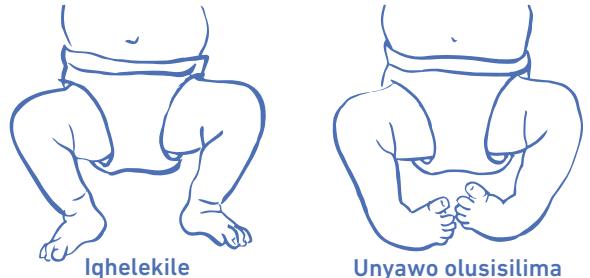




Unyawo olusilima luyanyangeka

Isikhokelo senyathelo
ngenyathelo
lonyango lonyawo
olusilima kwizigulana
ezintsha

We will walk with you



NYAWO OLUSILIMA

Akaziwa unobangela wonyawo olusilima – asilotyala lamtu ukuba usana lwakho lube nonyawo olusilima
 Unyawo olusilima lubakho xa usana lulazalwa
 Unyawo luyaqina kwaye alukwazi kubuyela endaweni yalo eqhelekileyo
 Unyawo lujonge ezantsi kwaye lujike ngaphakathi eqatheni ngoko ke umntla wonyawo uphantse wakwindawo apho kumele ukuba kukho umphantsi wonyawo
 Igama lonyawo olusilima elisetyenziswa ngoogqirha yi-Talipes Equinovarus
 Unyawo olusilima luxhaphakile – lubakho kwiintsana ezi-2 kwezili-1,000.
 Unyawo olusilima lubakho kwiintsapho, kodwa kwezinye akukho mbali yalo
 Unyawo olusilima lungachaphazela unyawo olunye okanye iinyawo zombini
 Ngamakhwenke amaninzi abanonyawo olusilima kunamantombazana (esi sehlo simalunga ne-2:1)
 Usana lwakho luza kuxilongelwa nezinye iimeko, kodwa kwiimeko ezininzi luba yingxaki ehamba yodwa unyawo olusilima

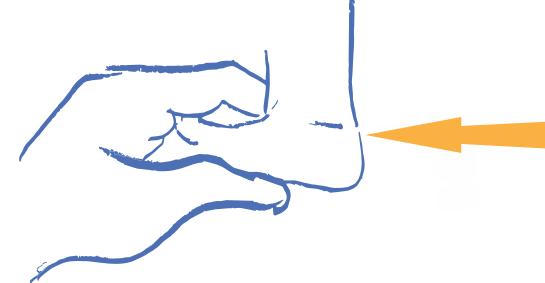
JNYANGO OLUNCONYWAYO LONYAWO OLUSILIMA LUNYANGO OLULANDELA UHLOBO LWEAPONSETI

Unyango luyimpumelelo kangangama-95%, ukuba ululandela ngokufanelekileyo unyango, umntwana wakho uza kuba neenyawo eziqhelekileyo nezisebenza kakuhle:
 Ukujikajika nokulungiswa konyawo ngobuchule kune neqatha Isamente yomlenze wonke etshintshwa rhoqo kwiveki ezi-4 ukuya kwezi-6
 Ama-80% abantwana benziwa uqhaqho olungephi lwe-tetonomy ukusika umsipa wesithende (tetonomy)
 Emva koqhaqho olungephi, kufakwa isamente yokuggibela Izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zinxityiswa kwakamsinyane emva kokuhutshwa kwesamente yokuggibela Izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zinxitywa iiyure ezingama-23 ngosuku kwiinyanga ezi-3 zokuqala Emva kweenyanga ezi-3, ukunxitwa kwezhilangu zezilima ezidityaniswe ngentsinjana/ngeplangana kuncitshiswa ukuze zinxitywe ebusuku naxa usana lusithi ngqwa (iiyure ezili-12-14 ngemini)

UKUJIKAJIKWA NOKULUNGISWA NGOBUCHULE KONYAWO KUNYE NOKUFAKWA ISAMENTE



UQHAQHO OLUNGEPHI LOKUSIKA UMSIPHA WESITHENDE

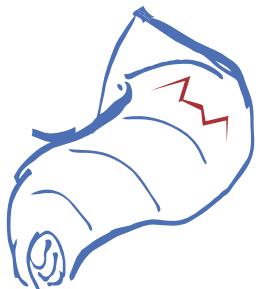


- Abantwana abaninzi abanonyawo olusilima banomsipha omfutshane otsalekileyo
- Ngaphandle kolu qhaqho umntwana wakho uza kuhamba ngeenzwane
- Uqhaqho lokusika umsipa luqhaqho olungephi lokusika nje lo msipa wesithende
- Ludla ngokwenziwa kusetyenziswa isibulala-ntlungu esithendeni kwaye luthatha malunga nemizuzu eli-10
- Emva kolu qhaqho kufakwa isamente yokuggibela kangangeeveki ezi-3
- Abanye oogqirha basebenzisa isibulala-ntlungu nakwizigulane ezindala
- Ungalunika isibulala-ntlungu esiphakathi usana lwakho ukuba kuyimfuneko emva koqhaqho

UKUKHATHALELA ISAMENTE EKHAYA



- Yigcine isamente icocekile kwaye yomile
- Musa ukulufaka ebhafini usana lwakho
- Sebenzisa ilaphu elinesepha ukucoca usana lwakho ngaphandle kokumanzia isamente



- Khangela ukuba isamente ayophukanga okanye ineentanda kusini na
- Musa ukufaka nantoni na ngaphakathi kwisamente



- Kufuneka ukwazi ukuzibona iinzwane ngalo lonke ixesha
- Iinzwane kufuneka zibe shushu kwaye zibe nombala ofanayo nolusu lomzimba wonke
- Zicinezele rhoqo iinzwane emva kweeyure ezimbawo ukukhangele ukuba igazi lisajikleza kakuhle kusini na



- Ungalunxibisa iikawusi usana lwakho ukuba kuyabanda
- Faka itawuli esongiweyo phantsi kwamadolo osana lwakho ukuxhasa izithende xa usana lwakho lulele



IINGXAKI NGESAMENTE

Tsalela umnxeba kugqirha wakho okanye ubuyelete ekliniki ukuba uqaphela nayiphi na kwezi zilandelayo:



- Umkhuhlane okanye ubushushu obumandla.
- Ukudumba ngaphezelu okanye ngaphantsi kwesamente.
- Iinzwane ezidumbileyo
- Isamente iluqinise kakhulu apha ngasentla emlenzeni.
- Kukho ivumba elibi eliphuma kwisamente.



- Iinzwane zipholile okanye ziyanbada.
- Iinzwane azinguwo umbala oqhelekileyo wolusu lomzimba wosana.
- Unyawo lutshone ngaphakathi kwisamente.
- Akuziboni iinzwane.
- Isamente inethanda okanye ithambile.
- Isamente iyawa.

UKUKHUTSHWA KWESAMENTE



- Ezinye iikliniki ziza kuyikhupha ngokwazo isamente, zize ezinye zikucele ukuba uyisuse ngokwakho isamente
- Musa ukuyikhupha ngobusuku obuphambi kweddinga isamente
- Yimanziye, uyisongele ngetawuli efumileyo, uze uyigqume ngeplastiki ukuze isamente ithambe
- Uza kufumana iqhunyana lebhandeji ecaleni kwedolo ukukunceda uiykhulule.
- Ukgalela iviniga emanzini kuza kuyithambisa kamsinyane isamente
- Ukususa isamente ekliniki, baza kukunika isitya

Njengempelesi yomntwana wakho, udlala indima ebaluleke kakhulu kwimpumelelo yonyango. Ukuba unemibuzo okanye uxhalabile, nceda uqhagamshelane nekliniki yakho okanye umcebisi wabazali.

IINKCUKACHA ZASEKLINIKI



UKUFAKWA ISAMENTE

1	2	3	4	5
				✓



UKUFAKWA ISAMENTE

6	7	8	9	10
				✓



UKUNXITYWA KWEZILANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA

1	2	3	4	5
				✓



UKUNXITYWA KWEZILANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA

6	7	8	9	10
				✓