能動的な脚関運動

Active Leg Range of Motion

Do these exercises on your back _____ times, ____ times a day.

仰向けに寝て、この運動を____回、1 日 回行います。

□ Ankle Pumps

Move your foot up and down as if pushing down or letting up on a gas pedal in a car.



□ 足首の上下運動

自動車のアクセルペダルを踏 むように、足を上下運動させ ます。

□ Quad Sets

Lie on your back with your legs straight and toes pointed toward the ceiling. Tighten your thigh muscles and push your knee down to the bed. Hold for 5 seconds and release.

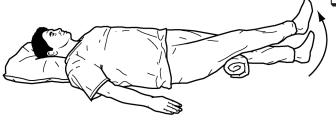


ロ クワッドセット

脚を真っ直ぐに伸ばして仰向けになり、つま先を真上に向けます。 たを真上に向けます。 腿の筋肉を引き締め、 膝を下に押すように力 を入れます。5秒間保 持して、力を抜きます。

☐ Short Arc Quads

Place a large can or rolled towel under your knee. Straighten your knee and leg. Hold ____ seconds.



コ ショートアークク ワッド

大きな缶、または丸めたタオルを膝の下にいれます。膝と脚を真っ直ぐに伸ばします。 そのまま____秒間保持します。

☐ Gluteal Sets

Squeeze your buttocks together. Hold for 5 seconds and release.

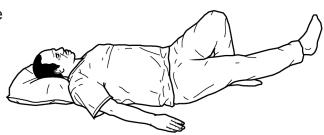


□ 臀部運動

お尻を引き締めます。5秒間維持して、楽 にします。

☐ Straight Leg Raise

Lift your leg toward the ceiling while keeping your knee straight. Bend the opposite knee.

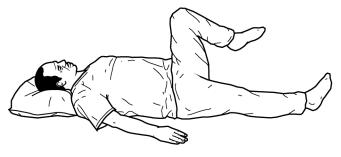


□脚上げ運動

脚を真っ直ぐに伸ばした状態で上に上げます。もう片方の脚は膝を曲げます。

☐ Hip and Knee Bending

Bring your leg in towards your chest, bending the knee and hip. You also can do this exercise sitting.



□ 臀部と膝の曲げ 運動

膝と臀部を曲げて、脚を胸に近づけます。この運動は座った状態で行っても構いません。

☐ Hip Rotation

Roll your leg in towards your other leg and then back out.

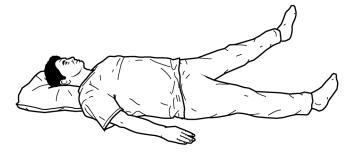


□臀部の円運動

脚をもう一方の脚に 向けて内側から外側 へと回転させます。

☐ Hip Outward and Inward

Move your leg out to the side and then back, keeping your knee straight and pointed towards the ceiling.



□股関節の運動

脚を真っ直ぐに伸ば し、つま先は真上に向 けながら、横方向に広 げてから、閉じます。

☐ Knee Push

Put a towel roll under your ankle and push your knee down into the bed.



ロニープッシュ

丸めたタオルを足首 の下に入れて、膝を下 に押すように力を入れ ます。

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