Sida loo helo Sharabaadyo iyo Kabaha si aad ugu xirato qalabka orthoses-ka

How to find socks and shoes to wear with Orthosis - Somali

Waa maxay faa'iidooyinka ay leedahay xirashada Sharabaadyaha?

Haddii aad xirato orthosis ama bare cagahaaga, anqawyada ama jilbaha, waxaad u baahan tahay inaad xirato nooc ka mid ah Sharabaadyo hoostiisa. Sharabaadyo wuxuu ilaaliyaa maqaarkaaga, wuxuu ka dhigayaa mid qalalan wuxuuna ka caawiyaa ka hortagga boogaha ama nabarrada. Xiro Sharabaadyo dheer o gareyso kakor anqawyada sifo ay ku difaacdo.

Haddii ay suurtagal tahay, iibso Sharabaadyo aan kala go 'lahayn oo hubi inay yihiin cabirka saxda ah. Sharabaadyo wawayn waxay ku samayn karaan laalaab hoosta walaxdaada taageerta cagta taas oo ay dhici karto in aanay raaxo lahay.

Sigsigaankaaga, maqaarkaaga, iyo xirmooyinkaaga waa inay ahaadaan kuwo nadiif ah oo qalalan mar walba si looga hortago burburka maqaarka ama koritaanka bakteeriyada.

Bukaannada qaarkood waxay doorbidaan inay xirtaan Sigsigaan dheer oo isboorti ah oo ka hooseeya labada dhinac, halka kuwa kale ay doorbidaan inay xirtaan Sigsigaanyo si gaar ah loogu talagalay ujeedadaas.

Halkee ayaan ka heli karaa Sharabaadyo aan xaddidaad lahayn?

Waxaad ka iibsan kartaa noocyo sigsigaamo ah shirkadaha soo socda:

- Knit-Rite: Knitritedirect.com
    - Iska diiwaangeli oo geli lambarka bixiyaha: 1100908000
- AFOsocks.com
- Target (khadka tooska ah oo keliya)
    - Waaxda dharka la qabsiga
- Amazon

Sidee loo helaa kabaha ku habboon brace?

U helida beer kabaha oo leeg walaxdaada lagu taageero cagta waxay noqon kartaa mid dhib leh. Halkan waxaa ah dhowr talo bixinood:

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- Soo qaado walaxdaada taageerta cagta marka la iibsanayo kabbo.
- Iibso kabbo waa wayn. Waa caaddi in la qaato hal cabbir marka la xidhanayo walaxda taageerta cagta.
- Iibso kabaha dhaadheer ama ballaaran oo leh xargaha u dhow suulka (sida kabaha isboortiga).
- Ka saar qeeybta hoose ee warshadda. (Dhidid dhowrka loogu ma talogelin in ay wax qabtaan, laakiin in ay buuxiyaan meesha banaan ee kabbaha.)

Xaggee ayaan ka heli karaa kabaha ku habboon brace?

Bukaan jiifka qaarkood waxay xidhaan kabo noocadadka caga xanuunka leh. Kabbaha dadka caga xunuunka leh caadi ahaan waa ay ka balaadhanyihiin kana qoto dheeryihiin kabbaha kale. Waxaad ka iibsan kartaa noocyadan kabbaha ah shirkadaha soo socda:

- Orthotic Shop
  Orthoticshop.com
- Peterson Shoes
  Petersonshoes.com
  Anoka
- Schuler Shoes
  Schulershoes.com
  Xarumaha Metro: 9
- Surestep
  Surestep.net
- Zappos
  Zappos.com

Noocyada kale ee aad raadin karto waxaa kamid ah: NIKE Flyease, New Balance, BILLY, PLAE, Tsukihoshi, ASICS, Converse, DC, Vans, Kangaroos, Hatchbacks, Merrell, Keen iyo Stride Rite (khadka tooska ah oo keliya).

Raadi xargahaan kabaha ee badalka ah si aad u hesho madax banaani dheeraad ah:

- Lock Laces- Xargo caag ah: locklaces.com
- Zubits- Xirista magneedka: zubits.com
- Hickies- Xargaha aan taayga lahayn: hickies.com

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