



# Likitan physiotherapy na bada tsare-tsaren motsa jiki da zai taimake ku wajen farfadowa daga cutar COVID-19



Motsa jiki muhimmiyar hanya ce da ke taimakawa wajen murmurewa daga cutar COVID-19, ana motsawa dai-dai da bukatun jikin ka. Kasancewar likitocin physiotherapy na zama kwararru a ilimin kimiyyar lafiya ta hanyar motsa jiki/atisaye, sune kan iya nuna maka dabarun motsa jiki wajen:



- inganta cikakkiyyar lafiya
- rage sarkewar numfashi
- habaka karfin jijiyoyi
- inganta tsayiwa da sarrafa jiki
- habaka kaifin tunani
- rage gajiya da karin nishadi
- kara karfin gwiwa
- inganta kuzari

**Ku yi kokarin zama masu dabi'ar motsajiki, domin inganta lafiyar jiki da ta hunhu, a kuma kula da ci gaban da jikike samu.**

Duk da cewa samun hutu na da muhimmanci, likitocin physiotherapy suna nuni da cewa yin atisaye na takaitaccen lokaci akai-akai, yafi na dogon lokaci wanda bai yawaita ba. Motsa jiki da zaka gwada.

- a tashi tsaye a koma a zauna
- tafiya a guri daya
- hawa da sauka a matattakala
- tafiya
- tsayuwa akan yatsun kafa (dage)
- tsayuwa akan dunduniya
- tsayuwa akan kafa daya
- kokarin tura bango



## Physiotherapy hanya ce ta murmurewa daga cutar COVID-19

Yayin da ka ke atisaye/motsa jiki, sai ka ji baka jin dadin, ko numfashin ka na yin sama-sama, to ka dakatar da motsa jiki, kuma tuntubi likitan physiotherapy

### Ciwon Gajiya Sakamakon Kamuwa Kwayoyin Cutar Virus

10% daga cikin mutanen da suka kamu da COVID-19 na iya kamuwa da Ciwon Gajiya. Idan sauki bai samu ba, ko kuma damuwar gajiya na karuwa idan an yi aiki, to sai a tuntubi likitan physiotherapy ko malaman lafiya domin a gano ko kana da Ciwon Gajiya. Akwai hanyoyi daban-daban wajen kulawa da Ciwon Gajiya sakamakon COVID-19.



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