Dhabr-Xanuunku wuxuu keeni karaa culeys iyo cabsi. Wuxuu naga baajin karaa shaqooyinka iyo wakhtiga aan la qaadan lahayn ehelka iyo saaxiibadeen. Waxa kale oo laga yaabaa inay dadka ku dhaliso cabsi in ay waxbadan khaldanyihiin. Waa wax iska caadi ah in inta badan dadka aya dareemaan dhabarxanuun mar uun noloshooda.

(Fadlan hoosta ka eeg talooyinka ku saabsan goorta aad raadsaneysid gargaar deg deg ah.)

**Qabar wanaagsan**

Ma ogtahay in 95% dhabar xanuunka uu wax badan uu hagaago iskiisa labada todobaad ee ugu horreeya? Waxaa laga yaabaa inay qaadato ilaa laba bilood si aad u dareento gabi ahaanba xanuun la’aan. Cilmi baadhis ayaa lagu ogaaday in xanuunka darani uusan ka dhigneeyn dhawaac daran waxayna u badantahay in aad xanuunkan ku xakamayn karo caawimaad kooban

**Xagee ayaad caawimaad ka heli kartaa?**

**Waxaad leedahay doorar badan!** Marka aad dareento xanuun, in aad la xiriirto kuwan soo socda midkood ayaad ku heli caawimaada ugu degdegsan.



**Daaweeyaha Jireed**

Balamaha

**Insert customized information for your organization**

**Barnaamijka Caymiska**

Khadka kalkaalisooyinka 24-saac

**Insert customized information for your organization**

**Shaqada**

Barnaamijyada ee dhabar-xanuunka

**Insert customized information for your organization**

**Dhakhtar/Rugta Caafimaafdka**

Khadka kalkaalisooyinka

Fariin dir

Kulanka muuqalka

Balmaha

**Insert customized information for your organization**

**Lafopractor**

Balamaha

**Insert customized information for your organization**

**Maxaa ku caawin kara?**

|  |  |  |  |
| --- | --- | --- | --- |
| * Firfircoon samee (kuuma fiicna sariirta badan)
* Jimicsi aadan isku dhibeeyn
* Barafka ama kuleylka (oo midba mar aad isticmaasho)
 | * Xanuun baabi’yaha aan qorrinka dhaqkhtar u baahneyn oo aad qaadato muddo gaaban
* Hurdy wanaagsan
* La yareeyo walaaca
 | * Dhabrka oo aad toosiso mararka aad fadhido, wax qaadeeyso, ama aad jiifto
* Duugis dabacsan
* Kabo dabacsan (aan ciribta dheereeyn)
 | * Akubanjar
* Yooga
* Tai Chi
 |

Dib uga soo wardoon kooxda daryeelkaaga caafimaad labo todobaad kadib, ama ka hor hadii aad wax su’aal ah aad qabto. Xaaladaada la socodsii.

**Waxyaalaha ay u badanatahay in aysan waxba ka tari doonin?**

* Nasasho dheer
* Raajada lix todobaad gudahood(tusaale ahaan: raajooyinka CT-ga ama MRI-ga)

Weydii kooxda daryeelkaaga haddii raajadu lagama maarmaan tahay maadaama sababta dhabar xanuunka keentay aan badanaa lagu arki karin sawirka raajada.

* Daawada xanuunka oo xoogan

|  |  |
| --- | --- |
| **Xilligee haboon in aad raadsato kaalmada degdega ah:**  |  |
| * Hadii aad ka dareento tabardarri lugahaaga
* Hadii aad yeelato qandho
 | * Hadii ay kugu adkaato in aad xijisato kaadida ama saxarada
* Hadii aadan cagaha ku taagnaan Karin
 |