

Qodobada muhiimka ah

Waaxda Lugaha, Xubnaha Macmalka ah iyo Fadhiga ayaa bixisa sharabaadada Nooca Knit Rite oo leh noocyada badan ee xajiyaasha cusub.

Sharabaado

Haddii aad ku xidhato walaxda lagu taageero cagtaada, anqawiyada ama jilbaha, waxaad u baahantahay in aad ku xidhato nooc sharabaad ah hoosteeda. Sharabaadadu waxay ilaaliyaan maqaarkaaga, qalajisaa maqaarkaaga oo ka caawisaa ka hortaga nabarka biyahu galeen ama boogaha. Ilaalinta ugu wanaagsan, xidho sharabaado dhaafsiisan xaga sare ee walaxdaada taageerta cagta.

libso sharabaado aan tolneen, haddii ay suuragal tahay, oo hubso in ay yihiin cabbirka habboon.

Sharabaadada aad bay u wayn yihiin oo waxay ku samayn karaan laalaab hoosta walaxdaada taageerta cagta taas oo ay dhici karto in aanay raaxo lahay.

Sharabaadka, maqaarkaaga, iyo walaxdaada taageerta cagta waa in ay nadiif ahaataa wakhtigoo dhan si ay uga hortagto dilaaca maqaarka ama koboca bakteeriya.

Bukaan jiiifka qaarkood waxay doorbidaan in ay ka xidhaan sharabaadada dhaadheer ee ciyaaraha hoos walaxdooda taageerta cagta. Bukaan jiiifka kale waxay door bidaan in ay xidhaan sharabaado kuwaas oo gaar loogu sameeyay laga hoos xidho walaxda lagu taageero cagta. Waxaad ka iibsan kartaa noocyo sharabaada ah shirkadaha soo socda:

Knit Rite

Knitritedirect.com

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.

Isdiiwaan geli kadibna geli koodhka adeeg bixiyaha

1100908000

AFOsocks.com

[Target \(keliya oonleenka\)](#)

Waaxda dharka naafada

Amazon.com

Kabbaha

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

- Soo qaado walaxdaada taageerta cagta marka la iibsanayo kabbo.
- libso kabbo waa wayn. Waa caaddi in la qaato hal cabbir marka la xidhanayo walaxda taageerta cagta.
- libso kab balaadhan ama balaceedu yahay x oo leh xadhiga kabta ilaa suulka (an sida kabbaha ciyaaraha).
- Ka saar dhidid dhowrka warshadda. (Dhidid dhowrka loogu ma talogelin in ay wax qabtaan, laakiin in ay buuxiyaan meesha banaan ee kabbaha)

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

Little Feet Store

Littlefeetkids.com

Minnetonka, MN

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.

Orthotic Shop

Orthoticshop.com

Peterson Shoes

Petersonshoes.com

Anoka

Schuler Shoes

Schulersshoes.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 Ride (keliya oonleenka).

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

- Xargo la xiro Xargo caag ah
 - locklaces.com
- Zubits- Xirista magneedka
 - zubits.com
- Hickies- Xargaha aan taayga lahayn
 - hickies.com

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.