



**World
PT Day
2024**



**AYYUKAN MOTSA JIKI
DA CIWON BAYA KASA**



**Baya yana zama mafi lafiya tare da
motsi da ayyukan motsa jiki.**



**Motsa jiki na iya hana ciwon baya
kasa dawowa kuma yana daga
cikin magunguna mafi amfani don
ciwon baya kasa. Wani nau'in
motsa jiki bai bayyana a matsayin
mafi kyau fiye da wani ba.**

**Aiki tare da likitan jiki
don nemo aikin motsa
jiki da kake jin dadi.**



**World
Physiotherapy**

#WorldPTDay

8 September

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