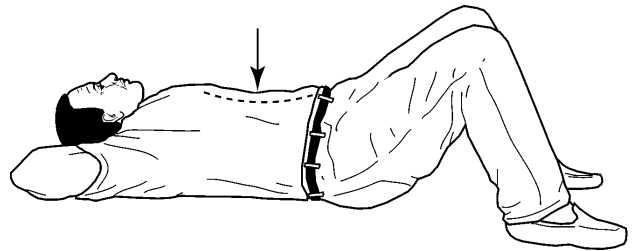
Exercises for Your Back

Most back pain is due to a lack of exercise or an injury. These exercises will help you move better and strengthen the muscles that support your back. Do the exercises slowly. If you have pain while doing these exercises, stop doing the exercises and talk to your doctor or physical therapist.

Lie on your back on a firm surface such as the floor or a mat. **Repeat each exercise _____ times.**

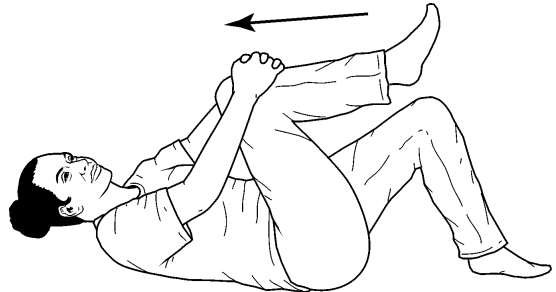
Pelvic Tilt

Tighten your stomach and buttocks. Push your lower back towards the floor. Hold for 10 seconds then relax.



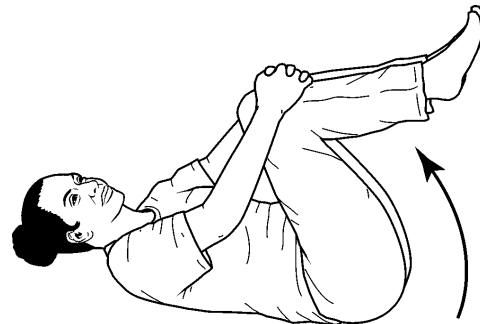
Knee to Chest

Pull one knee toward your chest until you feel a light stretch in your lower back and buttocks. Hold for 10 seconds then put your foot back down. Repeat this with the other knee.



Double Knee to Chest

Slowly bring both knees to your chest. Hold for 5 seconds and keep your back relaxed and flat on the floor.



Jimicsiga Dhabarkaaga

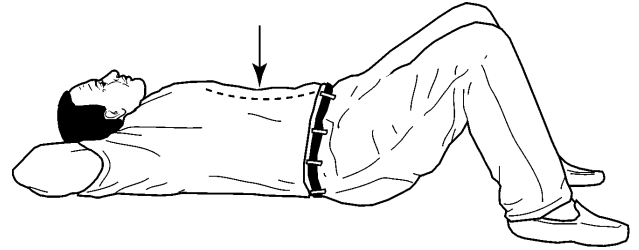
loogu talagalay

Dhabar xanuunka badankiisu wuxuu ka yimaadaa jimicsi la'aan ama dhaawac. Jimicsiyadaan waxay kaa caawin doonaan in aad si fiican u dhaqaaqdo ayna xoogganaadaan murqaha taageera dhabarkaaga. Jimicsiga si tartiib tartiib ah u samee. Haddii aad xanuun isku aragto inta aad jimicsiyadaan sameyneysid, jooji jimicsi sameynta ka dibna la hadal takhtarkaaga ama daaweeyaha jidh ahaaneed.

Dhabarka ugu seexo meel adag sida sagxad ama derin. **Jimicsi kasta ku soo cel-celi _____ goor.**

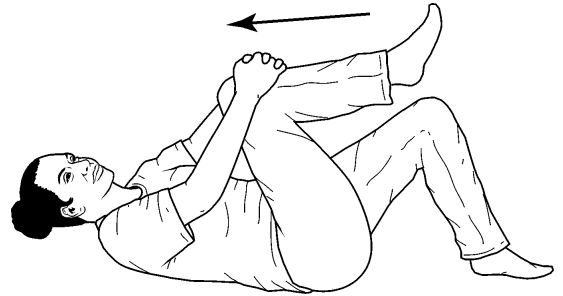
Calool soo Laabidda

Calooshaada iyo baryahaaga adkee. Dhabarkaaga dhinaca hoos xiga sagxada ku riix. Ku hay ilaa 10 il bidhiqsi ka dibna sii daa.



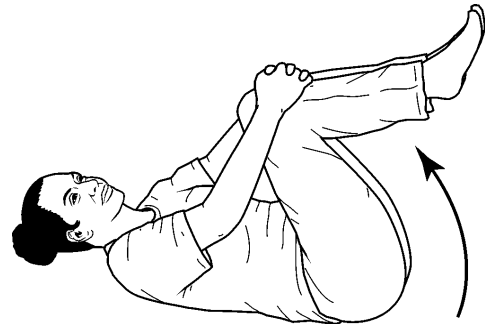
Jilibka Laabta xaggeeda u Laab

Hal jilib u soo jiid dhinaca laabta ilaa aad xoogaa kala jiidan ah ka dareento dhabarkaaga hoose iyo baryaha. Ku hay ilaa 10 il bidhiqsi ka dibna cagtaada dhulka dib u dhig. Jilibka kalena sidaas oo kale ugu soo cel-celi.



Labada Jilibba Laabta xaggeeda u soo Laab

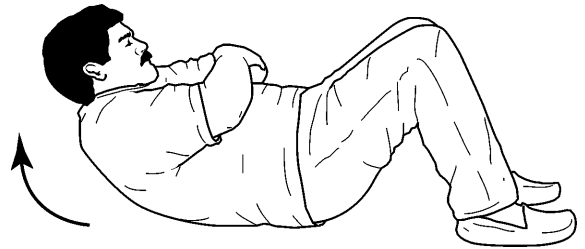
Si tartiib-tartiib ah labada jilib laabtaada ugu keen. Ku hay ilaa 5 il bidhiqsi ka dibna dhabarkaaga kala bixi oo ku kala fidi sagxada.



Excercises for Your Back. Somali.

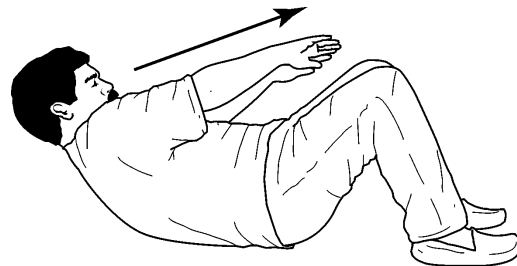
Curl Up

Bend your knees. Fold your arms across your chest and raise your shoulders until they come off the floor. Then slowly return to the starting position.



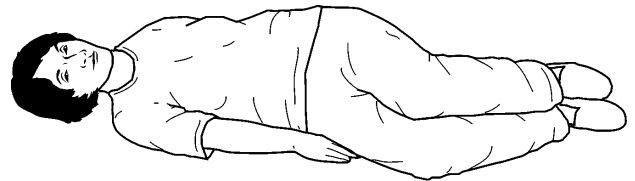
Diagonal Curl Up

With your arms held forward, lift your shoulders off the floor. Bring your right shoulder toward your left knee. Return to the floor. Then bring your left shoulder to your right knee.



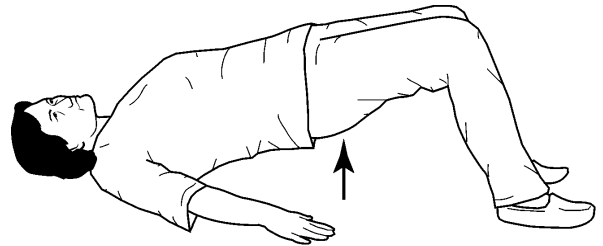
Hip Rolls

With your knees together, roll your hips slowly from side to side. Keep your shoulders on the floor.



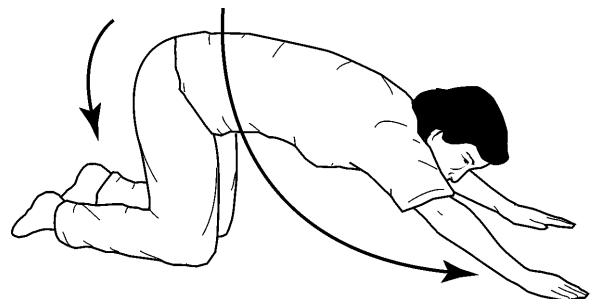
Bridge

Bend your knees and keep your feet flat on the floor. Lift your buttocks slowly up and then slowly return them to the floor.



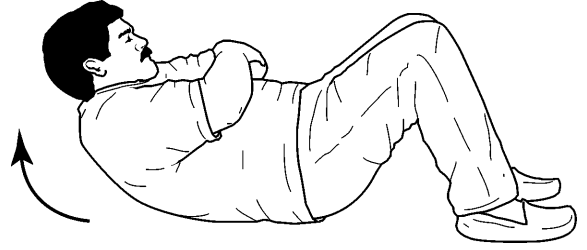
Low Back Stretch

On your hands and knees, push your chest toward the floor, reaching forward as far as you can. Sit back on your feet.



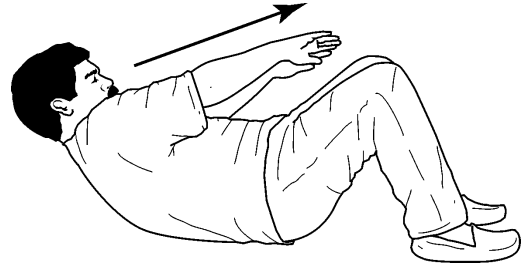
Kor isu Laabid

Jilbahaaga laab. Gacmahaaga ku soo laab laabta ka dibna garbahaaga kor u soo qaad ilaa sagxadda ka soo kacaan. Ka dibna si tartiib-tartiib ah meeshii aad ka soo billowday ugu noqo.



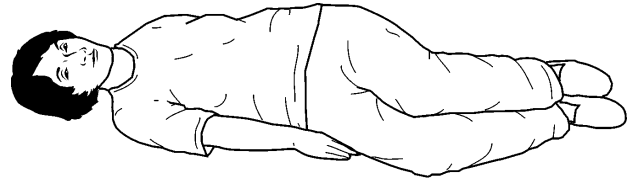
Kor isu Laabid Dadban

Iyadoo gacmahaagu ay horey u taagan yihiin, garbahaaga kor uga soo qaad sagxadda. Keen garabkaaga midig dhinaca jilibkaaga bidix. Sagxadda ku laabo. Ka dibna garabkaaga bidix u keen jilibkaaga midig.



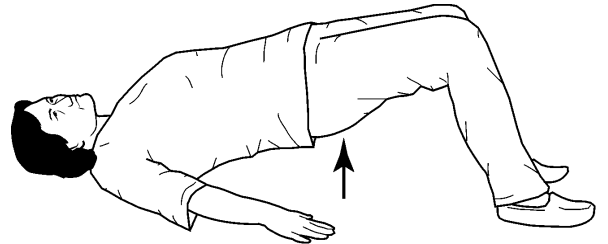
Soo Laabidda Miskaha

Iyadoo ay jilbahaagu wada jiraan, miskahaaga si tartiib ah uga soo lab dhinac ilaa dhinac kale. Garbahaaga sagxadda ku hay.



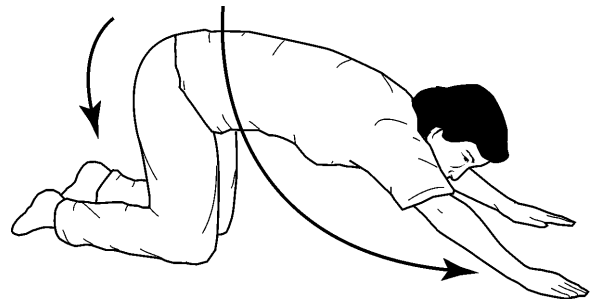
Buundo

Jilbahaaga laab cagahaagana sagxadda ku fidi. Badhyahaaga si tartiib ah kor ugu soo qaad ka dibna si tartiib ah sagxadda dib ugu celi.



Kala Bixinta Dhabarka Hoose

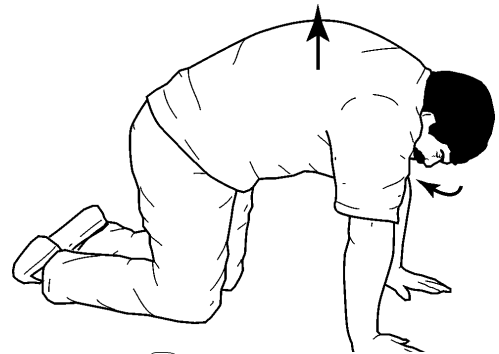
Gacmahaaga iyo jilbahaaga, laabtaada u riix dhinaca sagxadda, adigoo horey gaarsiinaya ilaa iyo inta aad awooddo. Cagahaaga gadaal ugu soo fadhiiso.



Excercises for Your Back. Somali.

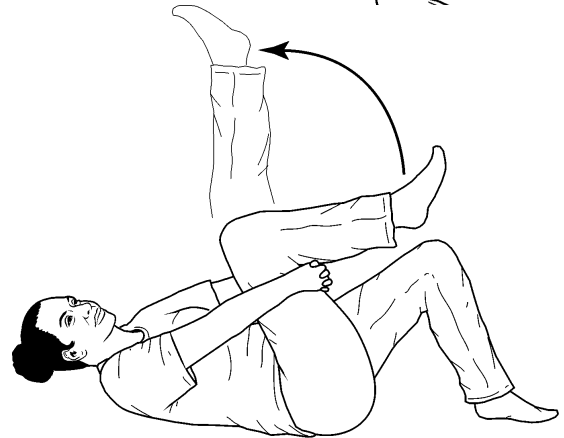
Cat Stretch

Start on your hands and knees. Tuck your chin in toward your chest and tighten your stomach muscles while arching your back.



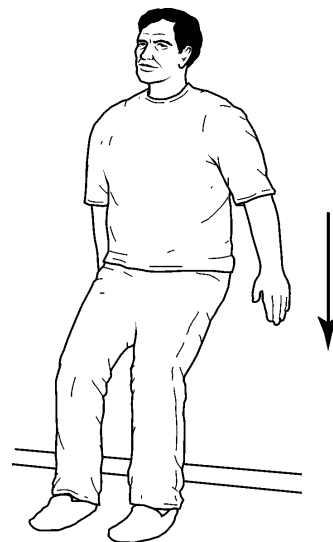
Hamstring Stretch

Lie on your back. Bend your hip and knee to 90 degrees. Then straighten your knee as far as possible. Repeat this exercise with the other leg.



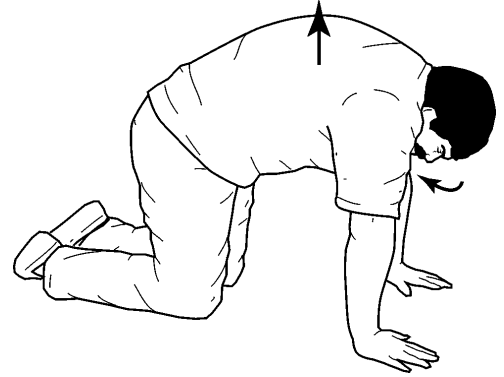
Wall Slide

Stand with your back against a wall and your feet about 12 inches or 30 centimeters from the wall. Bend your knees as you slowly lower your buttocks while sliding down the wall. Hold for 10 seconds.



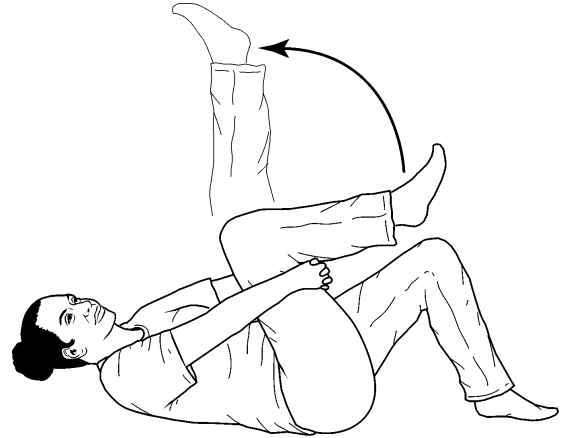
Is kala Bixinta Bisadda

Ku billow gacmahaaga iyo jilbahaaga. Garkaaga dhinaca laabtaada keen ka dibna murqaha calooshaada adkee adigoo markaas dhabarkaaga sidii qaanso oo kale u laabaya.



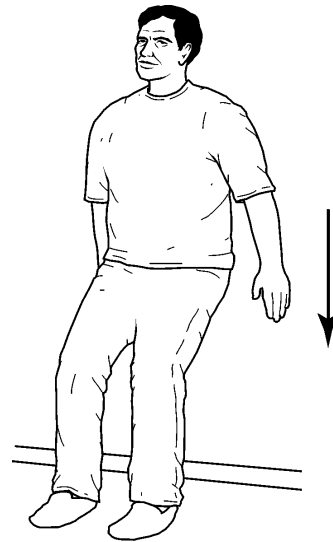
Kala Bixinta Seeda Lugta

Dhabarka u seexo. Misigtaada iyo jilibkaaga u soo laab 90 darajo. Ka dibna jilibkaaga toosi ilaa iyo inta suuragalka ah. Jimicsigaan lugta kale kula soo cel-celi.



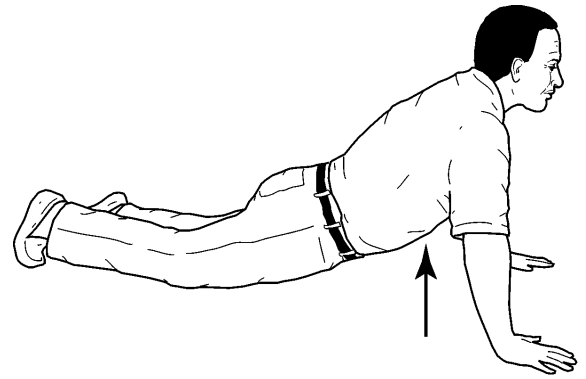
Derbi ku Siqid

Istaag iyadoo dhabarkaaguna uu derbiga saaran yahay cagahaaguna ay u jiraan ilaa iyo 12 inji ama 30 sentimitir derbiga. Jilbaha soo laab adigoo badhyahaagana hoos u soo dhigaya adigoo derbiga ku siqaya. Ku hay ilaa 10 il bidhiqsi.



Press Ups

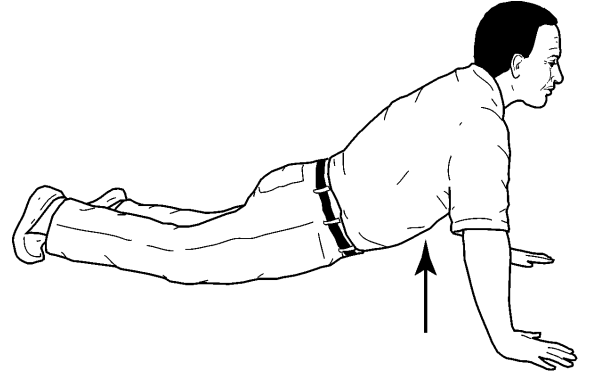
Lie on your stomach. Push up with your arms while keeping your back and stomach muscles relaxed. Keep a slight bend in your elbows.



Aerobic exercises are also needed to have a healthy back. Aerobic exercises such as walking or swimming should be done 3-4 times a week for 30-45 minutes. **Talk to your doctor before beginning any form of exercise.**

Kor isu soo Riixid

Caloosha u seexo. Kor gacmahaaga isugu qaad adigoo murqaha dhabarka iyo caloosha debcinaya. Xoogaa yar xusulka soo laab.



Jimicsiyada hawada leh ayaa sidoo kale loo baahan yahay si aad dhabar caafimaad leh u lahaato. Jimicsiyada hawada leh sida socoshada ama dabbaasha waa in la sameeyaa 3-4 goor toddobaadkiiba ilaa 30-45 daqiiqadood. **Takhtarkaaga la hadal ka hor inta aadan billaabin wax jimicsi ah.**

Exercises for Your Back. Somali.

1/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.