主动活动范围练习: 手腕、手肘、前臂和肩部

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

Repeat these exercises times, times a day. Do only the exercises checked.	以下练习重复次,每天次。仅完成勾选的练习。
Do the exercises with:	练习部位:
□ Both arms	□ 双臂
☐ Right arm	□ 右臂
□ Left arm	□ 左臂

☐ Wrists 1

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

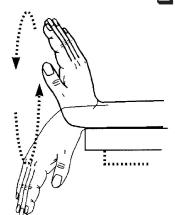


□手腕1

将手臂放在桌上,使手悬垂在边缘。 慢慢地上下弯曲您的手腕。

☐ 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.

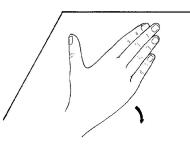


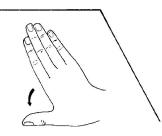
□手腕2

将手臂放在桌上,使手腕悬垂在边缘。手腕向左右画圈。

☐ 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.





□手腕3

将手臂放在桌上, 手掌朝下。将手向 小指侧移动。然后 将手向拇指侧移 动。手臂保持不 动。

□ 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.





□前臂

将手臂放在身体侧面,手肘 弯曲并在身侧抬起。转动您 的手,使手掌向上朝向天花 板。现在转动您的手,使手 掌向下朝向地板。

□ Elbows

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



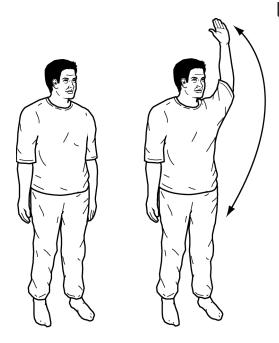


□手肘

将手臂下垂放在身体侧面,手 肘伸直。弯曲手肘,使您的手 向上触碰肩部。

☐ 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.

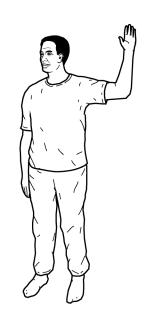


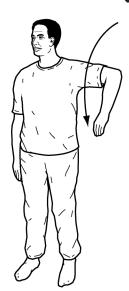
□ 肩部1

将手臂放在身体侧面,手掌朝内。 使手肘保持朝身。 使手肘保持朝身,将手臂朝身, 下面向上抬起,并 至重朝向上大花板展, 轻轻地向上伸展,然后放下。

☐ 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.





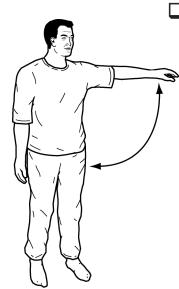
□ 肩部2

将手臂放在身体侧面, 手掌朝内,然后将手臂向 外抬起,与肩部齐平。 弯曲手肘,将手向上抬起 至朝向天花板,然后向下 朝向地板。

☐ 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.





□ 肩部3

将手臂放在身体侧面, 手掌朝内,然后将手臂向 外侧抬起,与肩部齐平。 将手臂放下至起始位置。

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.

^{© 2007 -} March 15, 2017, Health Information Translations.