

Babatlisisi ba tla a buisanya le baagi ba motse ka tse ...

Matshwenyego a gago a letsatsi le letsatsi a mesifa, marapo le ditokololo (MuBoJo).

Ka fa matshwenyego a mesifa, marapo le ditokololo a amang botshelo jwa gago le tiro ka teng.

Ditsela tse di mosola go tlhokomela mathata a mesifa, marapo le ditokololo (MuBoJo).

Dithuso tse di tlhokafalang tsa mathata a mesifa, marapo le ditokololo (MuBoJo) mo Shoshong.



Dipotso ka dipatlisiso?
Moeteledipele wa dipatlisiso
Dr. Maria Hondras
+267 7698 7262



Dipotso ka kokelwana ya
World Spine Care
+267 476 9033
(Ka fa marago ga kokelwana ya
Shoshong)

Dipotso ka ditshwanelo tsa gago?
Moemedi wa Lephata la Botsogo
Mr. Pilate Khulumani
+267 391 4467

Lephata la Botsogo mo Botswana le
leteletse dipatlisiso ka letsatsi
la 14 August 2013



**Dipatlisiso
Tsa
MuBoJo**

Ke tsela efe e o ka tshelang
le go tlhokomela **Mesifa,
Marapo le Ditokololo**
mo **Shoshong?**

Dipatlisiso tse, di tla re
thusa go bona ditsela tse
ka tsone re ka kgonang go
tlhokomela tsa botsogo mo
motseng

*Re batla go
bua le wena!*



A o nale le ditlhabi, go opa, kgotsa matshwenyego mo mmeleng wa gago?

Kgotsa go botlhoko go se kae/go le gonnye.

Kgotsa o itse mongwe yo o nang le mathata a mesifa, marapo le ditokololo?

Ikopanye le rona! Re batla go buisanya le borre le bomme ba dingwaga tse di farologanyeng.

Mu

Muscles (Mesifa)

Mmele o na le mesifa e le makgolo a marataro le masome a matlhano (650).



Bo

Bones (Marapo)

Mmele o na le marapo a le makgolo a mabedi le borataro (206).



Jo

Joints (Ditokololo)

Mmele o na le ditokololo di le lekgolo, masome a roba bobedi le bosupa (187).



Re batla go ithuta mo go wena!

Dipuisanyo di ka nna tsa tsaya sebaka sa Oura.

Sengwe le sengwe se o se re bolelelang ke sephiri.

Ke tshwetso ya gago go tsenelela dipatlisiso tse.

O gololesegile go emisa dipuisanyo tsa dipatlisiso tse, nako e nngwe le e nngwe kwa ntle ga go fa lebaka.

Re thuse gore re kgone go thusa motse wa Shoshong!

