# 능동 가동 범위 운동 팔목, 팔꿈치, 팔뚝 및 어깨

# Active Range of Motion Exercises: Wrists, Elbows, Forearms, and Shoulders

Repeat these exercises \_\_\_\_ times, \_\_\_\_ times a day. Do only the exercises checked.

Do the exercises with:

- ☐ Both arms
- ☐ Right arm
- □ Left arm

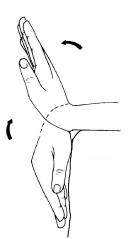
이 운동을 하루에 \_\_\_\_번, \_\_\_번씩 반복하십시오.

표시된 운동만 하십시오. 운동 부위:

- □ 양팔
- □ 오른쪽 팔
- □ 왼쪽 팔

#### ☐ Wrists 1

Rest your arm on a table and hang your hand over the edge. Slowly bend your wrist up and down.

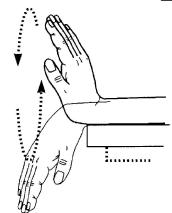


#### □ 팔목 1

팔을 탁자 위에 놓고 손을 가장자리에 걸리게 합니다. 팔목을 천천히 위/아래로 굽힙니다.

#### ☐ Wrists 2

Rest your arm on a table and hang your wrist over the edge. Move your wrist in circles to the right and to the left.

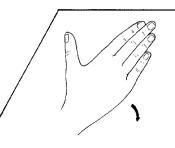


#### □ 팔목 2

팔을 탁자 위에 놓고 손목을 가장자리에 걸리게 합니다. 손목으로 원을 그리면서 좌우로 움직입니다.

#### ☐ Wrists 3

Put your arm with your hand, palm down, on the table. Move your hand toward the little finger side. Then move the hand toward the thumb side. Keep your arm still.





#### □ 팔목 3

손바닥을 아래로 향하게 하고 손과 함께 팔을 탁자 위에 놓습니다. 손을 새끼손가락 방향으로 움직입니다. 그 후, 손을 엄지손가락 방향으로 움직입니다. 팔은 가만히 고정합니다.

#### □ Forearms

Place your arm at your side with elbow bent and tucked in at your side. Turn your hand so that the palm faces up to the ceiling. Now turn your hand so that the palm faces down to the floor.





#### □ 팔뚝

팔꿈치를 굽힌 채 팔을 옆구리에 붙입니다. 손바닥이 천장을 보도록 손을 돌립니다. 이제 손바닥이 바닥을 보도록 손을 돌립니다.

## □ Elbows

Place your arm down at your side with elbow straight.
Bend the elbow and bring your hand up to touch your shoulder.



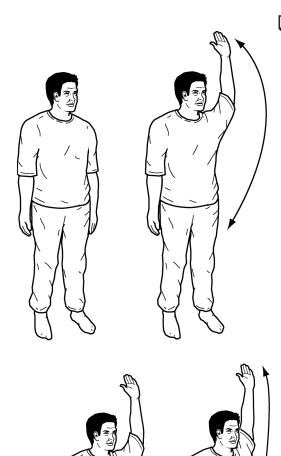


### □팔꿈치

팔꿈치를 곧게 펴고 팔을 아래로 향하게 합니다. 팔꿈치를 굽혀서 손이 어깨에 닿게 합니다.

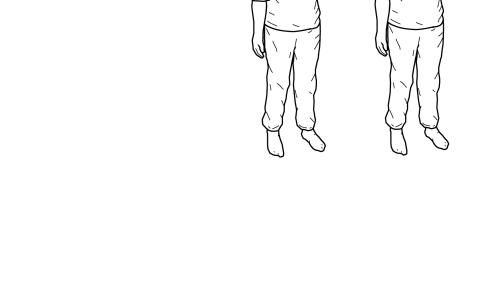
#### ☐ Shoulders 1

Place your arm at your side, palm turned in. Keep your elbow straight, and raise the arm up in front of your body and up toward the ceiling. Gently stretch your arm up then bring it down.



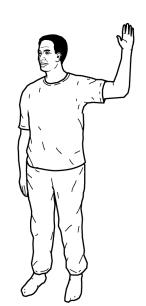
# □ 어깨 1

팔을 옆구리에 두고 손바닥을 붙입니다. 팔꿈치는 곧게 펴고 팔을 천장 향해 들어 올립니다. 부드럽게 팔을 폈다가 내려놓습니다.



#### ☐ Shoulder 2

With your arm at your side, palm facing in, raise your arm straight out to shoulder height. Bending the elbow, raise your hand up toward the ceiling, then down toward the floor.





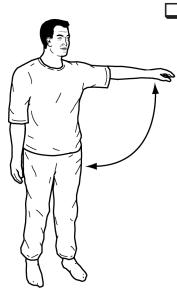
#### □ 어깨 2

팔을 옆으로 하고 손바닥은 안쪽을 보게 합니다. 팔을 어깨높이로 곧게 들어 올립니다. 팔꿈치를 굽히고 손을 천장을 향하게 들어 올린 다음, 바닥을 향해 내립니다.

#### ☐ Shoulder 3

With your arm at your side, palm facing in, raise your arm straight out to the side, to shoulder height. Lower your arm to starting position.





#### □ 어깨 3

팔을 옆으로 하고 손바닥은 안쪽을 보게 합니다. 팔을 옆으로 어깨높이까지 들어 올립니다. 팔을 시작 위치까지 내립니다.

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