

# Active Range of Motion Exercises: Wrists, Elbows, Forearms and Shoulders

Repeat each exercise \_\_\_\_\_ times, \_\_\_\_\_ times a day. Do only the exercises that are checked.

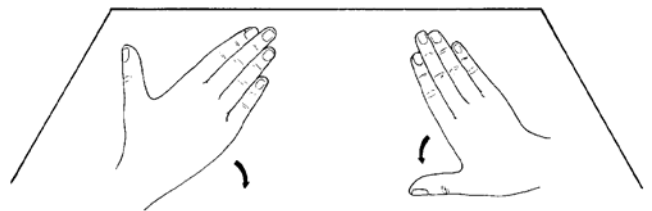
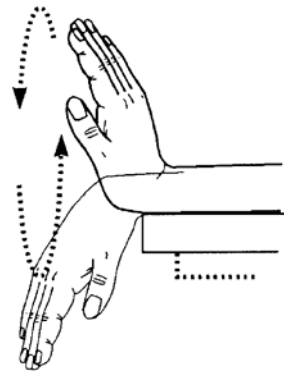
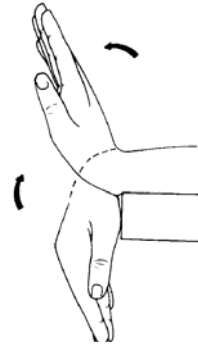
Do these exercises with:

- Both arms
- Right arm
- Left arm

## Exercises

### Wrists

- Rest your arm on a table and hang your hand over the edge. Slowly bend your wrist up and down.
- Rest your arm on a table and hang your wrist over the edge. Move your wrist in circles to the right and to the left.
- Put your arm with your hand, palm down, on the table. Move your hand toward the little finger side. Then move the hand toward the thumb side. Keep your arm still.



# Jimicsiyada meelaha dhaqdhaqaaqa: Curcuraha, Suxullada, dhudhumada iyo Garbaha

Ku celceli jimicsiyadan \_\_\_\_ goor, \_\_\_\_ goor maalintiiba. Samee jimicsiyada calaamadsan oo kaliya.

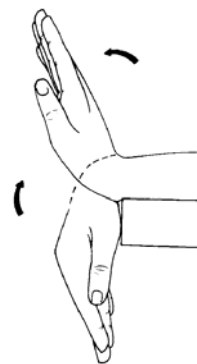
Ku samee jimicsiyadan:

- Labada gacmoodba
- Gacanta midig
- Gacanta bidix

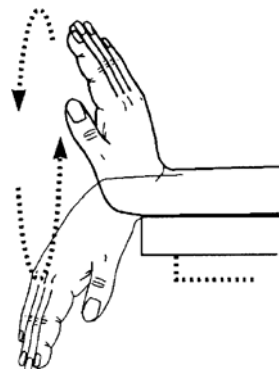
## Jimicsiyada

### Curcuraha

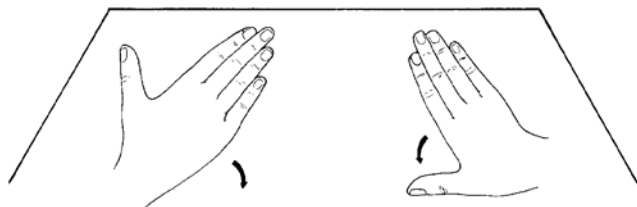
- Saar gacantaada miiska adigoo halka dhudhunku ku dhammaado ku beegaya miiska giftinkiisa. Curcuraha si deggan ugu dhaqdhaqaaaji kor iyo hoos.



- Saar gacantaada miiska adigoo curcurka ku beegaya miiska giftinkiisa. U dhaqdhaqaaaji si wareeg ah curcurka, min bidix ilaa midig.



- Saar gacantaada miiska iyadoo baabacadu hoos u jeeddo. U dhaqaaaji gacanta dhinaca faryarada. Haddana u dhaqaaaji dhinaca suulka. Dhudhunku yuu dhaqaaqin.



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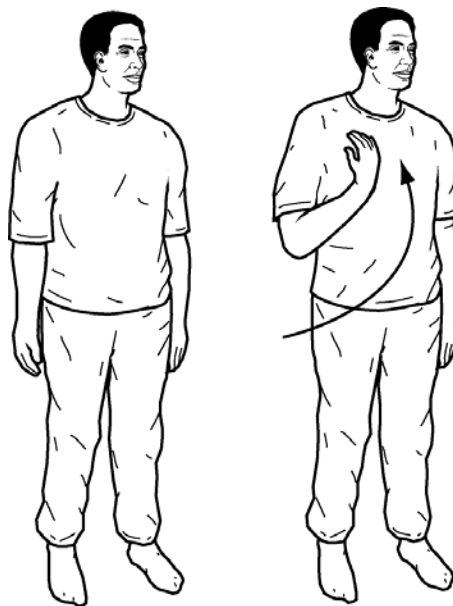
## Forearms

- Place your arm at your side with elbow bent and tucked in at your side. Turn your hand so that the palm faces up to the ceiling. Now turn your hand so that the palm faces down to the floor.



## Elbows

- Place your arm down at your side with elbow straight. Bend the elbow and bring your hand up to touch your shoulder.



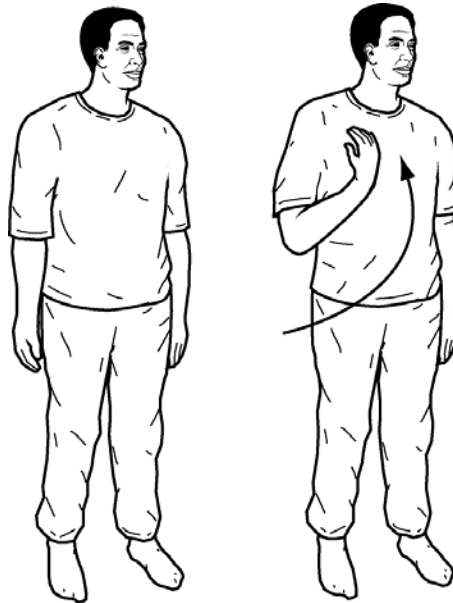
## Dhudhumaha

- Saar gacanta dhinacaaga adigoo suxulku ku laaban yahay. Wareeji gacanta ilaa baabacadu cirka eegto. Haddana wareeji gacanta ilaa baabacadu dhulka hoos u eegto.



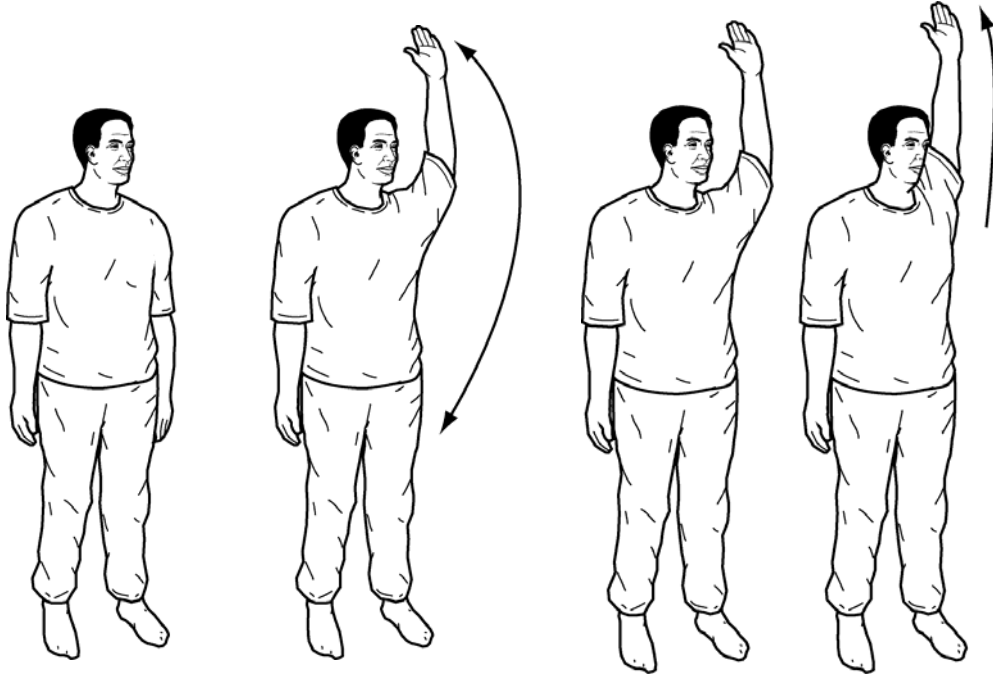
## Suxullada

- Hoos u dhig gacantaada oo suxulka oo kala furan ku dheji dhinacaaga. Soo laab suxulka deedna sare u qaad gacanta ilaa aad taabanayso garabkaaga.

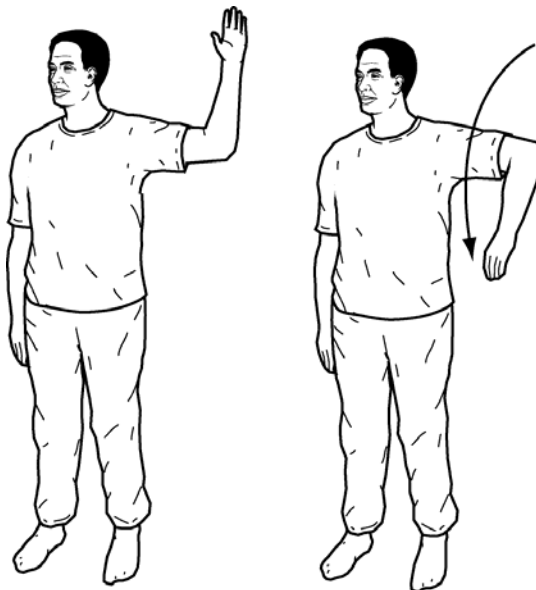


## Shoulders

- Place your arm at your side, palm turned in. Keep your elbow straight, and raise the arm up in front of your body and up toward the ceiling. Gently stretch your arm up then bring it down.

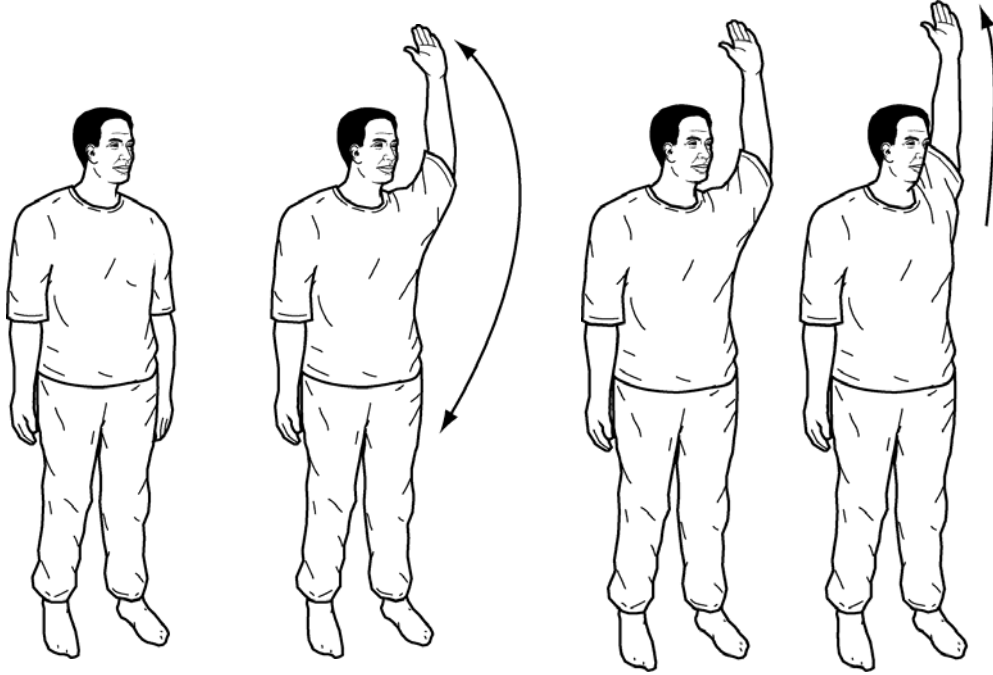


- With your arm at your side, palm facing in, raise your arm straight out to shoulder height. Bending the elbow, raise your hand up toward the ceiling, then down toward the floor.

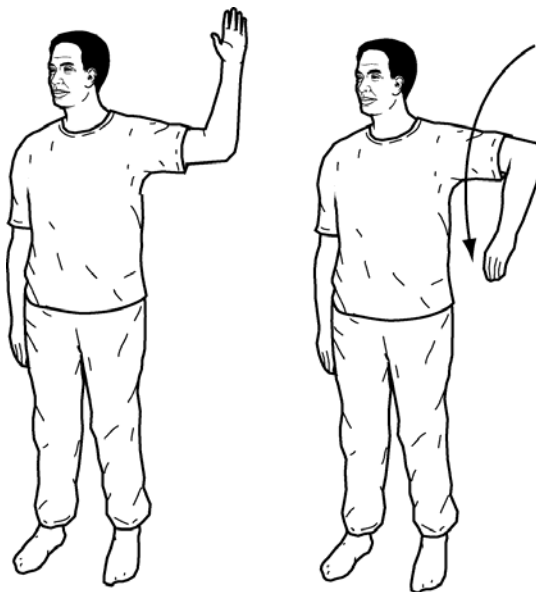


## Garbaha

- Ku qabo gacantaada dhinacaaga, iyadoo baabacadu hoos u jeeddo. Suxulkaaga oo toosan, gacanta sare u qaad ilaa adoo jidhkaaga la beegayana u jeedi cirka. Si deggan u kala bixi gacanta oo kolna sare u qaad kolna hoos u soo celi.

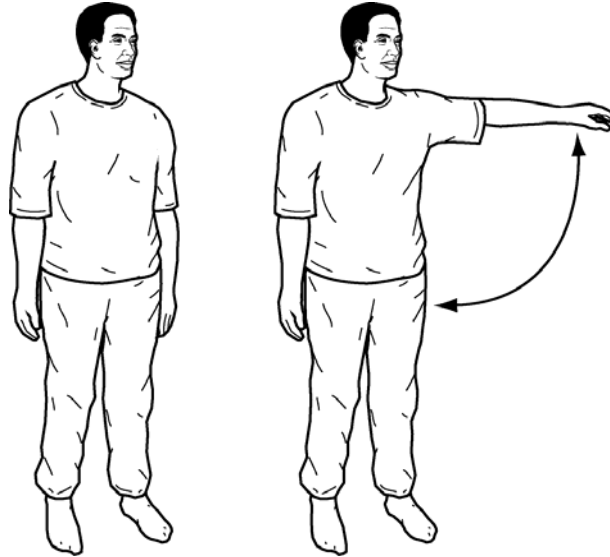


- Gacantaada oo ku xigta, oo baabacadu hoos jirto, sare u qaad gacanta oo toosan ilaa meel garabka la siman. Adigoo soo laabaya suxulka, sare u qaadoo cirka u jeedi gacanta, haddana dhulka u jeedi.



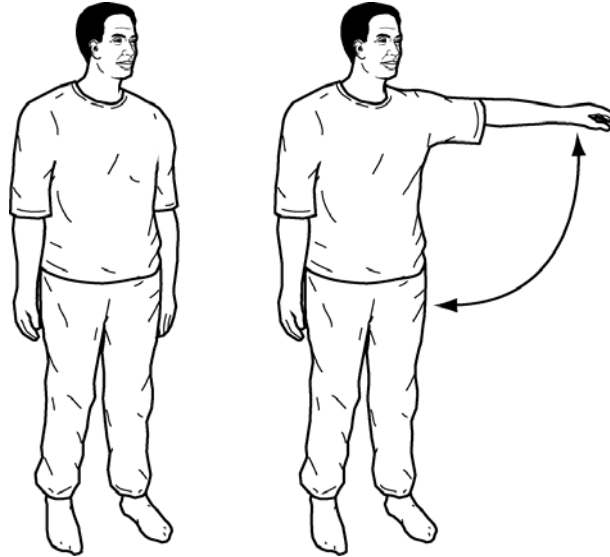
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- With your arm at your side, palm facing in, raise your arm straight out to the side, to shoulder height. Lower your arm to starting position.



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- Gacantaada oo ku xigta, oo baabacadu hoos jirto, sare u qaad gacanta oo toos u kala bixi, ilaa garabka la siman. Hoos u dhig oo ku soo celi halkii hore aad yar.



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