

Isticmaalka caynka

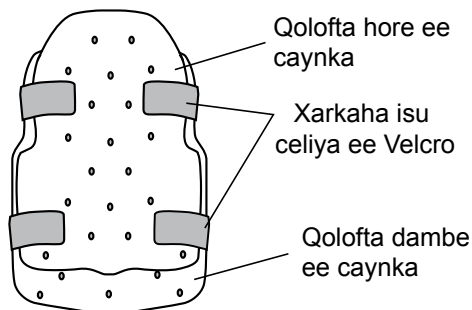
Applying the TLSO Brace



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Your doctor will tell you when to wear your brace during the day and for how long to wear it. Always wear a t-shirt under the brace to provide a barrier between your skin and the plastic and to absorb perspiration.



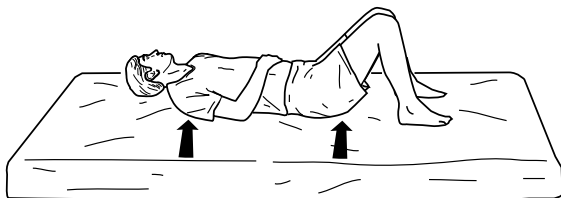
Takhtarkaaga ayaa kuu sheegi doona goorta aad xidhan doontid caynkaaga inta maalintii lagu jiro iyo muddada aad xidhaan doontid. Mar walba ka hoos xidho caynka garan si garanku u noqdo wax u dhexeeya maqaarkaaga iyo balaastiga iyo si uu u nuugo dhididka.

Steps

1. Move to one side of the bed by:
 - Using your arms and legs to move your hips over.

Or

 - Having a caregiver pull the drawsheet under you over to one side.



2. Roll to the opposite side of the bed almost onto your stomach:
 - Bend both legs by sliding your heels toward your buttocks.
 - Lower your knees and turn your hips and shoulders. Roll like a log. **Do not twist!**



Talaabooyinka

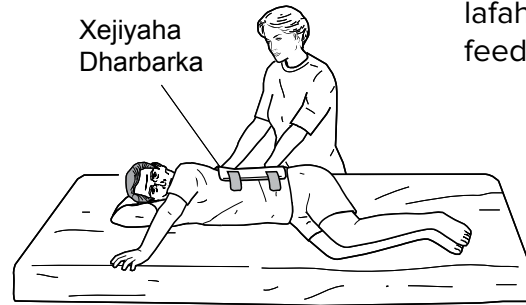
1. U dhaqaaq hal dhinac oo sariirta ah adiga oo:
 - Gacmahaaga iyo lugahaaga u isticmaalaya si aad u dhaqaajisid miskahaaga

Ama

 - Qof daryeele ahi go'a ha kaa soo hoos jiidoo isaga oo u jiidaya hal dhinac.

2. Isu soo rog dhinaca kale ee sariirta dhinaca calooshaadu soo xigto
 - Labada lugoodba soo laab adiga oo tartiib cidhbahaaga ugu jiidaya dhinaca badhidaada
 - Hoos u dhig jilbahaaga oo soo rog miskahaaga iyo garbahaaga. **Ha is maroojin!** Adiga oo dhan sidii loox hal mar is geddi.

3. The caregiver should position the back half of the brace. Make sure the waist indentations on the inside of the brace just above your hip bones and below your ribs.



3. Waa in daryeeluhu uu kugu xidho badhka dambe ee caynka. Waa inuu u hubsado in godadka dhexda (sinta) ee gudaha caynku ay wax yar ka sarreeyaan lafaha miskaha kana hooseeyaan lafaha feedhaha.

4. Hold the brace in place and log roll onto your back.

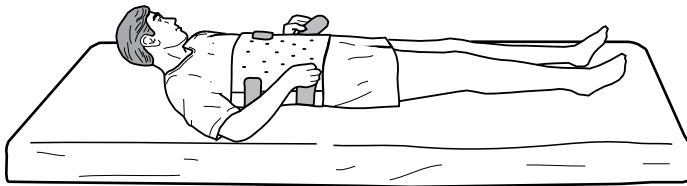
4. Ku hay caynka meesha ka dibna adiga oo dhan sida looxa u soo rog dhabarkaaga.

5. Position the front half of the brace:

- Front section should overlap the back section.
- Fully tighten both straps at the bottom of the brace on both sides.
- Fully tighten both straps at the top of the brace on both sides.
- Check to see that the front and back of the brace is aligned before getting up and adjust if needed.

5. Isku xidh badhka hore ee caynka

- Waa in qaybta hore dul fuushaa qaybta dambe.
- Si buuxda u adkee xarkaha isu celiya ee dhinaca hoose ee caynka labada dhinacba.
- Si buuxda u adkee xarkaha isu celiya ee dhinaca hoose ee caynka labada dhinacba.
- Hubi in caynku toosan yahay ka hor inta aadan istaagin haddii loo baahdana hagaaji.



6. Getting out of bed

- Log roll onto your side.
- Drop your legs over the side of the bed and push yourself up to a sitting position.



6. Ka degidda sariirta

- Adiga oo dhan sidii loox isu soo rog dhinacaaga.
- Ka soo laalaadi lugahaaga dhinaca sariirta sarena isu qaad si aad u fadhiisato.

7. Getting into bed

- Sit on the side of the bed and lean down on your elbow and forearm.
- Lift your legs up onto the bed, staying in the side-lying position.
- Log roll from your side onto your back.



7. Fuulidda sariirta

- Fadhiiso dhinaca sariirta oo isku taageer xusulkaaga iyo cududdaada.
- Lugahaaga kor sariirta u soo saar, adiga oo aan ka dhaqaaqin dhinaca jiifka.
- Adiga oo dhan sida looxa oo kale dhabarka isu rog.

Things to remember

- Do not expect to be able to move in all directions or sit in all types of chairs. The brace is designed to limit certain motions and positions.
- If you have redness in one area of your skin, call your orthotist, so they can make changes to your brace. Redness over a large area of skin and pink color is usually normal.

Waxyaabaha la rabo in la xusuusto

- Ha filan inaad awooddid inaad isu dhaqaajisid jiho kasta ama aad ku fadhiisatid nooc kasta oo kursi ah. Caynka waxaa loogu talagalay in lagu yareeyo dhaqaaqa iyo meel ku fadhiisashada qaarkeed.
- Haddii aad qabtid guduud meel ku kooban, wac taageero yaqaankaaga (orthotist) si ay wax ka beddelid ugu sameeyaan caynkaaga. Guduud ku yaala aag weyn oo ah maqaarka oo midabkiisu casaan yahay badanaa waa iska caadi.

Applying the TLSO Brace. Somali.

Ia hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad ka qabto wax su'aalo ah daryeelkaaga.

Laybareeriga keydka xogta caafimaadka ayaa kuula diyaar ah inuu kaa caawiyo wixii kale oo xog caafimaad ah, ee (614)293-3707 ama e-mail: health-info@osu.edu.