

Imtida



Magadama

Jisimtana wa muoktana bekalamu benatom beterika ta ishara kimiayiya wa elektoroni. De manato inu lo shourna be nafsiat adalat tana mumkin yantara fuok. Eltawatar fi adalat tana berasilu ishara wara le muotana inu omen muntara, elbezidu mastawatana ta nafsiat ta nafsiat tana. Anina mumkin nakasar eldowra de fi muok beistekdam ta yagadha, eltasaur aw tamrin tanzil, aw anina mumkin nakasiru fi jisimtana be tamrin zeif nafas, imtidat aw tagadama ta istirka adalat (PMR) Elmana de bekalam awla imtidat.

Anina mumkin nakaseru dowra ta adalat tawatar wa tahab beterika ta intebah le mugaftana wa imtedat le jisimtana.

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Elhasab ta vagus owa wahid min elkatut ta kalam bene muok wa jisim Owa bejir le silsila fagriya wa belasik ma kulu jahz wa majmuoh ketir ta adalat. Elhasab ta vagus owa muftah le nizam hasbi beshakil ali elbesayter rududtana tawali, wa bamulu ishara le rad ta ehniya (istirka, "raha wa katar") Lo adalattana amulu tawatar de besaham le ifiz ta hasam ta vagustana fi arka ahli, ala ta heniya, el-indu saha wa salama le muoktana wa jisimtana. Tahfiz ta hasab vagus asan yarak le jahaz simtawi elkas befil neshat tatahridi fi jahxtana elbesaidu jisimtana wa kuoktana wa berja le ahla ta saha kebir. Anina ma benamulu de be bagi imtedat ,rakiz fi ragaba wa katafeen.

Awel aja,intebah lemugaftana elbesaid Lo anina fi rad ta ehniya, benadfa rastana gidam asan le adbah ta katafeentana. Lahaz inu anina gaidin aw wagafin zeif de, wa silu zamen asan natarak inu rastana wa ragabatana kutu sawa fi katadeen wa besaidu yageer jisimtana le nafsiat le ishara elowa berasal le muoktana. Lo inta indu zamen kahab le asas lo rastaki kutu sawa ma kafeentaki, mumkin tanum be dahartaki dukuri, wata dukuri wa kali rastaki yartah, akit inu zagantaki gukuri, ma bewasif le sama aw bekun thet gidam kureentaki. Inta lo daer, mumkin tashabak asbataki wara rastaki jam jamjama, amsik tarabesa ta rastaki, wa asahab baraha asan bedi masha kebir le ragabaATAKI.

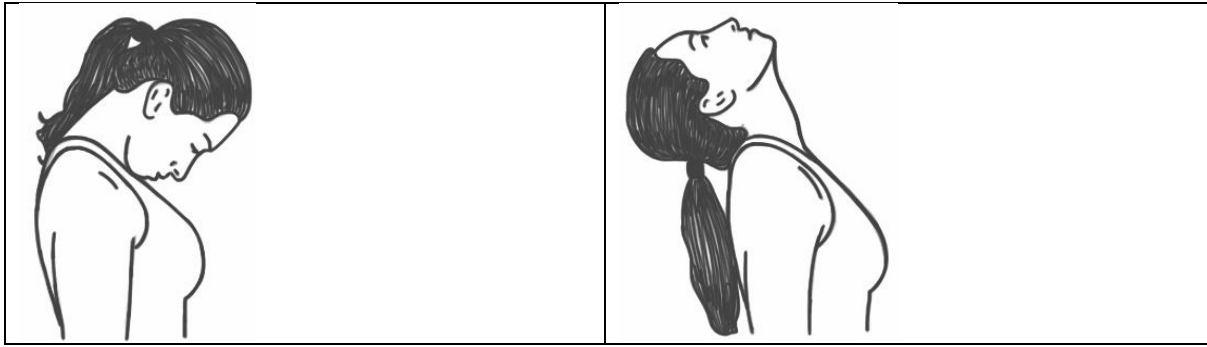
Zamen jibu rastaki le istigama, awilu besit min eltamarin. Alimu arkat juded daiman besilu bago mamarasa gable omen beshouru be irtaha Abda be mawila bene wahid wa talata kulu yom, wa mara inta bertah be del, zidu tamrin jedid.



Turuk

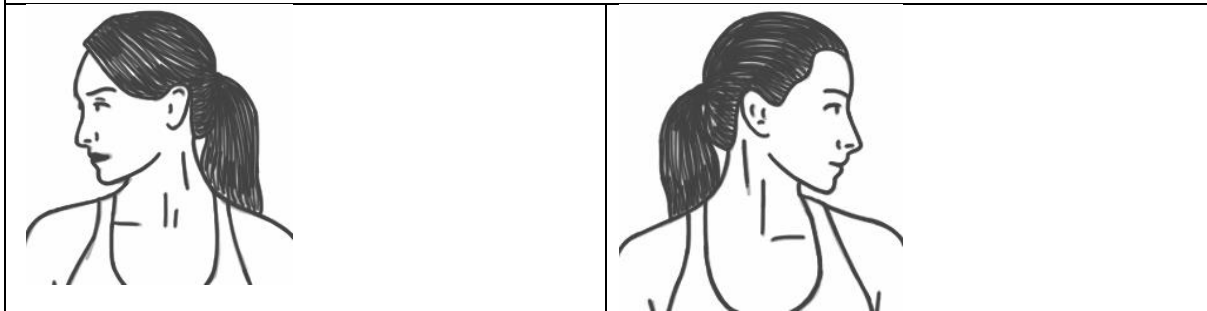
Arka 1: Imtedad ta ragaba sani

- 1 Agif dukri, min elmafadal wajawu el-ehta
- 2 Sufu dukuri le ehte wa mil rastaki baraha wara (bedun tarak dahartaki) asan oyuntaki bemshi fuok le ehta le sagif
- 3 Awil amsik be kamsa sawani
- 4 mil rastaki baraha wara, be oyuntaki beragab elheta ata inta bekun fi mahaltaki elmastagel.
5. Asi mil rastaki baraha tehet, be oyuntaki beragab elheta ata inta besufu elwata jam kureentaki.
6. Awilu amsik be kamsa sawani
7. Asi mil rastaki baraha, be oyuntaki beragab ata inta jit le mahaltaki elmastagel
8. Amulu 5 tekrarat



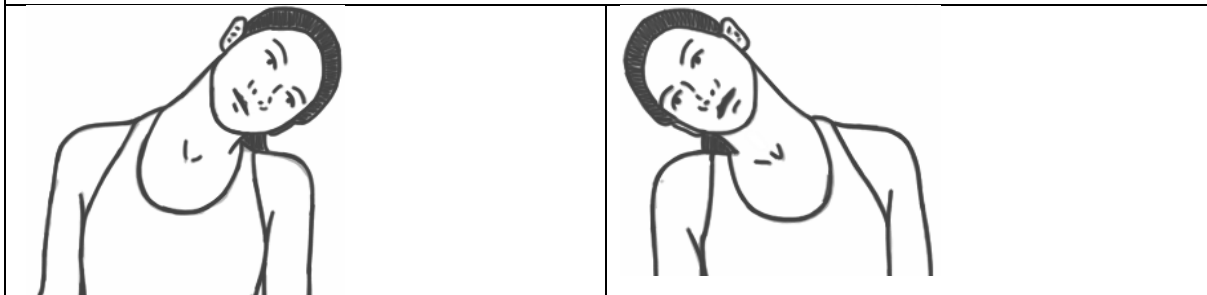
Arka 2: Doran ta ragaba

1. Kali katafeentaki yawajawu gidam.
2. Baraha gabel rastaki le yemin
3. Amsik be 5 sawani
4. Idu be tija yusari
5. Amulu 5 tekrarat



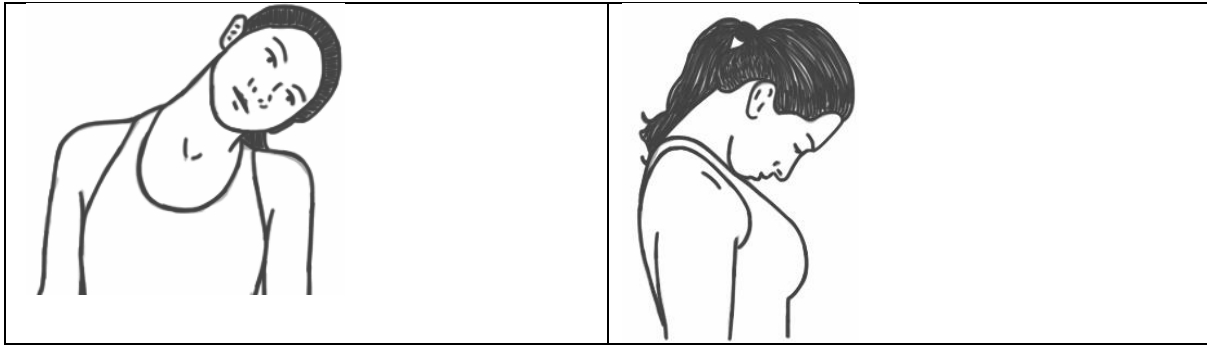
Arka 3: Imtidat eljanabi

1. Abda silu rastaki dukri wa masataf
2. Ma tagashish katafeentaki asna inta mil rastaki le yemin.
3. Inta mumkin beligu muheim asan bezidu aba ta daget bewasta ta kutu yiedaki elyemini fi yiedtaki elyusari wa kutu imtidat baraha.
4. Amsik be 5 sawani
5. Idu be tija yusari
6. Amulu 5 tekrarat



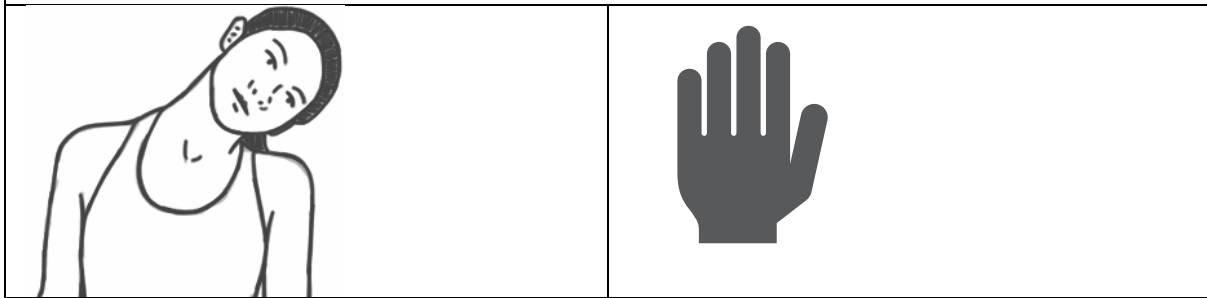
Arka 4: Mil gidam sani

1. Mil rastaki le yemin (zei gibel)
2. Baraha nazil rastaki le sudurtaki
3. Amsik be 5 sawani
4. Idu be tija yusari
5. Amulu 5 tekrarat



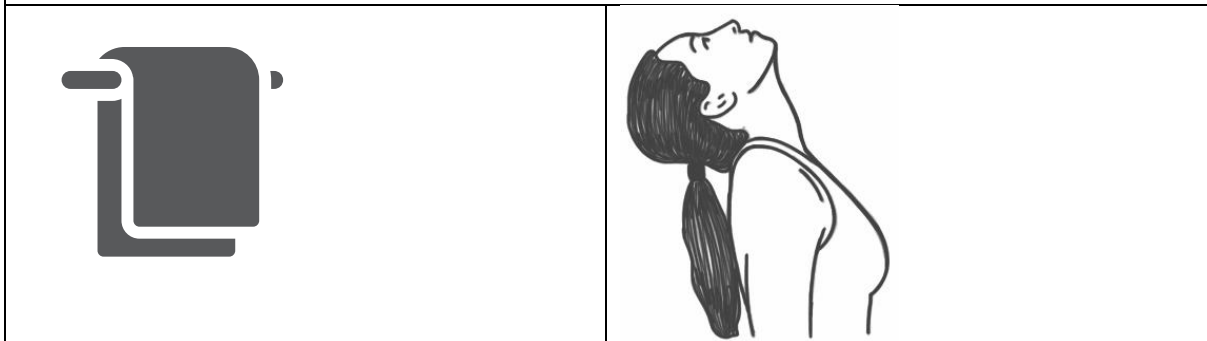
Arka 5: Imtidat amag

1. Agod fi kursi wa kali dahartaki, ragabataki wa rastaki dukri.
2. Nazal rastaki lekataftaki elyemini.
3. Istakdam yiedtaki fi adantaki elyusari wa asahab rastaki tehet behid. Inta mumkin yastahdu yiedtaki elyemini le yiedtaki fi kursi le musaida.
4. Awilu be 10 sawani
5. Idu be tija yusari
6. Amulu 3 tekrarat



Arka 6: Sahab elbeshkir

1. Lifu elbeshkir wa kutu jam ta ragabataki, amsiku min niayato be yiedeentaki.
2. Mil rastaki wara baraha aksi beshki wa inta sufu fuok
3. Asna rastaki mashi fuok aksi ta beshkir, kutu dadet fi beshkir baraha, istakdamu asan besaidu ragabataki
4. Arja le nukta ta bidaya bedun tamsik elimtidat.
5. Amulu kamsa tekrarat
- 6.





Nasahi

- inta lazim behsour gawi azna bamulu kulu tamrin, lakin inta beshour be asas fi jamta ragabataki, aw ijad ad, atara aba asan besufu lo de wa yasakan be mamurtaha. Wagif elimtidad lo elmadaiga ma mashi bara.
- Awilu tezid elzamen inta bemsik kulu waid min elimtidad behsakil tedriji asan daiman bemsiku kulu waid be 30 sawani.



Maraj awa giraya ketiir

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