

**Haddii taasi ay waxtari wayso, qiimayn darteed la xiriir  
aqoonyahanka jimicsiga ilmaha buka.**



Buugani yar waxaa soo saaray Golaha Isbahaysiga farsamayaqaanada muruqgoynka/jimicsiga bukaha ee dalka Norway ee daawaynta ilmaha - iyo dhallinyarada, la cusboniisay 2013, 2017 iyo 2019, 2022. Sawirka: Marit Bjørlykke.

#### **Tixraacyada:**

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Skjevt hode og favorittside, somali utgave, 2022. Faggruppen for barne- og ungdomsfysioterapi.



**NORSK FYSIOTERAPEUTFORBUND**

## **Skjevt hode og favorittside**

### **Madax qalloocan iyo dhinacyada la doorbido**

**Markii ilmaha ay jiifaa** sidii looga hortago dhimashada lamafilaanka ee dhallanka waxaa lagula talinayaa in <sup>1</sup>. Ilmaha dhallanka ah saacado badan ayay maalin kasta hurdan. Ilmaha qaarkood waxay jecel yihiin in ay u seexdaan iyagoo wejigooda hal dhinac ku abaaro. Ilmaha waxay badi ahaan u jeestaan dhinaca shanqarta, sida codka, wejiga ay garanayaan iyo codadka dadka. Lafaha ilmaha dhallanka ah way jilicsan yihiin waxaana qaabeeyo riixida madaxa ee jirka intiisa kale



2. . Haddii ilmaha mar kasta u jiifsadaan madaxa oo isku dhinac ah, wuxuu qaabkaas sababi karaa madax qalloocan iyo kala duwanaanshada dhinacyada iyo farqi dhinaca dambe ah oo u dhexeeya xoogga muruqyada qoorta iyo dhaqdhaqaaqa <sup>2</sup> . Taasoo loo yaqaano dhinaca la doorbiday.



**Markii ilmaha ay soo jeedaan** waa muhim booska ay u nugeleyaan sidii kor loogu qaado horumarka kartida dhaqaaqa jirka ee wanaagsan oona looga hortago dhinaca la doorbidayo. Waa muhim in ilmaha la siiyo fursad ay u jiifsadaan dhinaca caloosha, dhabarka iyo dhinacyada sidii ay ku helaan khibrado dhaqdhaqaaqa kala duwan. <sup>3</sup>.

## Sidee baa looga hortaga madaxa iyo qoorta qalloocan?

- Ilmaha si xeeladaysan qolka dhexdiisa ugu meeleeey, marka laga eego iftiinka, ilaha dhawaaqa iyo alaabta qolka. Ilmaha sii fursad u kolba labada dhinac madaxa dhigo.
- Markii ilmaha aad jirkaaga ku sido ama aad naas-nuujinayso/cunto siinayso kolba dhinac ku meeleeey, kana beddel halka u ku meelaysana.
- Sidii cunugga u helo noocyo kala duwan iyo kicin ka dhig madaxa sariirta kolba dhinac.
- Bilowga arrin sahlan ma ahan in ilmaha u seexdan dhinaca caloosha, sidaas awgeed waxaa maalin kasta wanaagsan in qaddar yar kolba dhinac loo seexiyo, sida tusaale markii xafaayadda laga beddelayo. Kaddib kolba inyar kordhi muddada ay u jiifsadaan dhinaca caloosha.
- Markii ubadkaaga u ku sugan yahay boos usan jeclayn waxaad siin kartaa inyar oo taageero ah adigoo gacmahaaga saara miskaha ubadkaaga ama ubadkaaga ka caawina in u dhudhuntiisa hoos dhigo. Ilmaha dhallanka ah waxaa lagu dhiirigeliyaa iyadoo wejigaaga u muuqdo.
- Sida loola qabsiiyo meelaynta ugu nugulsan awgeed waxaad ubadkaaga saari kartaa calooshaada adigoo isla markaas dhinaca dhabarka u jiifo.
- Dhinac ku meelaynta waa ku meelayn heer sare ah oo ku habboon ciyaar-carruureed iyo Isdhexgalka.



## Haddii madaxa ubadkaaga u qalloocdo oona u leeyahay dhinac u doorbido maxaa ka qaban kartaa?

- **Markii cunugga u hurdo** isku day inaad wejigiisa ka jeediso dhinaca u doorbido. Dhinaca u doorbido waxaad adigoo isticmaalayo shukumaan/buste, u dhigta sinta iyo garbaha hoostooda, sidaas ayaa miisaanka jirka oo idil ugu soo weecin kartaa dhinaca u doorbido, isagoo islamarkaas dhabarkiisa xiga dhinaca sariirta iwm.

- **Markii cunugga u soo jeedo**, ka feker bedbedelaadda dhinaca wejigiisa u jeedsan yahay <sup>4</sup>.

- Markii ilmaha aad garbahaaga ku sido: Ilmaha u ximbarso qaab madaxiisa aad ka weecinayso dhinaca u doorbido .



- Cunugga u ximbarso sidii dhinaca u doorbido u kugu soo jeedsado.
- Ubadkaaga u meeleeey qaab u ugu soo jeesto dhinaca u doorbido sidii adiga ku fiirsado ama u la socdo dhaqdhaqaaqista ama codka qolka.
- Gacanta u dhig fiirgaar-siinta ubadkaaga, waxaana siisa fursad u madaxiisa ku abaaro bartamaha iyo meel ka fog dhinaca u doorbido.
- Markii adiga iyo ubadkaaga isdhexgal ama ciyaar-carruureed samaynaysaan: adiga isku meeleeey dhinaca aad doonayso in ubadkaaga u madaxiisa u soo weeciyo, hadal, dhool cadeey iyo isticmaal walxaha carruurta ku ciyaaraan, sii ubadkaaga u hab firfircoon madaxiisa jihadaada u soo jeediyo awgeed. Haddii cunugga usan awoodi karin in madaxiisa u soo jeediyo ka caawin adigoo hab xasilan gacantaada isticmaalo.
- Sidii hoos loogu dhigo muddada riixida qaybta siman ee madaxa oona murqaha la xoojiyo, waa in maalin kasta ugu yaraan saddex jeer aad ubadkaaga siiso fursad u calooshiisa ku jiifsado. <sup>5</sup>