



NATIONWIDE CHILDREN'S®
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

Ku socoshada usha curyaanka

Crutch Walking (Somali)

Usha curyaanka waxaa loo isticmaali karaa in culayska looga yareeyo lugta ama cagta inta ay bogsanayso. Dhakhtarkaaga ayaa hubin doona mid ka mid ah tilmaamaha miisaanka ee hoos ku qoran:

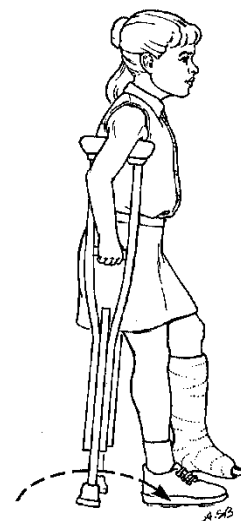
- ☐ Culeyska ka ilaalinta Meesha Dhaawaca ah (NWB) - Ha saarin **wax culays** ah lugta ama cagta dhaawaca ah.
- ☐ Dhulka ka ilaalinta Cagta Dhaawaca ah (TDWB) - Cagta waxaa la dhigi karaa dhulka si aad u yar, laakiin waa inaan **LA SAARIN** culeyska lugta.
- ☐ Saarista culeys qayb kamid ah meesha Dhaawaca ah (PWB) - Waxaa xoogaa culeys ah saari kartaa cagta.
- ☐ U dulqaadashada Culeyska qayb kamid ah (WBAT) - Lugtaada iyo cagtaada waxaad saari kartaa miisaan la eg inta aad xakameyn karto.



Sawirka 1 aad Si toos ah u istaag, garbahana dabci. Usha curyaanka ku qabo gacmahaaga. Waxad saartaa in ka badan dhirirka balaarka garabka. Meesha gacmaha loogu tala galay qabo. Suxulkaaga wax yar leexi. Lugta dhaawacan horay u bixi.



Sawirka 2 aad Usha curyaanka wax yar horay u wad adigoo ka hor marinayo lugta wanaagsan isla markaana dhawraaya dheelitirka lugtaada wanaagsan.



Sawirka 3 aad Ayadoo usha curyaanka ay taalo dhulka, ku riix gacmahaaga horayna uga bood lugtaada wanaagsan.

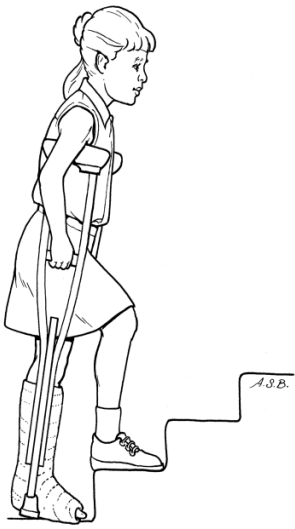
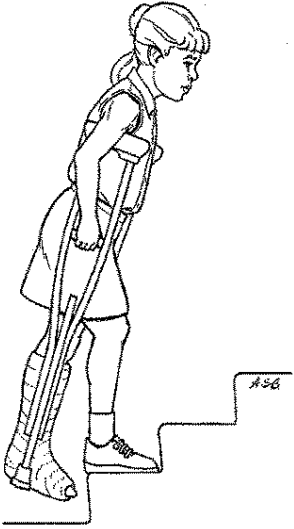
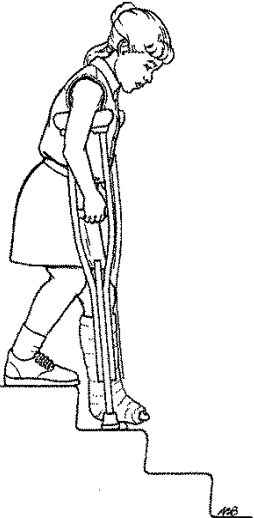
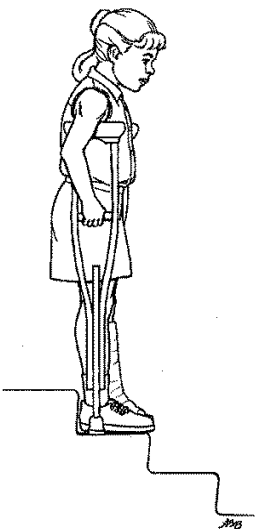
- Dhirirka usha curyaanka waa in la bedelaa/hagaajiyaa si loo helo meel banaan oo laba farood oo u dhexeeya kilkishada iyo gacanka usha curyaanka.
- Miisaankaagu waa inuu ahaadaa calaacasha gacmahaaga oo uusan ku dhicin kilkishada. Mar walba hoos ugu riix gacmahaaga. Iskuna day inaad isku tiirin dhanka kilkisha hoosteeda sababtoo ah waxay taasi keeni kartaa kabuubyo/dareen la'aan aad ka dareento gacmahaaga ama calaacashaada (Sawirka 1, 2, iyo 3 aad).
- Xaqiiji inaad haysatid talooyinka badbaado ee usha curyaanka oo hoos uga yaala usha. Talooyinka badbaadada waxay kaa ilaalinayaan inaad taraaraxdid. Hubi talooyinka badbaadada dhowr maalin kadib. Beddel warqadda talooyinka hadii duug ay noqoto.

Jaranjaro korid adigoo isticmaalaya usha curyaanka

Marka ad jaranjaro koreysid, lugtaada wanaagsan ku hor mari. Marka aad jaranjaro kusoo degeyso, isticmaal usha curyaanka, kadibna lugta dhaawacan (usha curyaanka mar walba waxay la jirtaa lugta dhaawacan). Tani waxay kaa caawineysaa inad xusuusatid: **“Mida wanaagsan Ku kor, Kuna deg Mida dhaawacan.”**

- **Si aad u fuusho jaranjarada:** Lugta dhaawacan iyo usha curyaanka dhulka ku reeb. Gacmahaaga hoos ugu riix kadibna qaad tallaabo adigoo isticmaalaya lugtaada wanaagsan. Kadibna kor u qaad lugta dhaawacan iyo usha curyaanka (Sawirka 4 iyo 5). Sidaas o kale samee tallaabo kasta.

- **Si aad u fuusho jaranjarada:** Jaranjarada dhankeeda u jeeso. Dhig usha curyaanka tallaabada kadibna saar lugtaada dhaawacan isla tallaabadas. Gacmahaaga hoos ugu riix. Jilibkaaga wanaagsan leexi si aad hoos isagu dhigto aadna u qaado tallaabada xigta. Hoos u deg adigoo isticmaalaya cagtaada wanaagsan (Sawirka 6 iyo 7). Sidaas o kale samee tallaabo kasta.

Kor	Hoos
Sawirka 4 Ku istaag lugtaada wanaagsan oo saar tallaabada koowaad kadibna lugta dhaawacan dhulka la saar usha curyaanka. 	Sawirka 5 Hoos ugu riix gacmahaaga. Kor u qaad lugtaada wanaagsan. 
Sawirka 6 Saar fiida hore ee usha curyaanka tallaabada hoose. Ku nasi lugta dhaawacan tallaabada hadii uu yahay Miisaan-hoos-u-dhigan mise Culays qayb ahaan ah. Culeyska ha saarin tallaabada hadii uu yahay Waxyaabaha aan miisaan lahayn. 	Sawirka 7 Hoos ugu riix gacmahaaga. Hoos isu dhig si ad u gaarto tallaabada jaranjarada xigta. 

Ka degidda mise koridda jaranjarada

Jaranjarada wad "kori" kartaa kana degi kartaa adigoo siqaya. Si loo ilaaliyo badqabkaaga, qof ha kaa caawiyo lugta jiran.

- **Si aad u "fuusho" jaranjarada:** Isa soo wareeji adigoo u soo jeesanaya ka degidda jaranjarada kuna fariiso jaranjarada hoose. Isticmaal gacmahaaga iyo lugta wanaagsan si aad u kortid jaranjarada, adoo tallaabo kasta mar qaada.
- **Si aad oga "degto" jaranjarada:** Fariiso adigoo u jeesanaya jaranjarada, kana durugsan tallaabada jaranjarada koowaad. Horay u dhaqaaq adigoo isticmaalaya gacmahaaga iyo lugta wanaagsan si aad hoos ugu dhigtid tallaabooyinka, midba mar.

Dabagalka

- Waa fikrad wanaagsan in waalidiintu ay la hadlaan dugsiga ilmahooda oo ay weydiyaan haddii ilmahooda la sii deyn karo 5 daqiiqo ka hor waqtiga fasalada si loogu ogolaado inay isu diyaariyaan fasalka xiga ama baska dugsiga.
- Wac dhakhtarkaaga ama Rugta Dhakhtarka Lafaha (614) 722-5175 si aad balan u qabsato.
- Haddii aad qabto wax su'aalo ah, weydii dhakhtarka ilkaha ee canugaaga ama kaaliyaha.