

FISIYOTERAFI DA AMOSANIN GAB'BAI

Tayanda fisiyoterafi ke iya taimakawa

Likitocin fisiyo na daga cikin jerin ma aikatan lafiya da zasu iya taimakama wajen magance ciwon amosanin gabbai.

Zasu taimake ka gurin ganin ka cigaba da zirga-zirga.

Dabarun magance ciwon sun hada da:



samar da tsararren atisaye



habbaka karfi, dabaru, motsi da kuma aikace aikace



Taikmakon ka wajen habbaka kwarewa domin magan ce ciwo, kumburi, da kuma rikewar gaba



Likitan fisiyo zai auna ka jumlatan, sannan ya taimake ka wajen samun taimakon lafiya daga sauran ma-aikatan lafiya doimin samun saukin ciwon naka na amosanin Gabbai.



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8 GA WATAN SATUMBA