



**World
PT Day
2024**

MOTSA JIKI DA CIWON BAYA KASA



An nuna cewa motsa jiki shine maganin da yafi amfani wajen ciwon baya asa. Ba a ga wata irin motsa jiki ta fi wacce take da wata ba – kasancewa mai aiki da yin shi akai-akai shine mafi muhimmanci. physiotherapist na ka zai taimaka muku wajen samun motsa jiki da ya dace da ku.



Motsa jiki yana da amfani wajen ciwon baya kasa.

Kasancewa mai aiki sosai da dawowa cikin dukkan ayyukan da aka saba a hankali yana da matukar muhimmanci wajen samun sauƙi. Fara a hankali kuma kara yawan ayyukan ka yayin da kwarin gwiwarka ke karuwa.



Hutu ba ya da amfani, amma dawowa cikin motsi da ayyukan da aka saba yana da amfani.

Tsawon hutu da kaucewa aiki na iya haifar da karuwa ciwon baya kasa, Karin nakasa, jinkirin samun sauƙi, da kasancewa daga aiki na tsawon lokaci.



Motsa jiki na iya hana ciwon baya kasa dawo.

Motsa jiki na iya hana yuwuwar dawowar ciwon baya kasa sosai.



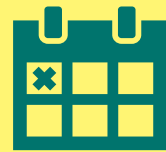
Motsi da kwarin gwiwa da ba tare da tsoro ba yana da muhimmanci wajen ciwon baya kasa.

Yawancin mutane suna fara motsi a hankali da sosai kulawa. Wannan na sanya ka cikin damuwa da kara matsi akan tsokoki. Yin motsa jiki da motsi cikin sauƙi yana da amfani sosai ga jikin ka.



Jin zafi bayan motsa jiki ba koyaushe yana nufin an lalata jikin ka ba.

Tsokoki da ba a saba amfani da su ba suna jin zafi da sauri. Jin tsattsauran zafi da jin zafi bayan motsa jiki yawanci yana nufin tukuna, amma yana d'aukar sauyi.



Yin motsa jiki akai-akai yana da muhimmanci.

Yawan motsa jiki da kake yi yana da muhimmanci fiye da nau'in motsa jikin. Mafi girman amfanin yana faruwa lokacin da mutum mara aiki ya fara yin kowane irin motsa jiki. Samun akalla minti talatin (30) a kowace rana shine mafi kyau.



Motsa jiki yana da fa'idodi da yawa ga lafiyar jiki.

Motsa jiki yana da muhimmanci sosai wajen kariya da sarrafa cututtukan zuciya da bugun jini, wasu nau'ikan ciwon daji, damuwa da kuma rashin jin dafi.



Ayyukan motsa jiki don ainihin kwanciyar hankali ba su fi sauran nau'ikan motsa jiki ba.

Ayyukan motsa jiki ba su bayar da wata fa'ida ta musamman ga sauran nau'ikan motsa jiki (misali tafiya) don kananan ciwon baya.



Mafi kyawun nau'in motsa jiki shine wanda kake jin dafi.

Kowa yana da bambanci - nemo wani motsa jiki da kake so kuma wanda yake sauƙi ka haɗa da rayuwar ka. Tafiya, gudu, hawa keke, iyo, motsa jiki na karfi, da motsa jiki na aerobic duk na iya taimakawa wajen ciwon baya kasa.



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8 September

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