



Regione Toscana



Servizio Sanitario della Toscana



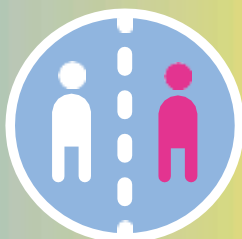
GRC  
Centro Regionale  
di Riferimento Clinico  
di Scienze del Movimento



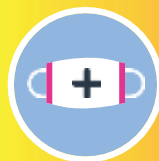
# FOOJIGNAAW



Cagmahaaga dhaq



ku dhaqan sharciyada  
kala foogaanshada  
bulshada



Isticmaal afxir  
(maaskaro)

## Ku dhaqan sharciyada kala foogaanshada bulshada

Si aad u ilaalisid caafimaadkaaga iyo weliba caafimaadka dadka kale marka aad bulshada ku dhex jirtid waxaa lagaa rabaa in aad :

-**ugu yaraan 1mt dadka kale aad ka foogaatid** ama 1,8m oo ka sii fiican.

-**in aad iska ilaalisid dad aad isugu dhow** goobaha bulshada marka aad joogtid, meelaha xiran iyo weliba banaanka.

-**ugu yaraan 2mt** in aad dadka kale ka foogaatid **marka aad isboortiga sameyneyso**