

Jimicsiyada Isku-duwida Daran ee Gacmaha



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Jimcaha hoos ku xusan samee. Jimc kastaaba samee _____ soo noqnoqosho, _____ jeer maalintii. Ku fadhiiso qaab wanaagsan.

Jimicsiyada

- Ku taabo caaradda farta dhexe aad sankaa iyada oo indhahaagu furan yihiin, ka dibna iyaga oo xiran.
- Ku taabo caaradda fartaada dhexe caarada farta dhexe ee gacanta kale.
- Laab hal xusul adigoo islamar ahaantaas fidinaya midka kale. Isku bedel gacmaha oo kordhi xawaaraha dhaqdhaqaaqa.
- Fur oo xir feyrkaaga gaanta midig. Ku celi gacantaada bidix. Kaddibna u kala bedel midigta iyo bidixda, adoo isku dayaya in aad xawaare kordhiso.
- Kala fidi farahaaga ka dibna si wadajir ah gacan kasta isugu dar.
- Samee "O" adoo fartaada caaraddood ku taabanaya suulkaaga. Far walba ku celi.
- Gacanta qaado oo garabkaaga ka soo horjeeda ku taabo. Dabadeedna waxaad taabtaa madaxaaga, sankaa iyo dhegtaada. Sidan si xawli ah u samee qaabkaas. Ku celi gacantaada kale.
- Isticmaal kubad tennis ama kubado yaryar oo kale. Boodbooti ama warwareeji kubada gacan ilaa gacan si aad u kordhiso xawaare iyo saxnaan. Kadibna isku day in aad isticmaashid hal gacan keliya inaad ku boodbootisid hoosna ka qabatid kubada. Dabadeedna isku day in aad ka soo qabato kubadda kor. Samee ilaa aad 10 jeer oo isku xigta ka qaban karto.
- Faraha ama gacmaha ku garaac miiska si aad miyuusik u sameysid oo iskuday inaad ilaaliso mawjada oo dooro heeso degdegsan wakhti kadib.
- Samee jimicsiga socodka shukumaanka:
 1. Saar shukumaan gacmeed ama shukumaan yar oo qubeys ah miiska hortaada yaala.
 2. Isticmaal gacantaada oo dhan ama hal far markiiba si aad ugu soo aruuriso shukumaanka hal gacan hoosteeda.
 3. Marka xigta, farahaaga wada isticmaal ama hal markiiba si aad iskaga riixdo shukumaanka ilaa shukumaanka ku soo laabto booskii hore.



Upper Extremity Coordination Exercises - Somali

Upper Extremity Coordination Exercises

Do the marked exercises below. Do each exercise _____ repetitions, _____ times a day. Sit with good posture.

Exercises

- Touch the tip of your index finger to your nose with your eyes open, and then with them closed.
- Touch the tip of your index finger to the tip of the index finger on the opposite hand.
- Bend one elbow while straightening the other at the same time. Switch arms and try to increase speed of movement.
- Open and close your fist on right hand. Repeat with your left hand. Then alternate between right and left, while trying to increase speed.
- Spread your fingers apart and then together on each hand.
- Make an “O” by touching the tip of your finger to your thumb. Repeat with each finger.
- Take your hand and touch your opposite shoulder. Then touch your head, nose, and ear. Do this rapidly in that order. Repeat with your other hand.
- Use a tennis ball or any other small ball. Bounce or roll the ball from hand to hand working to increase speed and accuracy. Then try to use just one hand bouncing and catching from underneath the ball. Then try to catch from the top of the ball. Work until you can catch 10 times in a row.
- Tap fingers or hands on table to music and try to keep rhythm and choose faster songs over time.
- Do the towel walking exercise:
 1. Put a hand towel or small bath towel on the table in front of you.
 2. Use your whole hand or one finger at a time to gather the towel up under your hand.
 3. Next, use your fingers together or one at a time to push the towel folds away from you until the towel is back to the starting position.

