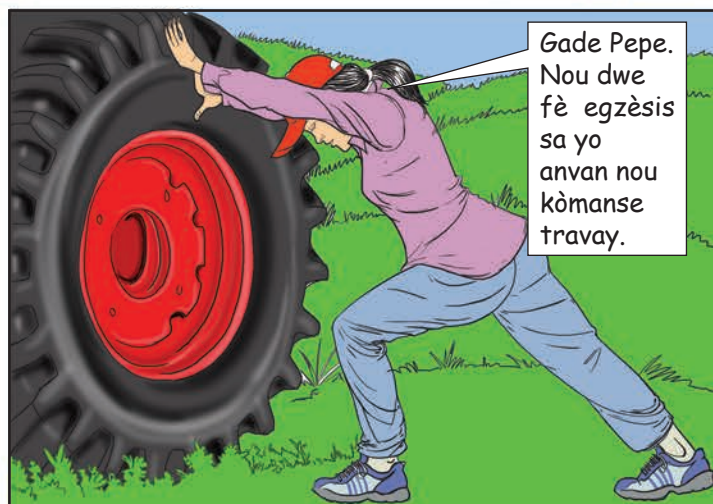
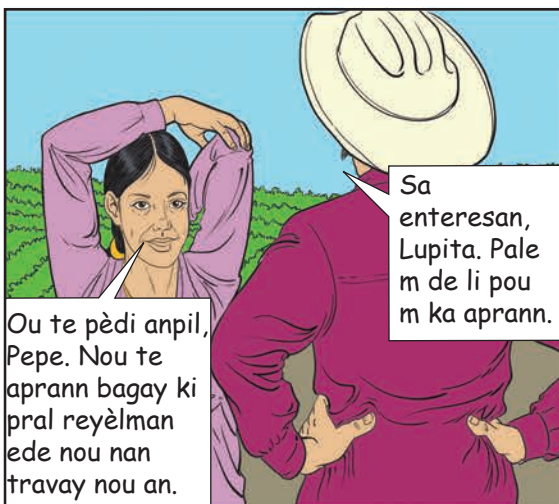


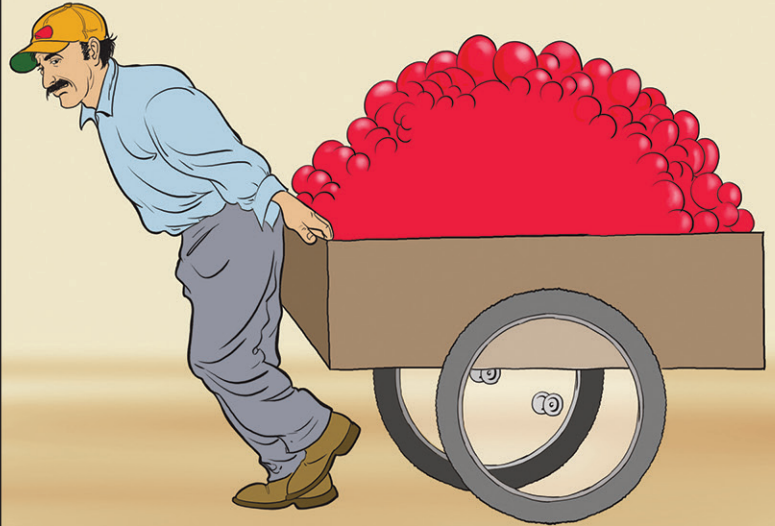




Nenpòt lè sa
posib pouse.



Oubyen pito rale yon objè ke leve'l.



Misk nan vant
ki fò, ede
anpeche
pwoblèm
nan do.



Eseye chanje pozisyon yo. Si misk ou yo kòmanse
fè ou mal, gen pikotman oswa si ou santi ou fatige,
sa se yon bon siy ke ou te nan yon pozisyon
twò lontan.

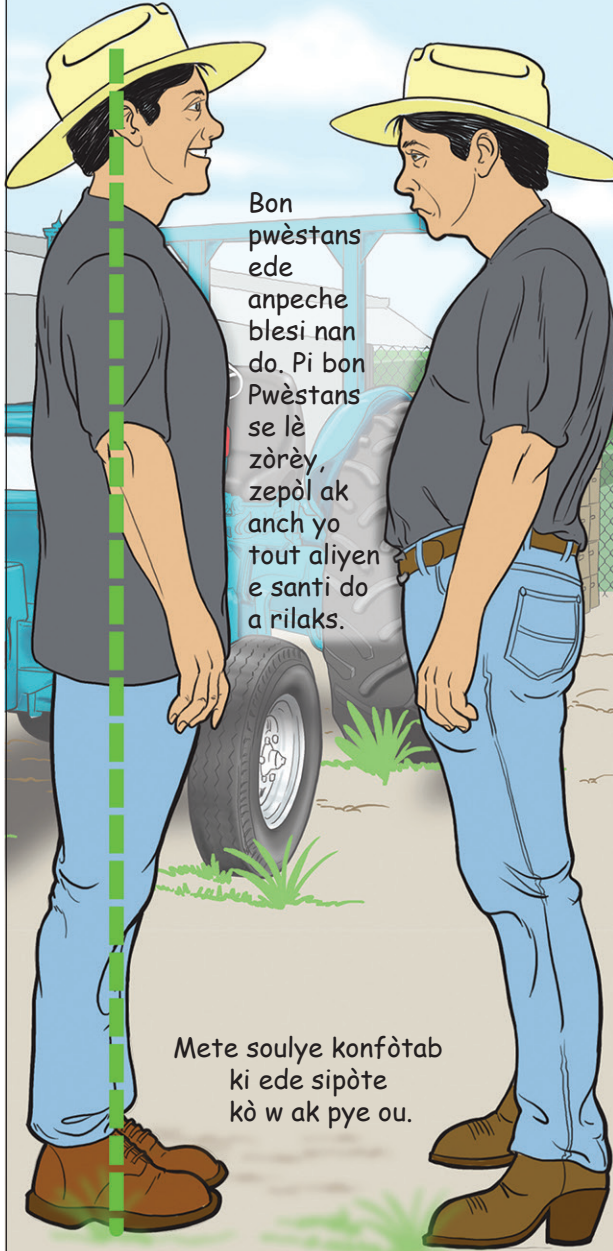


Pa rete nan yon sèl pozisyon pou anpil tan. Si ou kapab, leve kanpe
fè yon ti mache. Eseye fè egzèsis sa detire do'w tounen nan paj 5.



Medikaman ke ou ka achte nan magazen, tankou Advil ak Tylenol

ka ede doulè a.
Fè atansyon pou w pa fè kò w travay twòp paske ou santi mwens doulè. Kò ou toujou ap rekipere, menm si ou ka pa santi doulè.



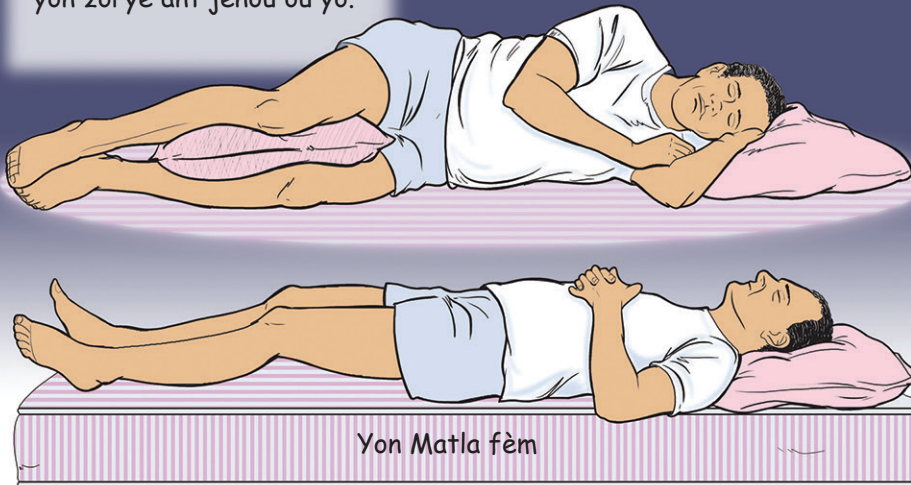
Bon pwèstans ede anpeche blesi nan do. Pi bon Pwèstans se lè zòrèy, zepòl ak anch yo tout aliye e santi do a rilaks.

Mete soulye konfòtab ki ede sipòte kò w ak pye ou.

Si'w kanpe anpil, eseye kenbe jenou'w yo rilaks e separe. Si sa posib, mete yon pye sou yon ti ban.



-dòmi sou yon matla fèm.
-Si ou dòmi sou kote, kenbe yon zòrye ant jenou ou yo.



Yon Matla fèm

Lè w chita pou yon bon bout tan, eseye sèvi ak yon sèvyèt woule plase'l anba nan do'w. Esaye kenbe anch ou ak jenou'w devan akpye ou atè.



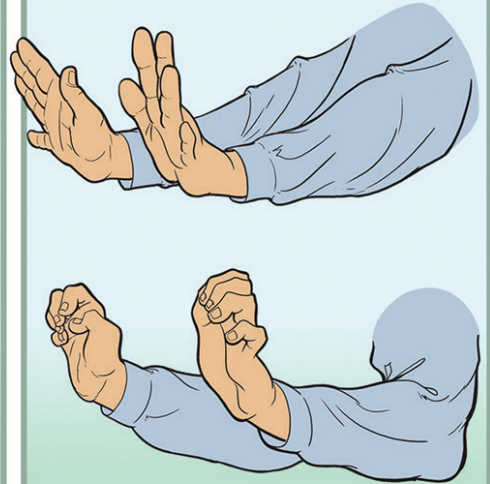
Egzèsis pou fè chak jou avan e aprè travay.



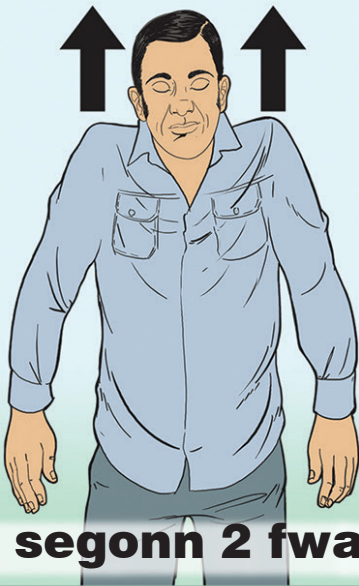
15 segonn



**10 segonn
Chak fwa**



5 segonn 3 fwa



5 segonn 2 fwa



15 segonn



**5 segonn
Chak kote**



**10 segonn
Chak kote**



**1 konbinezon
10-20
fwa**



KÒMAN POU DETIRE.

Kò'w te fèt pou fè mouvman.



Rete nan yon pozisyon twò lontan ka koze blese.



Eseye pou chanje pozisyon oubyen detire.



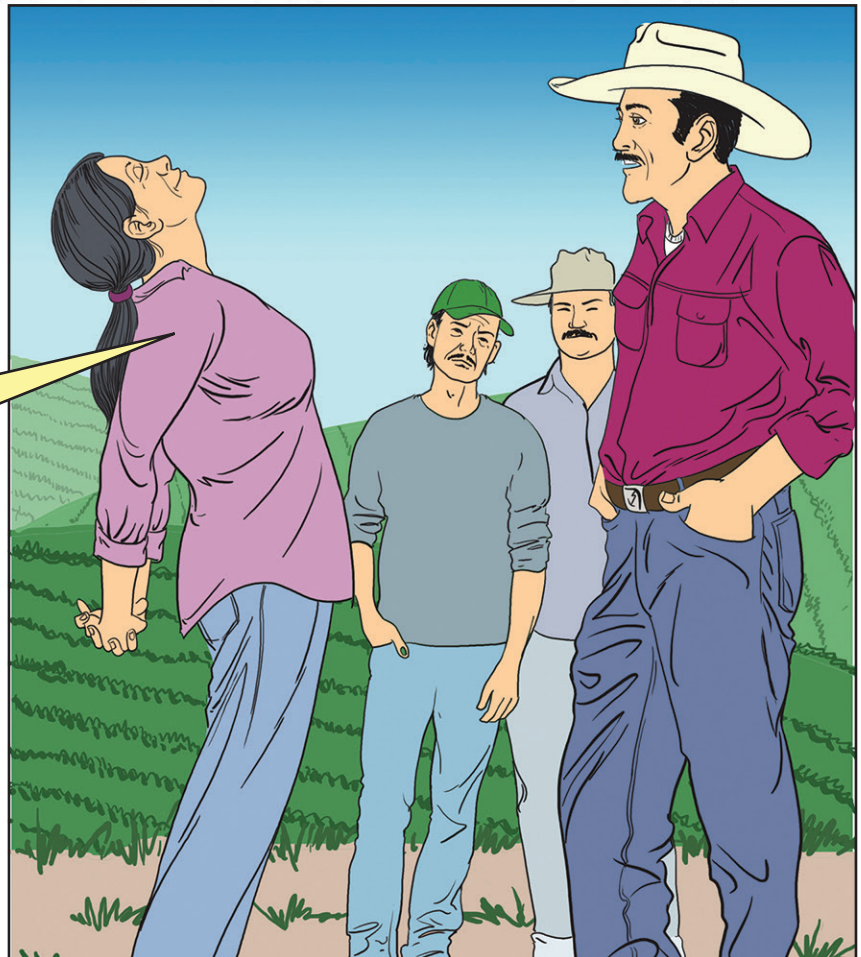
Li pi bon pou gen anpil ti tan pou detire kò ou pase yon sèl tan ki long.



Men kèk teknik pou fè egzèsis.



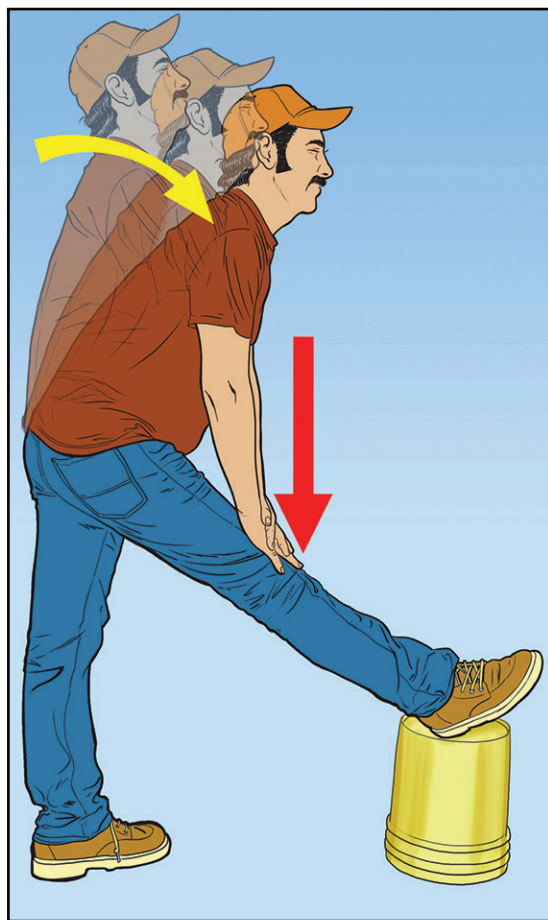
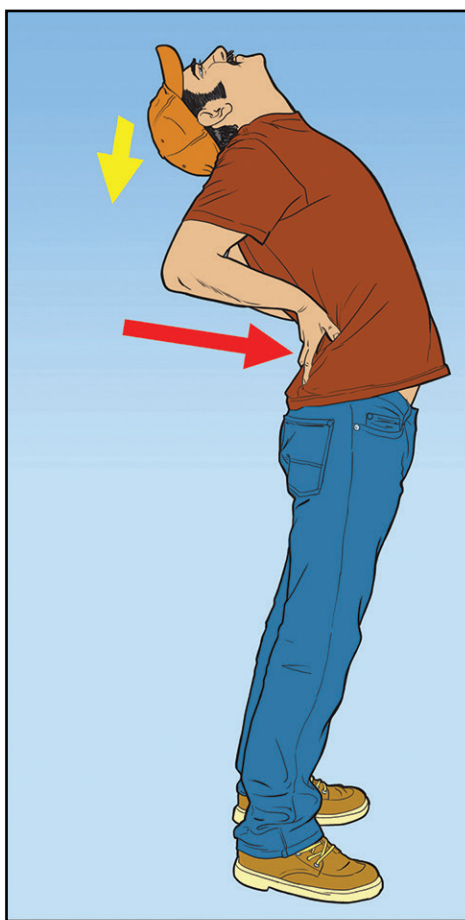
- Detire dousman.
- Respire nòmalman.
- Ou ta dwe santi misk ou yo ap detire jantiman.
- Kanpe si ou santi lap fè'w mal anpil, li se yon siy ke ou te detire twòp.
- Sansasyon nan detire ta dwe kòmanse disparèt apre 10 a 15 segonn.
- Chak detire dwe dire omwen 60 segonn, oswa jiskaske ou santi misk la rilaks.
- Detire sèlman sa ke ou kab sipòte. Kanpe si ou santie'w gen yon doulè brilan.
- Repete chak egzèsis yo 1 ou 2 fwa.
- Chak fwa ou detire nan yon bò, toujou fè'l nan menm jan lòt bò a.
- Evite rebondi oswa mouvman pandan w'ap detire. Kenbe detire a.
- Rilaks lespri ou ak tout rès kò ou otan ou kapab.
- Pran plèzi'w pandan wap detire a.
- Benefis ki genyen nan egzèsis rive aprè yon tan.



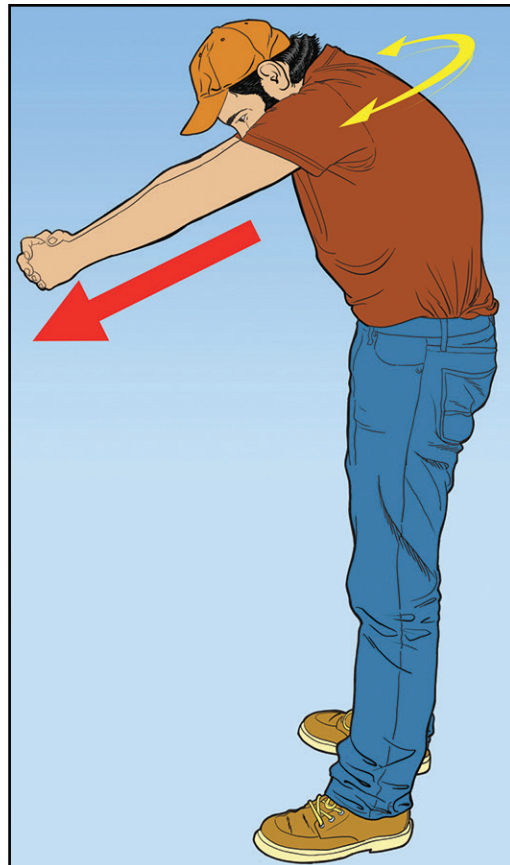
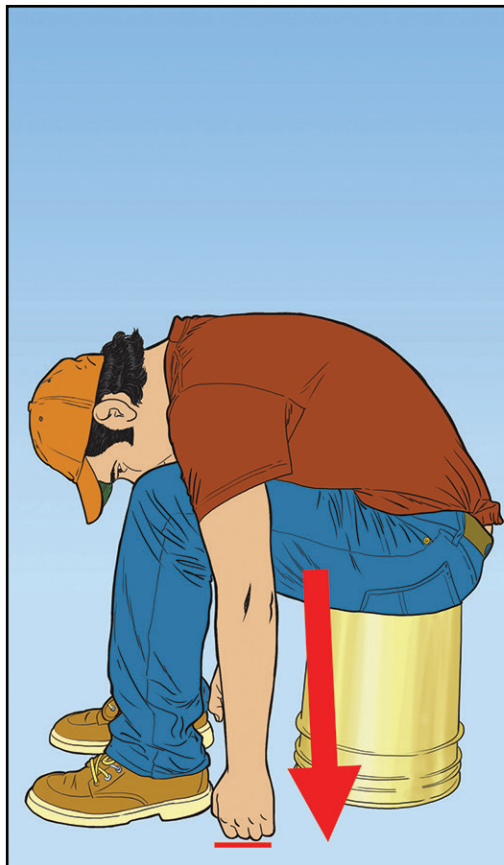
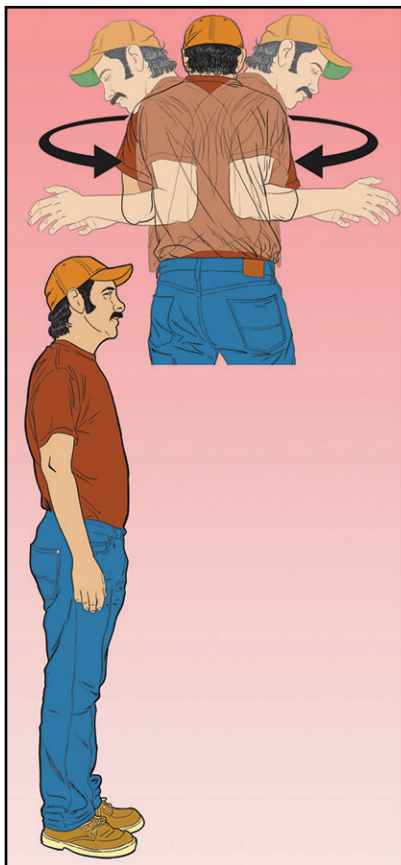
AVÈTISMAN

Si ou santi yon doulè fò, kap tire oswa nanm lè w ap fè nenpòt nan egzèsis sa yo sispann imedyatman.

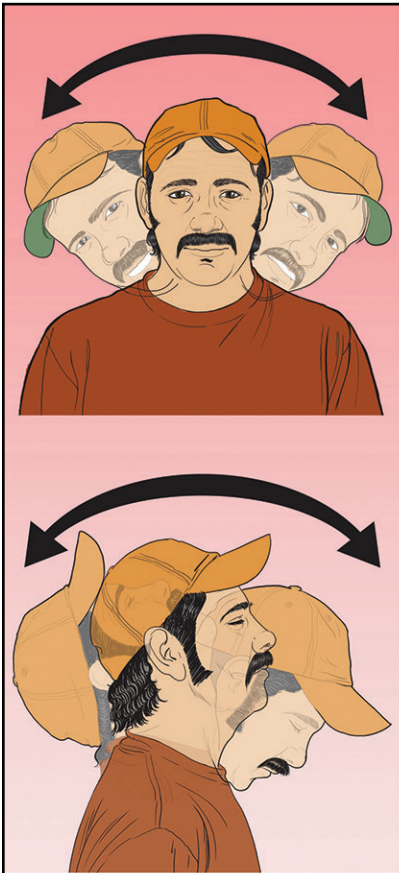
Si ou chita oswa kage devan pou yon bon tan, eseye fè egzèsis sa yo.



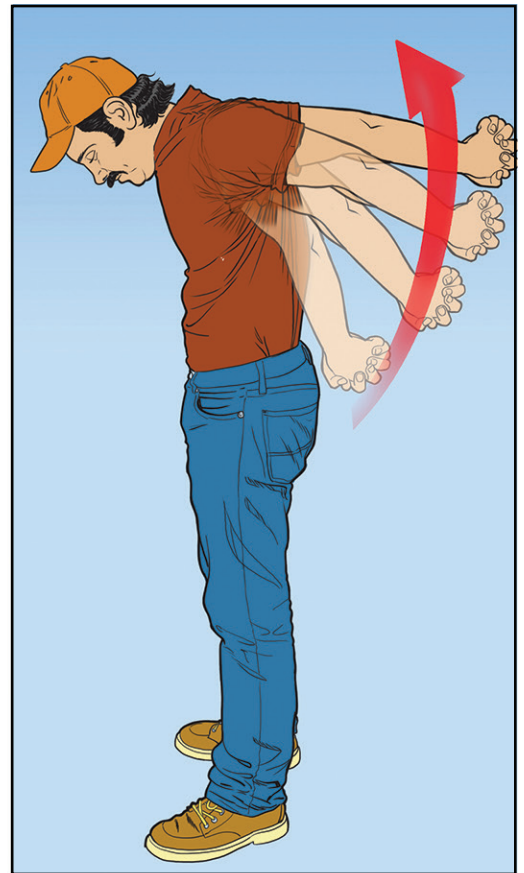
Si wap vire e kanpe pou yon bon tan, eseye egzèsis sa yo.



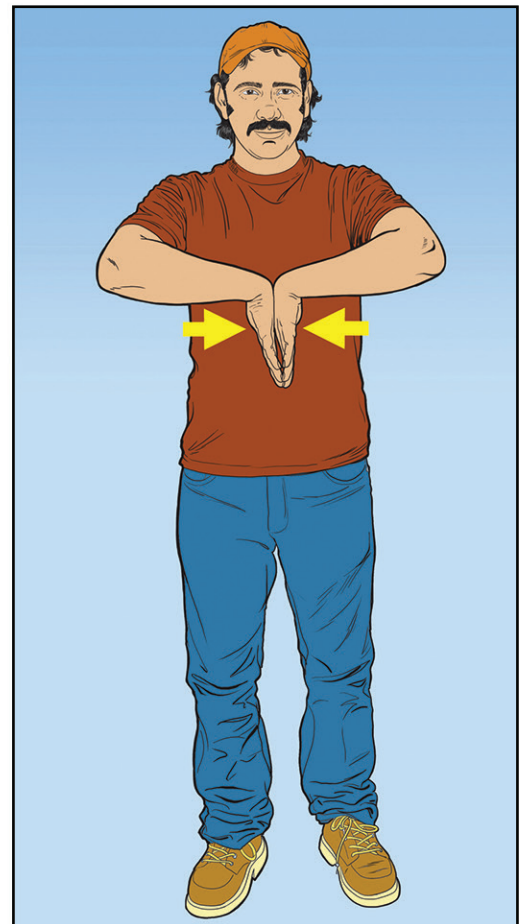
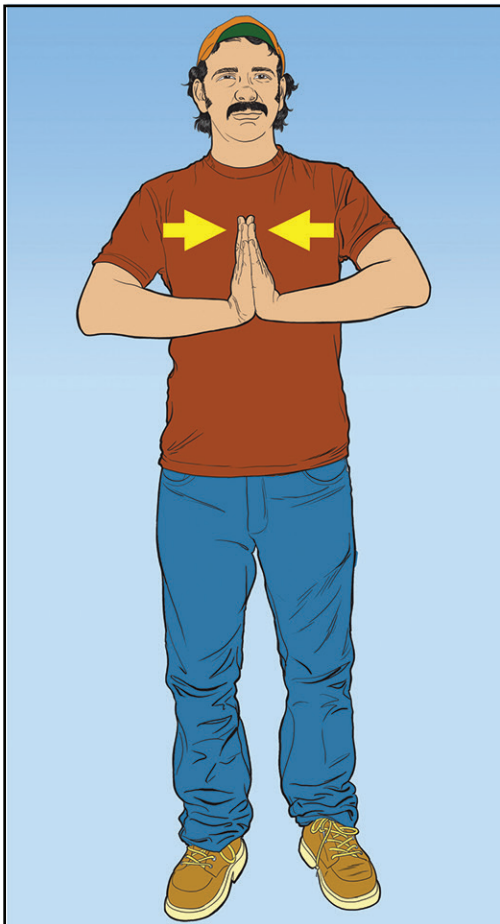
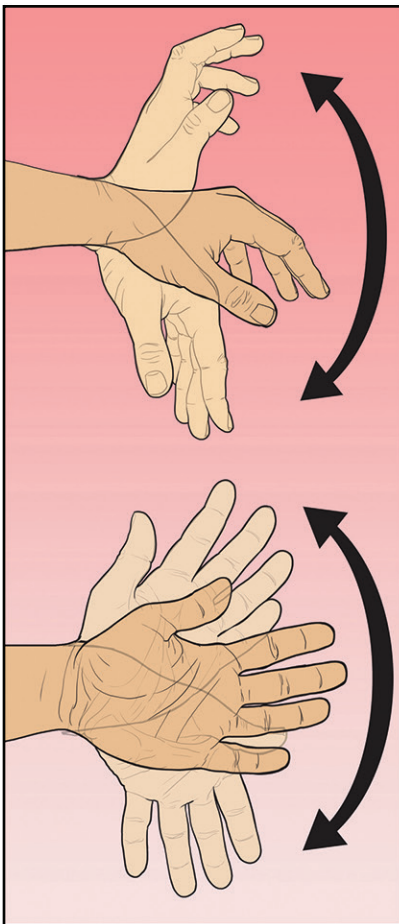
Si ou panche kou'w pou yon bon tan, eseye egzèsis sa yo.



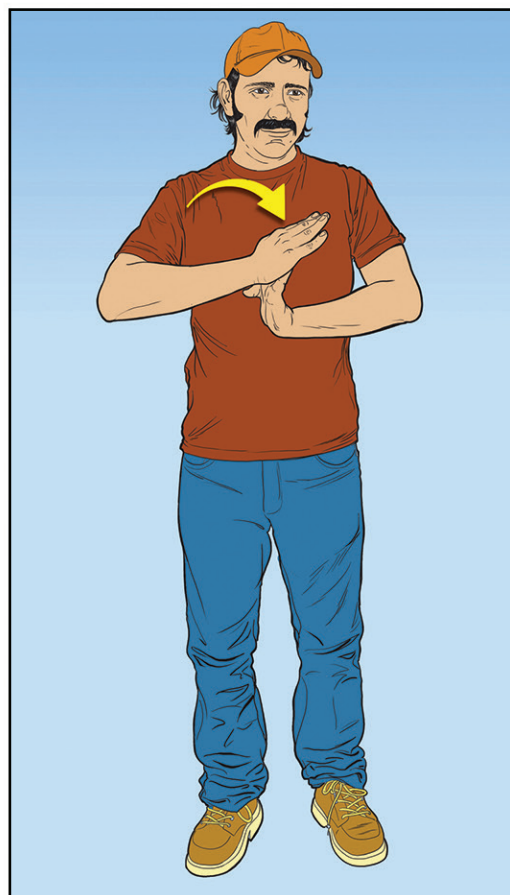
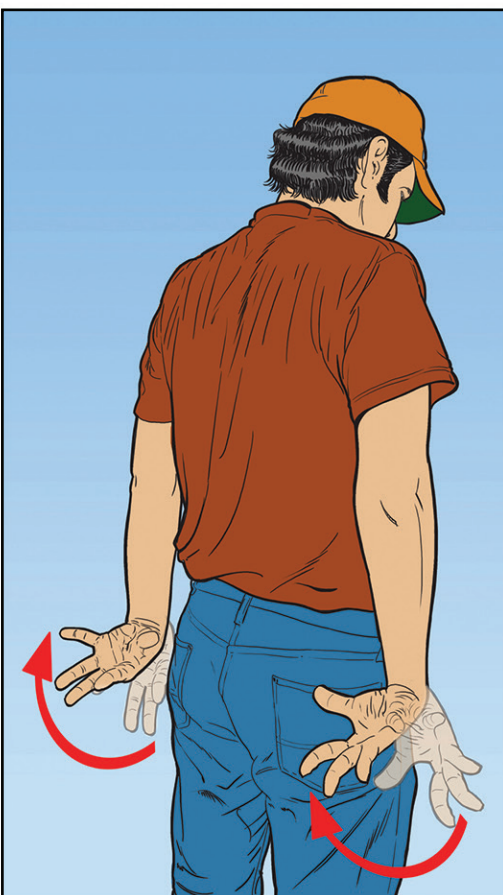
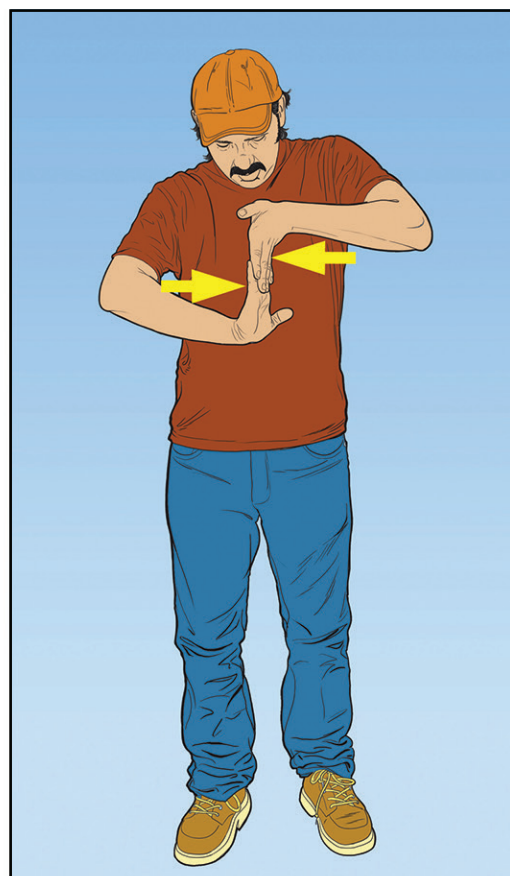
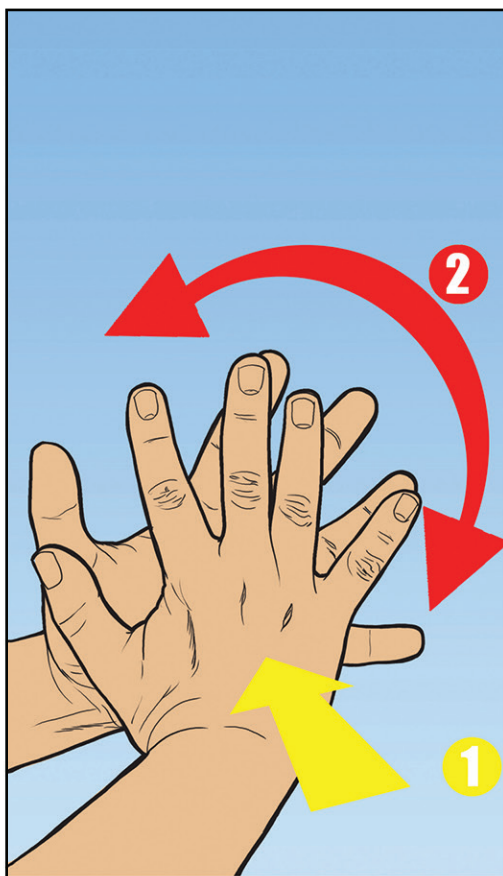
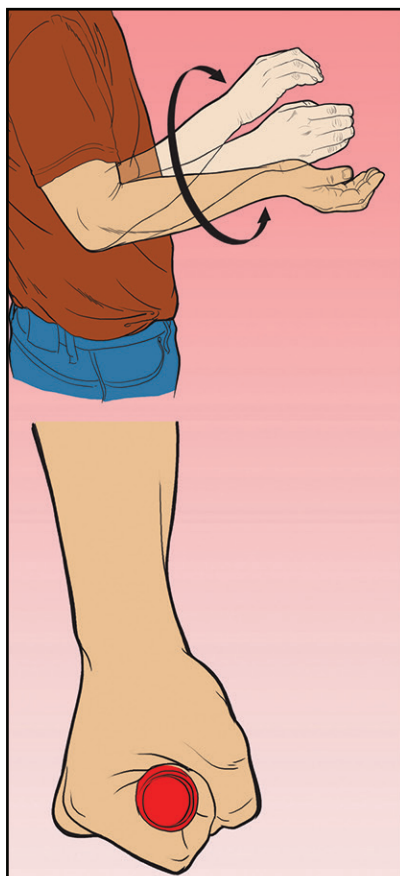
- 1- Touche baz kou ou ak yon sèl men.
- 2- Kobi tèt ou devan ak yon ti kras sou lòt bò a jiskaske ou santi pwen rezistans la.
- 3- Si'w pa santi maksimòm detire a, aksè dèyè tèt la dousman rale tèt la desann jouk ou jwenn maksimòm detire a.



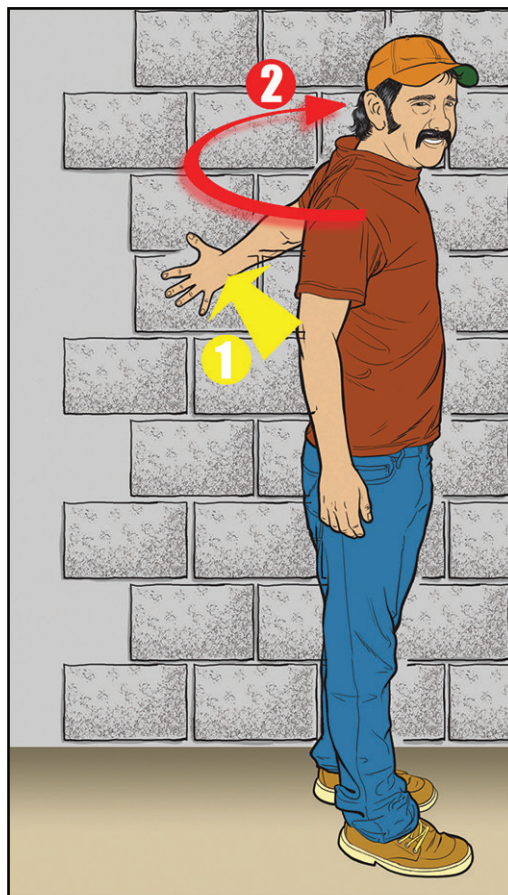
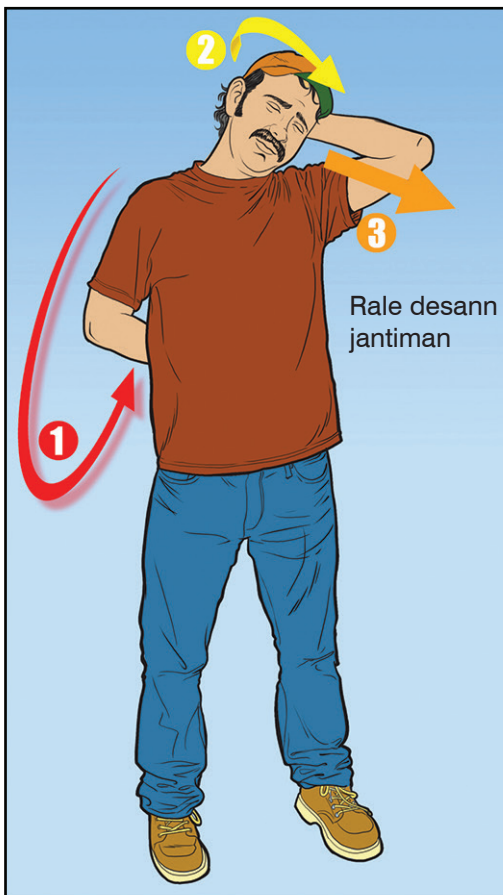
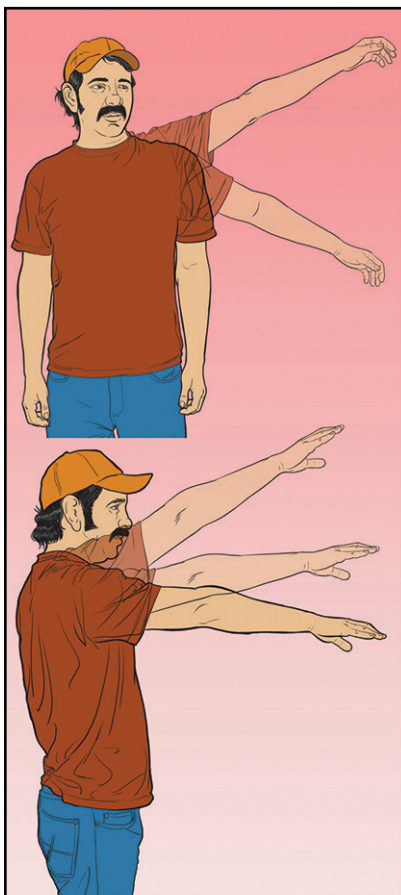
Si ou deplase ponyèt ou ak men anpil fwa pou yon bon tan, eseye fè egzèsis sa yo.



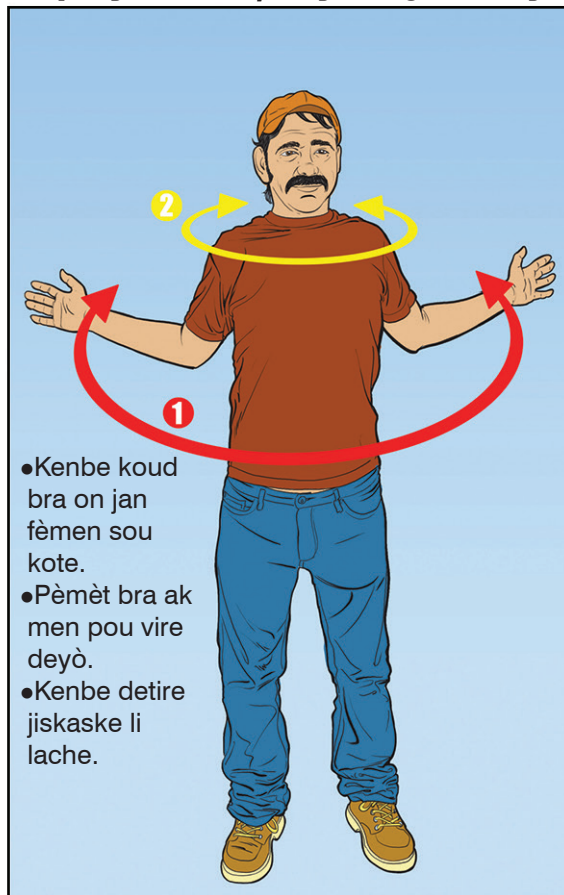
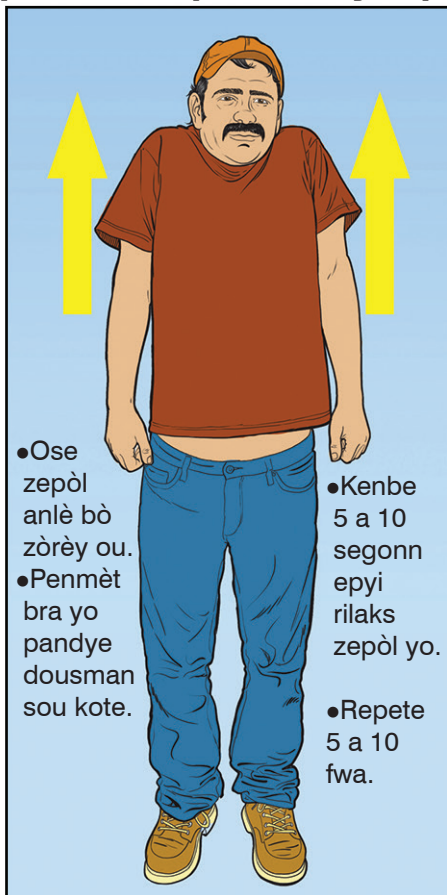
Si ou itilize ponyèt ou oswa si ou kenbe yon bagay ak pwent dw 'et ou oswa itilize dwèt anpil fwa pou yon bon tan, eseye fè egzèsis sa yo.



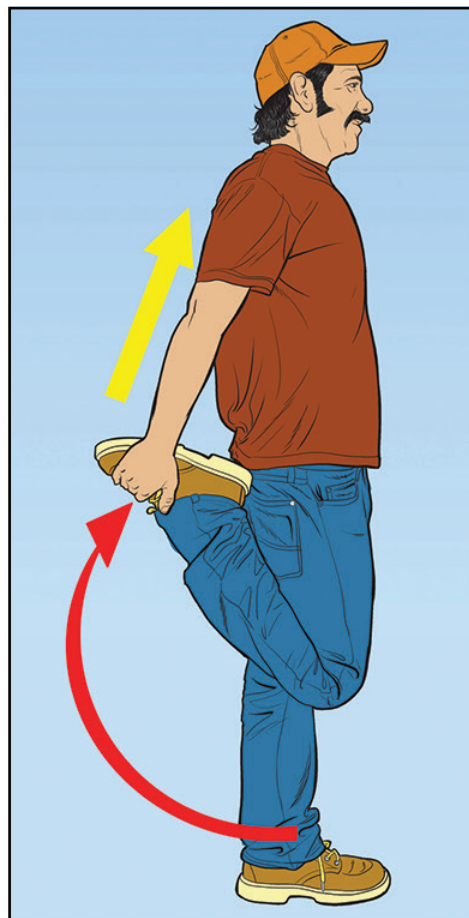
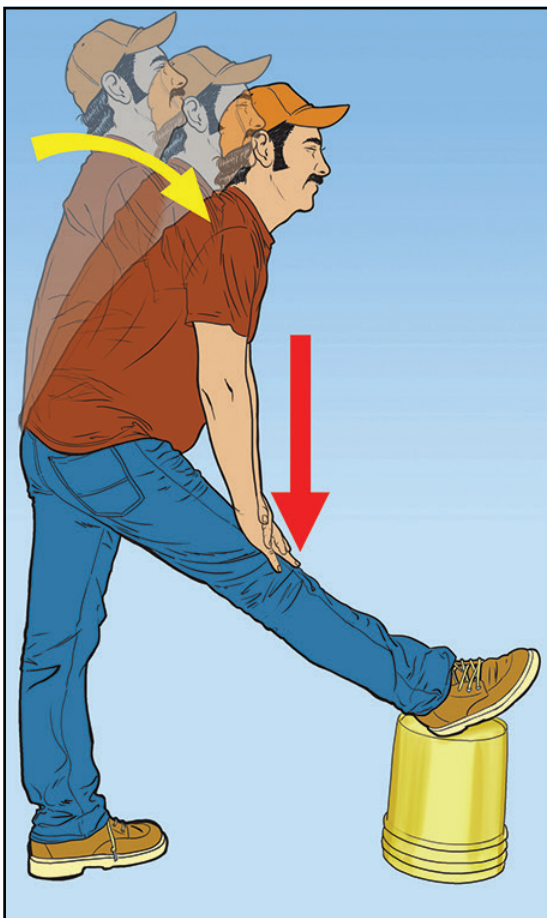
Si ou gen pou leve ponyèt ou devan oswa sou kote anpil fwa pou yon bon tan, eseye egzèsis sa yo.



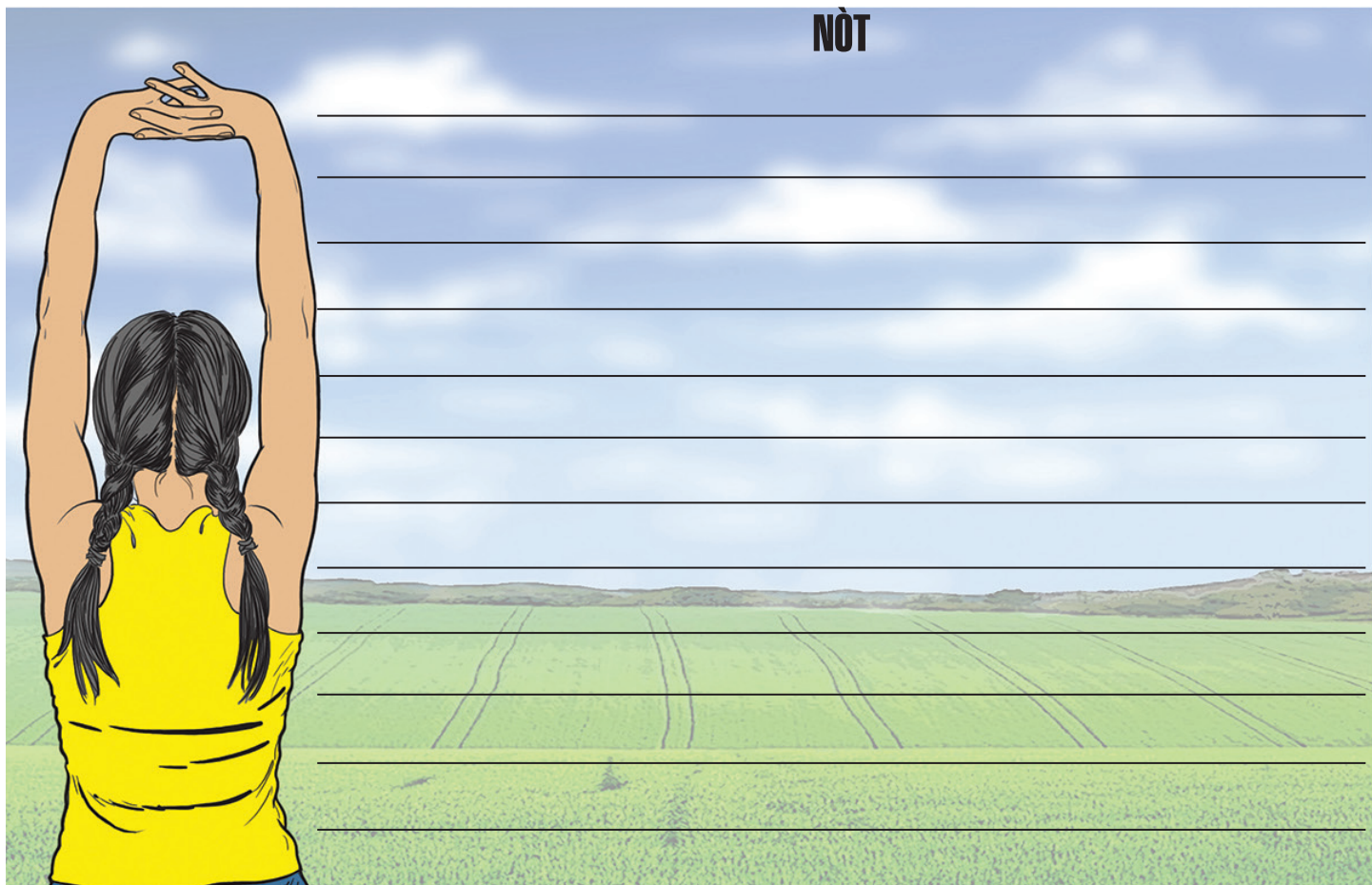
Si w nan pozisyon kote ou ose zepòl ou oswa deplase bra'w yo anpil fwa pou yon bon tan, eseye fè egzèsis sa yo.



Si w dwe bese oubyen ajenou pou yon bon tan, eseye fè egzèsis sa yo.



NÒT



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