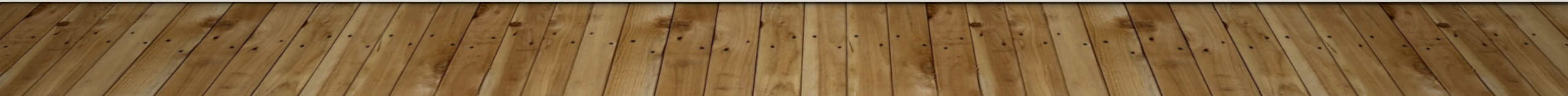


የቀሰታ እንቅስቃሴ ለአንድ ትከሻ

PASSIVE RANGE OF MOTION FOR ONE SHOULDER



ለ HCA ክህሎት መከራ

ይህ እንክብካቤ በሚሰጥበት ወቅት ደንበኛው አልጋ ላይ ይተኛል።

ደንበኛ ለመራመድ መርዳት - ይህን ክህሎት በተሳካ ሁኔታ ለማሳየት የሚከተሉት ያስፈልጋሉ፡

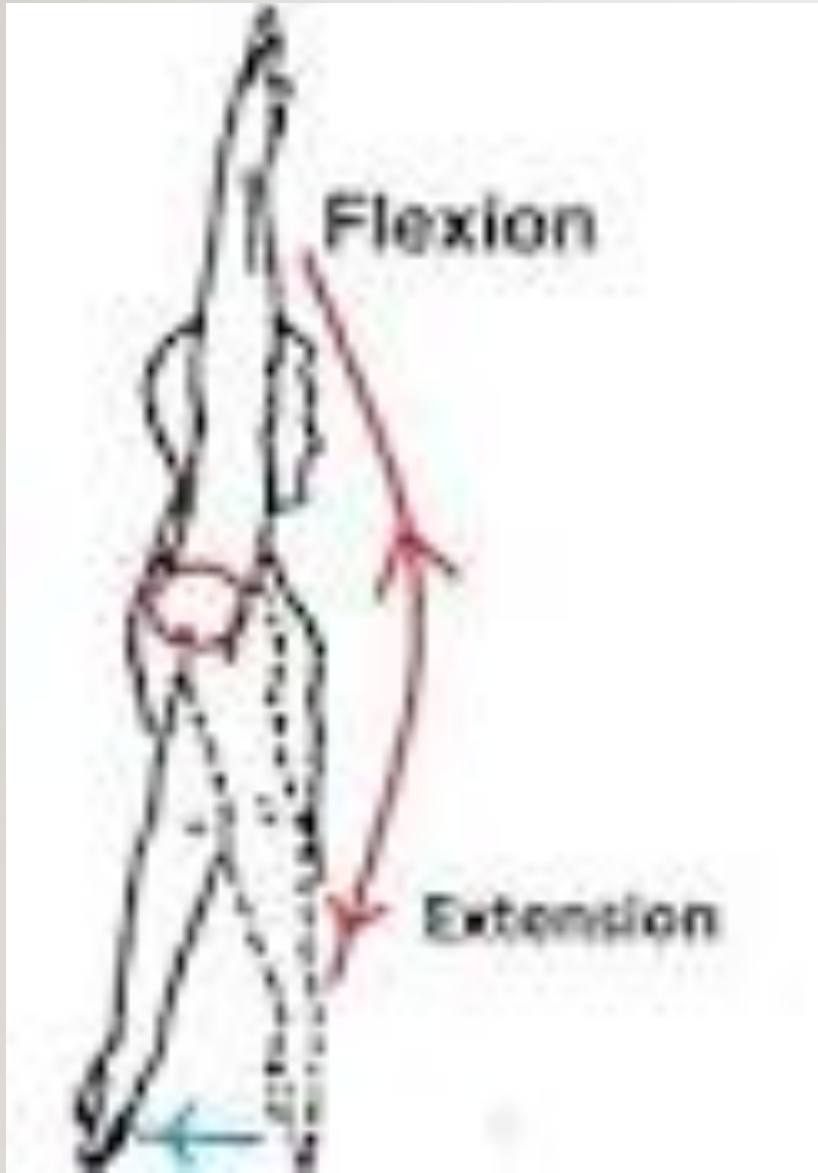
- የ S.W.I.P.E.S.(supplies, wash hangs, Identify yourself, privacy, scan the area) የግንኙነቶች / የደንበኞች መብቶች እና የተለመዱ የእንክብካቤ ልምዶች ይጠቀሙ
 - ተስማሚ መሳሪያዎችን ያስባስቡ
 - እጅን መታጠብ
 - እራስዎን ይለዩ (Identify yourself)
 - ግላዊነትን ይስጡ (provide privacy)
 - ለታካሚው ሂደቱን ያብራሩ

በሚከተሉት የሰውነት እንቅስቃሴዎች ውስጥ እጅ እና እግር በሚረዳበት ወቅት፣ በጋር በርጋታ፣ በቀስታ፣ እና ለስለስ በማድረግ በእንቅስቃሴዎች በሙሉ እስከሚያስቸግርበት ቦታ ድረስ ያንቀሳቅሱ። ህመም ከተሰማ ያቁሙት

በእንቅስቃሴዎች በሙሉ ደንበኛውን የምቶታቸውን ደረጃ ይጠይቁ ህመም ከተሰማ ያቁሙት



- ለትከሻ የተለያዩ እንቅስቃሴዎችን በሚሰራበት ወቅት፣ የደንበኛውን ወገብ እና ክንድ ስር በመያዝ ይደግፉ



የትኩሻ መታጠፍ / ማራዘሚያ

SHOLDER FLEXION AND
EXTENSION

የተስተካከለውን የደንበኛ ክንድ ወደ ጣሪያ ያንሱ፤ ወደ አልጋ ራስጌ (HOB) እንደገና ይመለሱ እና ከዚያም ወደ ጠፍጣፋ ቦታ ይመለሱ፤ ይህ አንድ ድግግሞሽ (የትክክ መታጠፍ / ማራዘሚያ) ነው። ቢያንስ ሦስት (3) ጊዜ ይደግሙት

(1)



የተስተካከለውን የደንበኛ ክንድ ወደ ጣሪያ ያንሱ፤ ወደ አልጋ ራስጌ (HOB) እንደገና ይመለሱ እና ከዚያም ወደ ጠፍጣፋ ቦታ ይመለሱ፤ ይህ አንድ ድግግሞሽ (የትክክ መታጠፍ / ማራዘሚያ) ነው። ቢያንስ ሦስት (3) ጊዜ ይደግሙት

(2)



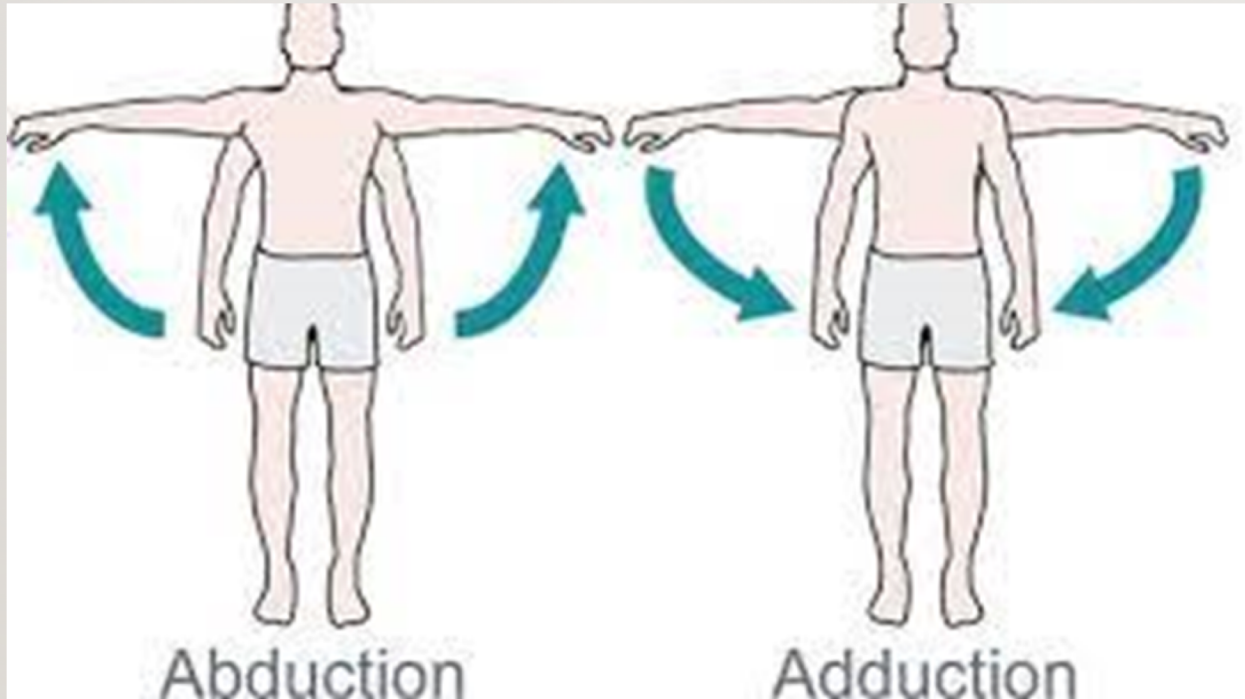
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(3)



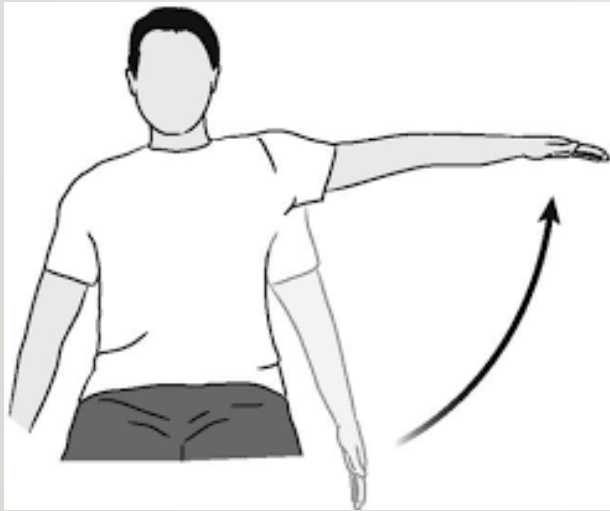
የትኩሻ መያዝ / መጨመሪያ

SHOULDER ABDUCTION AND ADDUCTION



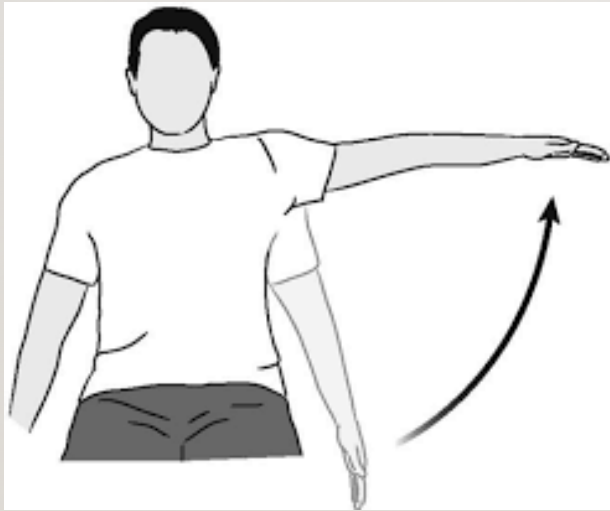
የደንበኛውን የተስተካከለ ክንድ ከሰውነቱ ጎን በማንሳት ወደ HOB ያንቀሳቅሱ እና የደንበኛውን የተስተካከለ ክንድ ወደ የደንበኛው አካል ይመልሱ፤ ይህ አንድ ድግግሞሽ (የትከሻ መያዝ / መጨመሪያ) ነው። ቢያንስ ሦስት (3) ጊዜ ይድገሙት

(I)



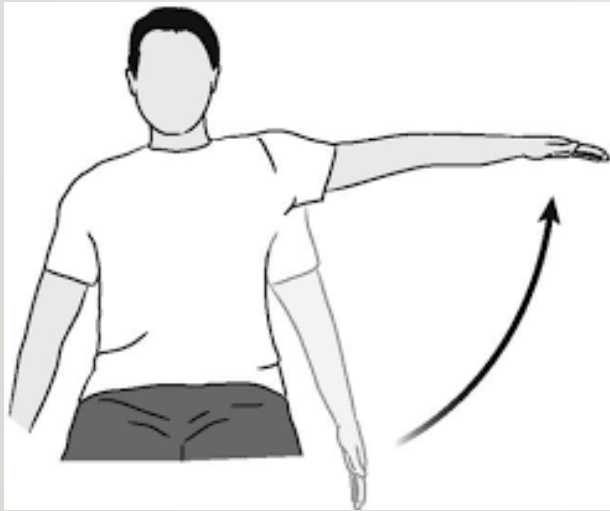
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(2)



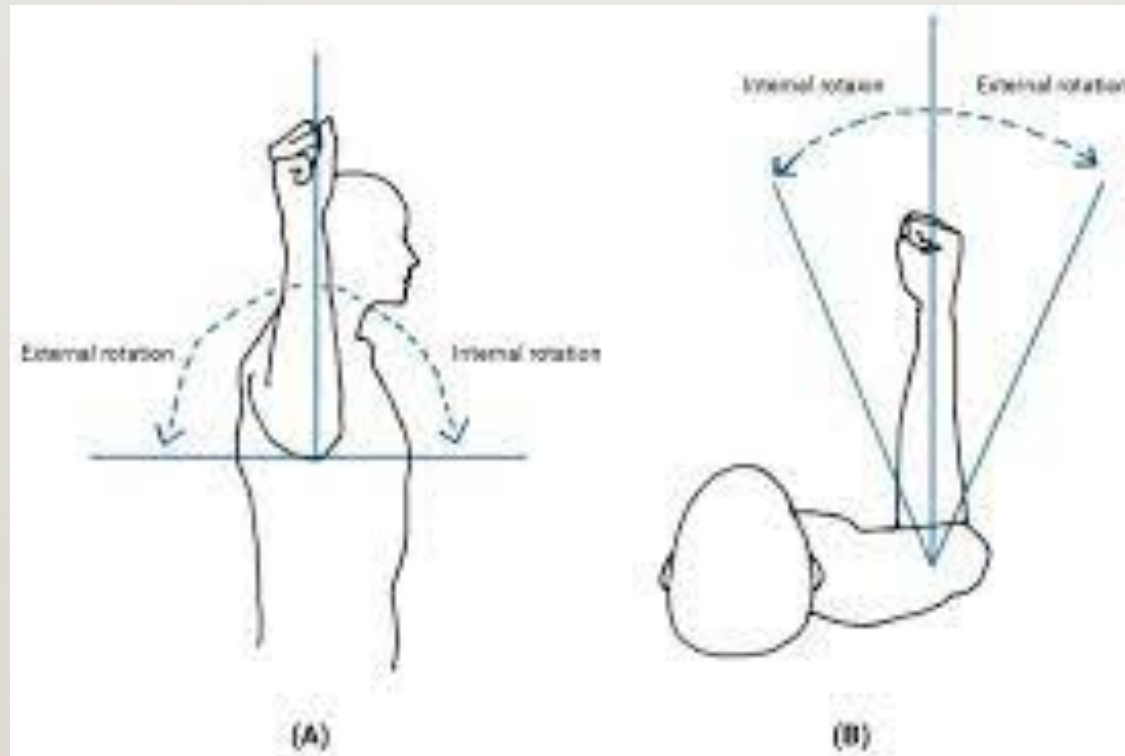
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(3)



ክንድ

SHOULDER ROTATION



በደንበኛው የትከሻ ደረጃ የደንበኛን ተጣጣፊ ክርን ያስቀምጡ፤ ከንድ ወደ HOB ያዙሩ እና ከንድዎን ወደ ታች ወደ ዳሌ ያዙሩ። ቢያንስ ሦስት (3) ጊዜ ይደገሙት

(1)



በደንበኛው የትከሻ ደረጃ የደንበኛን ተጣጣፊ ክርን ያስቀምጡ፤ ከንድ ወደ HOB ያዙሩ እና ከንድዎን ወደ ታች ወደ ዳሌ ያዙሩ። ቢያንስ ሦስት (3) ጊዜ ይደገሙት

(2)



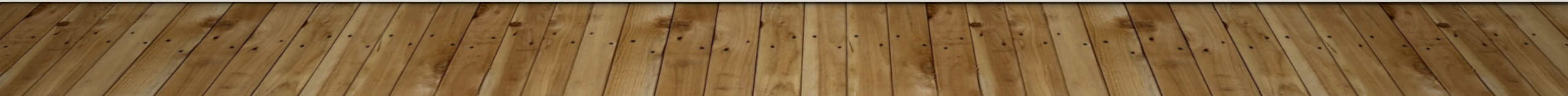
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(3)



አቅርቦቶችዎን ያስቀምጡ. ከመሄድዎ በፊት ደንበኛቻቸው
የሚፈልጓቸውን ማንኛውንም ነገር የጥሪ ብርሃን ይሰጡ።

እጅን ይታጠቡ



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