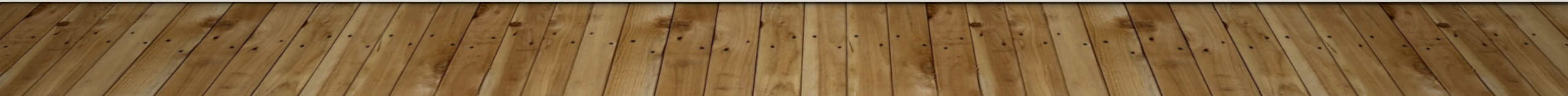
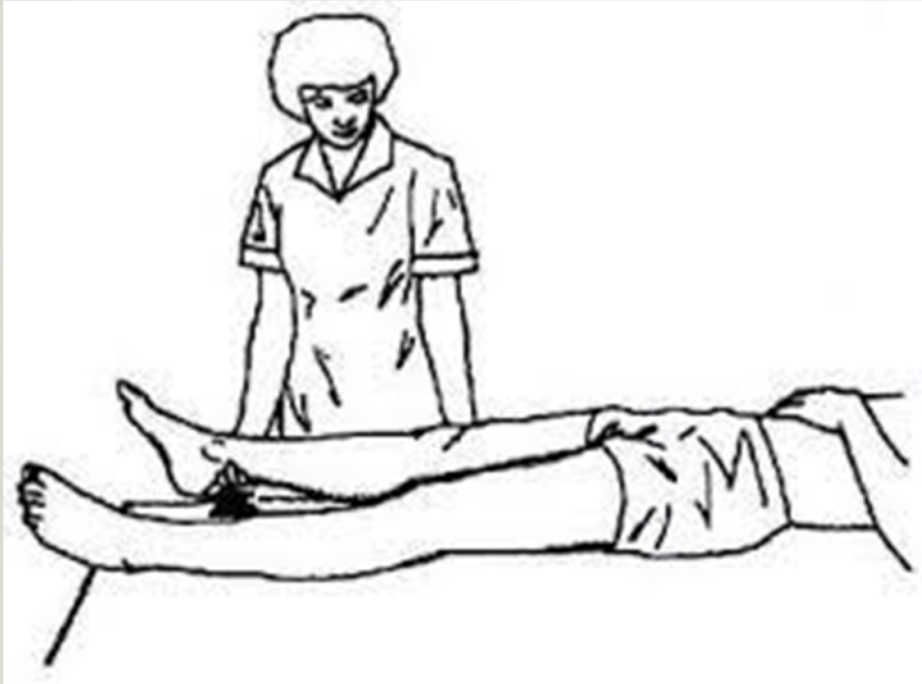


የቀስታ እንቅስቃሴ ለአንድ ጉልበት እና ቁርጭምጭሚት

PASSIVE RANGE OF MOTION FOR ONE KNEE AND ANKLE

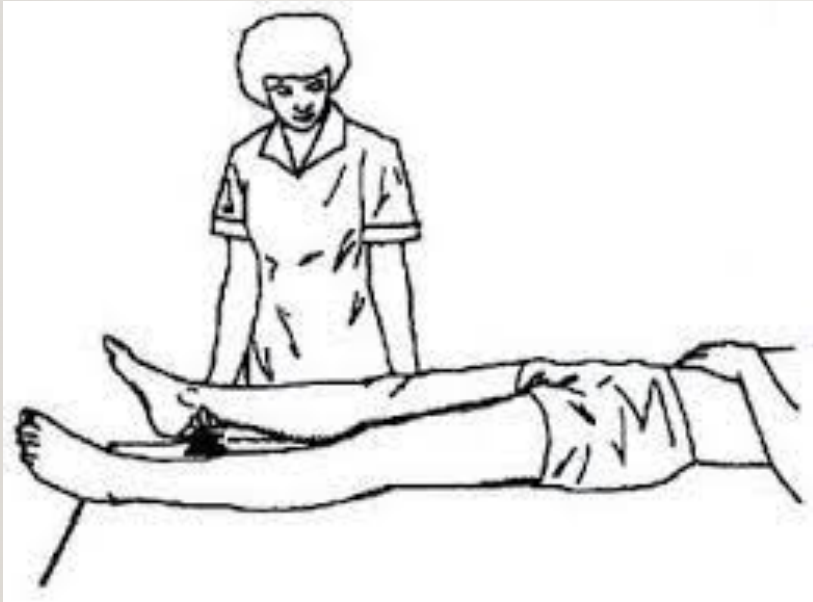




ለ HCA ከህሎት ሙከራ ይህ እንክብካቤ
በሚሰጥበት ወቅት ደንበኛው አልጋ ላይ
ይተኛል።

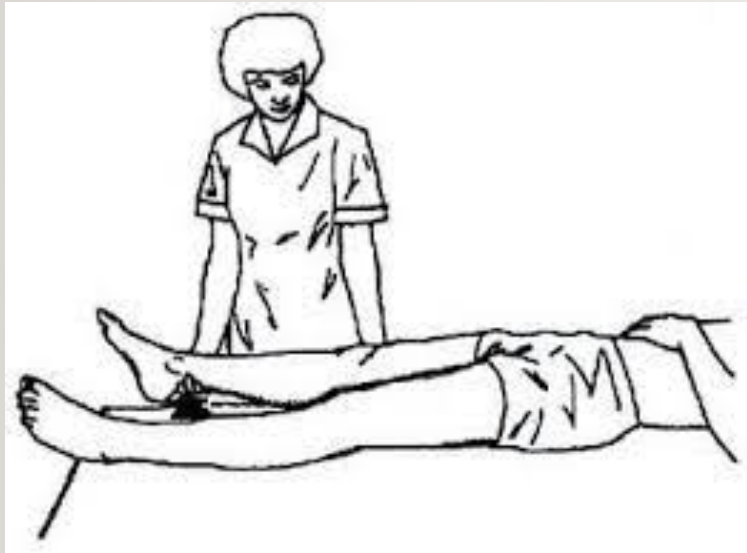
ደንበኛ ለመራመድ መርዳት - ይህን ክህሎት በተሳካ ሁኔታ ለማሳየት የሚከተሉት ያስፈልጋሉ፡

- 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



በሚቀጥሉት እንቅስቃሴዎች እጅ/እግርን
ሲደግፉ ፣ መገጣጠሚያውን በእርጋታ ፣
በቀስታ እና በተቀላጠፈ የእንቅስቃሴው ክልል
ውስጥ እስከሚገደቡ ድረስ ያንቀሳቅሱ

የጉልበት እንቅስቃሴ

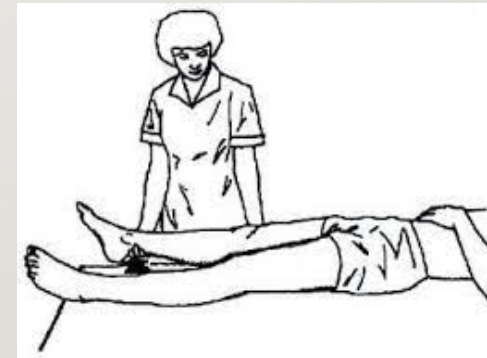
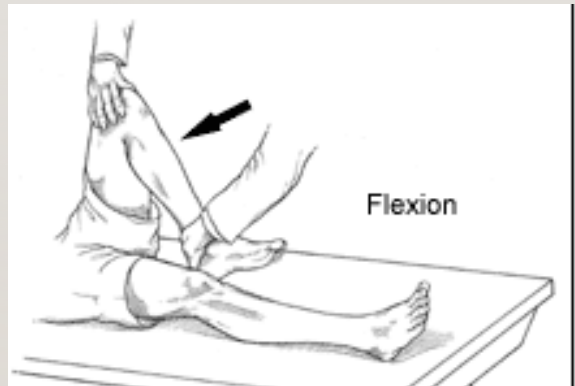
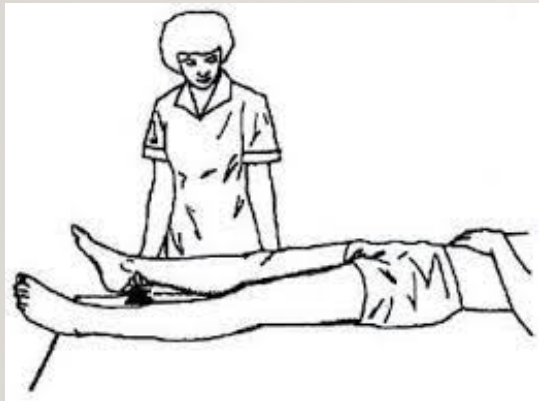


ቁርጭምጭምት፡ የጉልበት እንቅስቃሴን በሚያከናውንበት ጊዜ የደንበኛውን እግር በጉልበት እና በቁርጭምጭሚት መገጣጠሚያዎች ላይ ይደግፉ

በአካል ብቃት እንቅስቃሴው ወቅት ደንበኛው ምን እንደሚሰማው ይጠይቁ :: ህመም ከተከሰተ ያቁሙ

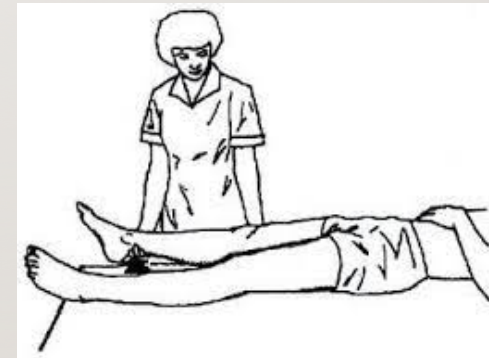
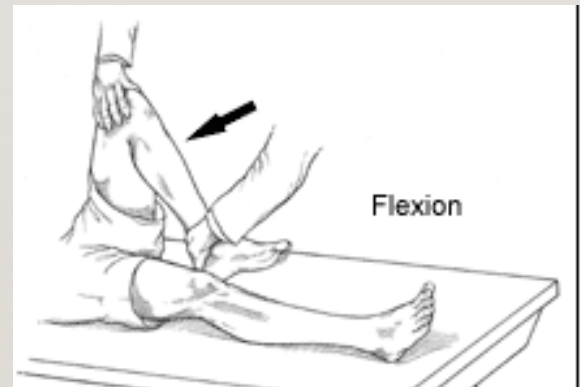
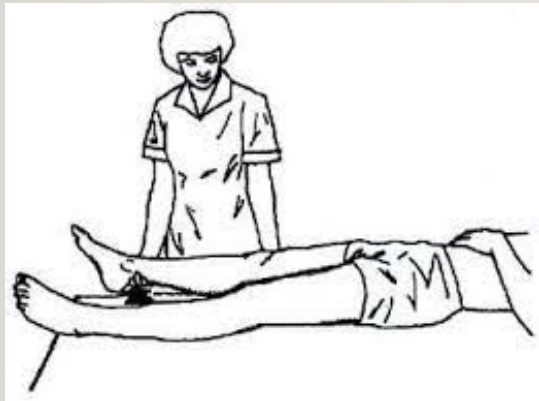
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(1)



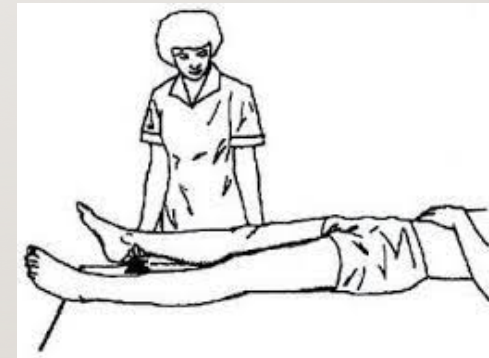
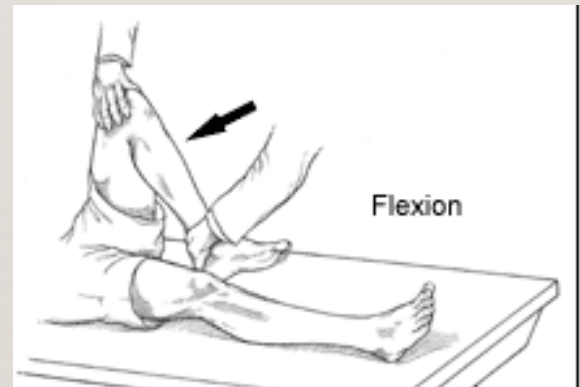
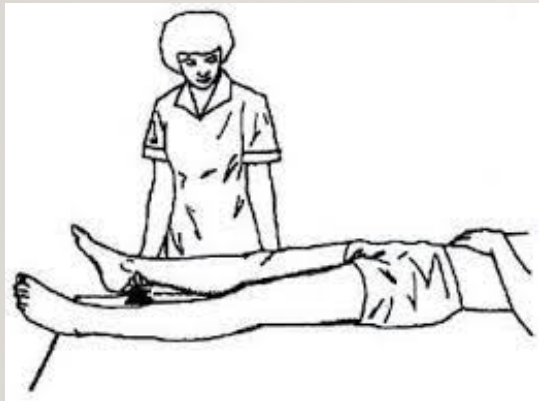
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(2)



ጉልበቱን እስከማይቸሉ ድረስ ይጠፉ እና ከዚያ እግርን ወደ አልጋው ይመልሱ (ጉልበትን ቀጥ ማድረግ እንደ አንድ ድግግሞሽ - የጉልበት መታጠፍ / ማራዘሚያ)። ቢያንስ ሦስት (3) ጊዜ ይድግሙ

(3)

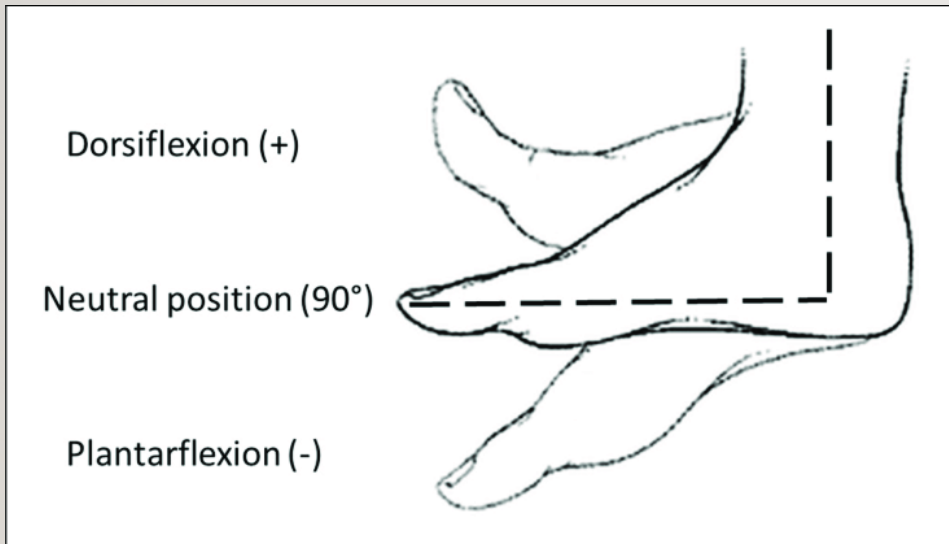


ቁርጭምጭም እንቅስቃሴ ት

ቁርጭምጭምት፡ ለቁርጭምጭምት እንቅስቃሴን በሚያከናውንበት ጊዜ እግርን እና ቁርጭምጭምትን ይደግፉ

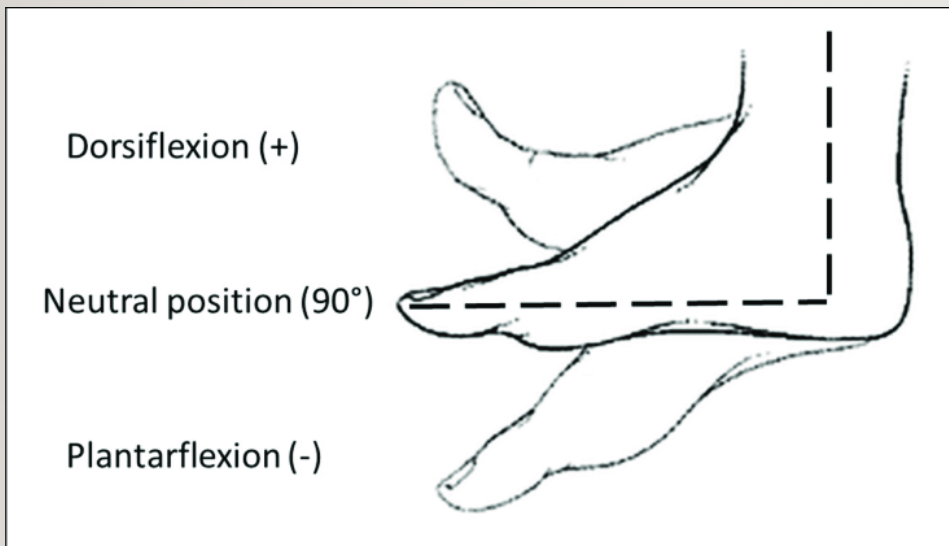


(I)



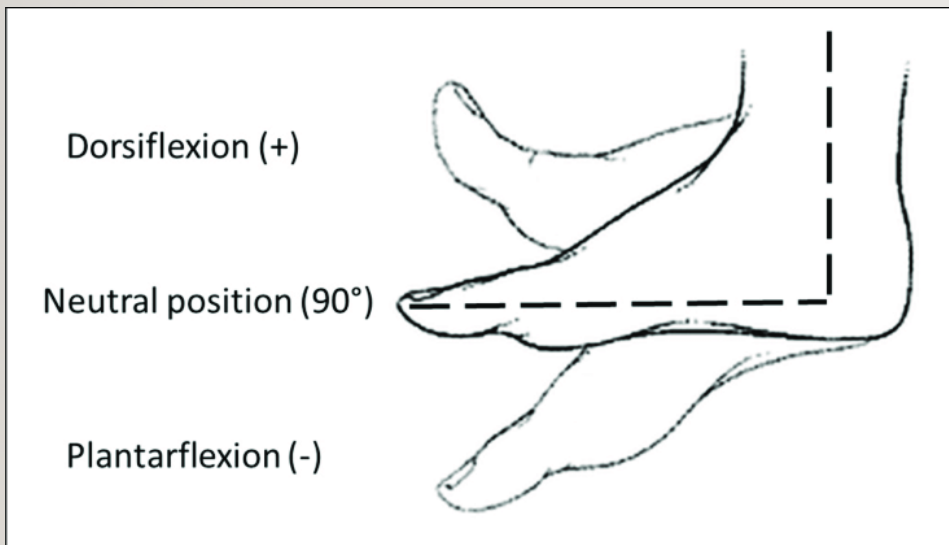
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(2)



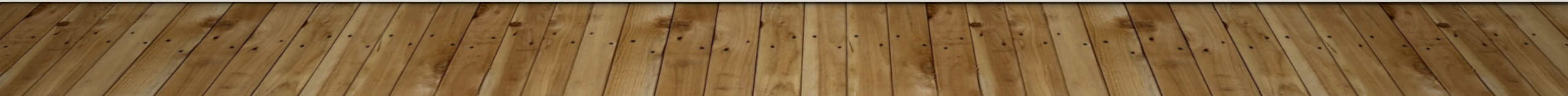
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(3)



ያቸኛውን እግር ወደ እግሩ ወደፊት ይግፉት፤ እና በተለየ እንቅስቃሴ እግሩን ወደ ታች ወደ አልጋው ግርጌ ይግፉት እንደ አንድ ድግግሞሽ (የቁርጭምጭሚት ማጠፍ / ማራዘሚያ)። ሦስት (3) ጊዜ ይድገሙት

እጅን ይታጠቡ



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