主動活動範圍練習: 手腕、手肘、前臂和肩膀

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

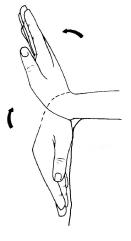
- 重複這些練習___次,每天___次。僅進行 勾選的練習。 練習部位:
- □ 雙臂
- □ 右臂
- □ 左臂

U Wrists 1

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



手臂平放在桌上,手部伸出桌子邊 緣。慢慢上下彎曲手腕。



U 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.

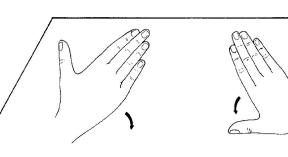


□手腕 2

手臂平放在桌上,手腕伸出桌子 邊緣。手腕朝右畫圈,再朝左畫 圈。

U 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

將手臂放在桌上, 手掌朝下。手掌朝 小指頭側移動。接 著手掌朝大拇指侧 移動。前臂保持不 動。

□ 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.





將手臂放在身體側面,手肘 彎曲並在身側抬起。轉動手 部,使手掌朝向天花板。接 著翻動手部, 使手掌朝向地 面。

Elbows

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



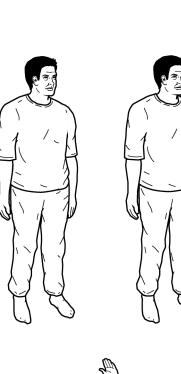
□手肘

將手臂垂放在身體側面,手肘 伸直。彎曲手肘,用手向上觸 碰肩膀。

2

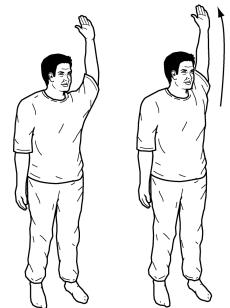
□ Shoulders 1

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.



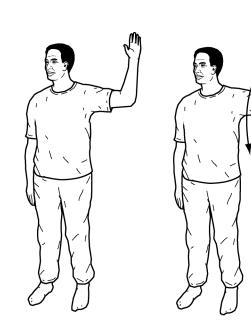
□ 肩膀 1

將手臂放在身體側 面,手掌朝內。手 肘保持伸直,手臂 往身體前方抬起, 並舉直朝向天花 板。輕輕向上伸展 手臂,然後放下。



□ 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.

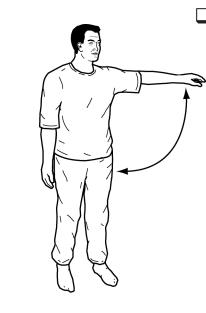


□ 肩膀 2

將手臂放在身體側面,手 掌朝內,然後將手臂向外 抬起,與肩齊平。手肘彎 曲,將手向上抬起至朝向 天花板,然後向下朝向地 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.



□ 肩膀 3

將手臂放在身體側面,手 掌朝內,然後將手臂向外 側抬起,與肩齊平。將手 臂放下至起始位置。

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