腿部主动活动范围

Active Leg Range of Motion

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

仰卧状态下完成以下练习____次,每天 次。

□ Ankle Pumps

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



□脚踝踩动

模仿开车时踩下或松开油门的动作,上下活动您的脚。

□ 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.

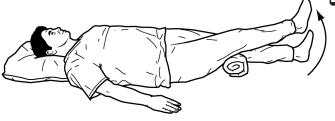


□ 股四头肌动作 组合

呈仰卧姿态,双腿伸直,脚趾朝向天花板。收紧大腿肌肉,下压膝盖直至床面。保持5秒钟,然后放松。

☐ Short Arc Quads

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



□ 短弧股四头肌 动作

在膝盖下方放置大罐 头或卷曲的毛巾。 伸直膝盖和腿。 保持 秒。

☐ Gluteal Sets

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

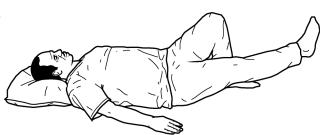


□臀肌动作组

收紧臀部。保持**5**秒后 放松。

☐ Straight Leg Raise

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

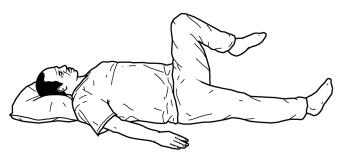


□直腿抬升

保持膝盖伸直,将腿 抬向天花板。弯曲另 一条腿的膝盖。

☐ Hip and Knee Bending

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



□臀膝弯曲

将腿抬向胸部,弯曲膝盖和臀部。您还可 以坐姿完成此练习。

☐ Hip Rotation

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

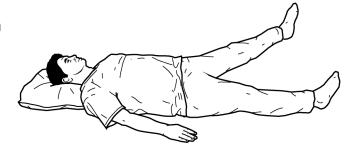


→臀部转动

将腿向另一条腿转动,然后收回。

☐ Hip Outward and Inward

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



□臀部内外伸展

将您的腿向侧面伸展,然后收回,在此过程中保持膝盖挺直并朝向天花板。

☐ Knee Push

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



□膝盖下压

将卷曲的毛巾放在脚 踝下方,下压膝盖直 至床面。

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