



World
PT Day
2025



KARIYA DAGA FADUWA

#2

Faduwa itace abu na biyu
cikin manyan dalilan
mutuwar fuj a duniya.

Yadda Fisiyoterapi ke Taimakawa Hana Faduwa

Motsa jiki shi ne ginshikin hana faduwa -
Masu fisiyoterapi kwararru ne wajen
tsara shirin motsa jiki da ya dace da
mutum domin:



karfafa jiki da daidaituwa



haɗin motsi
da tatausuwan jiki



lankwasa jiki



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