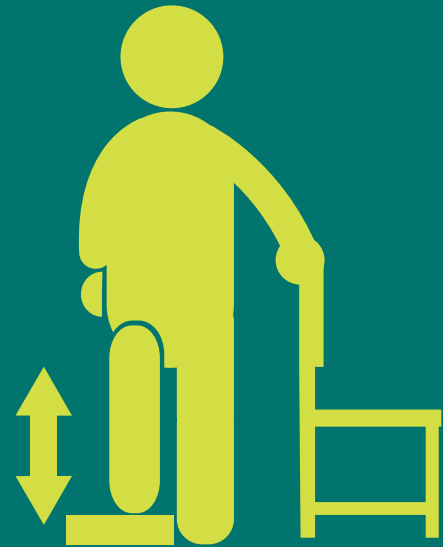


ATISAYE TARE DA AMOSANIN GAB'BAI

Atisaye akai akai nada matukar muhimmanci wajen magance dukkan nau'ƙe nau'ƙen amosanin gab'bai na kumburi, wanda suka hadarda amosanin gab'bai na rumatoyid da kuma na kashin baya, sa annan ya samar da alfanu ga lafiya.



Fisiyoterafi ɗaya ne daga manyan hanyoyin magance ma wannan ciwo. Likitan fisiyo zai taimaka ma wajen yin atisaye cikin lura, haɓbaka fokarin ka na motsa jiki, ya kuma tsara abinda ya kamata ka cimma.



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8 GA WATAN SATUMBA