

Ilmaha u oggolow in uu **caga-caddaado** muddada u horreysa marka uu istaagga barto kaddib. Murqaha seeduhu way xoogeystaan oo si fiican bay u koraan.

Baahida koowaad ee ay Ilmuhu u qabaan **kabo** waa In ay ka difaacaan qabawga, Kulaylka iyo waxyaalaha afka leh ee wax gooya.



Kabuhu waa in ay 1-1,5 cm cagta ka dheeraadaan ballac ahaanna cagta la ekaadaan. **Kabo cirib fiican leh** ayaa cagta si fiican u fadhiisin kara.

Caguhu waa kala duwan yihiin kabo walbana qaab gooni ah ayaa loo sameeyaa. Sidaas darteed ma wanaagsana in **kabo dhammaaday oo soo qalloocday** in la kala dhaxlo.

Tixraacyo:

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Cagaha ilmaha



somali versjon, brosjyren er utar beidet av fysioterapienheten i Trondheim kommune

Way kala duwan tahay oo qaarba waa si marka ay carruurta billaabaan in ay socdaan iyada oo aan la caawinayn. Carruurta norwiijiga ah kala bar ayaa socodka billaaba marka ay 13 bilood gaaraan.¹ Carruurta qaar baa socodka billaaba marka ay gaaraan 18 bilood.²

Qaabka socodka ee ilmuhu wuu is beddelaa marka ay sii koraanba. Caadiyan ilmuhu ma yeeshaan hab gaar ah oo ay socdaan ka hor inta aanay gaarin 7 sano.³



Cagaha ilmuhu aad ayay isu beddelaan laga billaabo marka ay dhashaan ilaa iyo inta ay korriinka ka dhammaysanayaan. Qalfooftu way kortaa murquhuna waa xoogaystaan. Xaglaha kala-goysyada miskaha, kuwa jilbaha iyo anqawguba waa is beddelaan marka uu ilmuhu sii koraba.⁴

Tusaale ahaan waxaad arkaysaa in carruurta ay da'doodu u dhexayso 0-1 sano in ay **hogfo leeyihiin (hjulbente)**, meesha kuwa jira 2-4 sano badankoodu ay **dalbo (kalvbente)** leeyihiin. Marka uu ilmuhu sii koroba dalbahaasi way sii yaraadaan.⁴

Ka hor inta aanay gaarin 3-4 sano carruurta badankooda waxaad mooddaa in ay "**cagtoodu siman tahay (plattfot)**",⁵ carruurta intaa ka waaweyn xataa way dhacdaa in taa oo kale lagu arko. Sinnaanta cagtu way sii yaraataa marka uu ilmuhu sii weynaadaba.⁵



Waa caadi in ilmuhu ay suulasha **soo laabaan (tær inn)**,⁶ taas oo looga jeedo in ay caguhu gudaha u jeedaan marka la socdo.



Cag siman iyo cagaha oo gudaha u jeeda midkoodna xanuun iyo dhib ma laha, caadiyanna uma baahna wax daaweyn ah.^{5,6}