

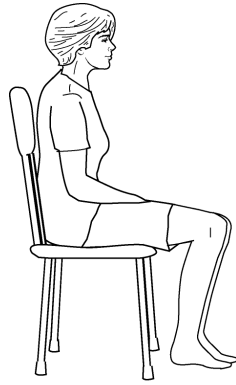
腰痛時應做與不應做的動作

Do's and Don'ts with Low Back Pain

Sitting

Do:

- Sit as little as possible and then only for short periods.
- Place a supportive towel roll at the belt line of the back especially when sitting in a car.
- When getting up from sitting, keep the normal curves in your back. Move to the front of the seat and stand up by straightening your legs. Avoid bending forward at the waist.
- Try to keep the normal curves in your back at all times.

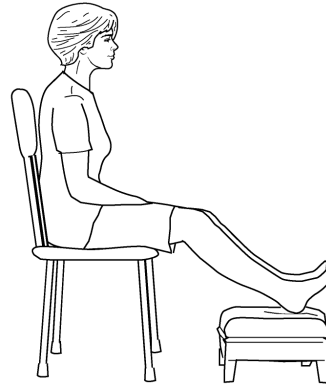


正確
Good

坐

應做:

- 盡可能少坐，不久坐。
- 將捲起的毛巾放在背後繫皮帶處支撐腰部，特別是坐車時。
- 從座位起身時，保持背部正常曲線。移至座位前方，雙腳伸直站起。避免腰部向前彎曲。
- 隨時注意保持背部正常曲線。



不正確
Bad

Don't:

- **Do not** sit on a low soft couch with a deep seat. It will force you to sit with your hips lower than your knees and will round your back. You will lose the normal curve in your back.
- **Do not** place your legs straight out in front of you while sitting (e.g. sitting in the bath tub).

不應做:

- 不要坐在低矮鬆軟、座位很深的沙發上。這會迫使您坐下時，臀部低於膝蓋，讓背部彎曲。這樣便無法保持背部正常曲線。
- 坐下時，不要將雙腿向前伸直（例如：坐在浴缸內）。

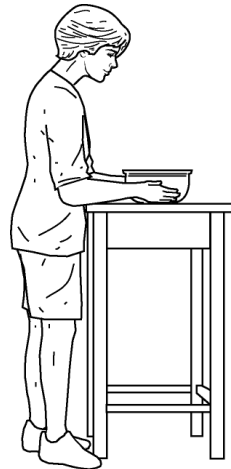
Standing

Do:

- If you must stand for a long period of time, keep one leg up on a foot stool.
- Adapt work heights.

Don't:

- Avoid half bent positions.



正確
Good

站立

應做:

- 如果必須長時間站立，可將一隻腳放在腳凳上。
- 調整工作高度。

不應做:

- 避免半彎的姿勢。



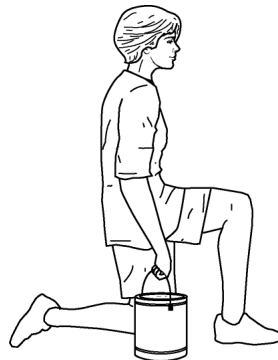
不正確
Bad

Lifting

Avoid lifting if you can.

Do:

- Use the correct lifting technique. Keep your back straight when lifting. Never stoop or bend forward. Stand close to the load, have a firm footing and wide stance. Kneel on one knee, keeping the back straight. Have a secure grip on the load and lift by straightening your knees. Do a steady lift. Shift your feet to turn and do not twist your back.



正確
Good



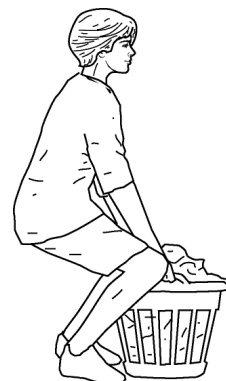
不正確
Bad

應做:

- 運用正確的提重技巧。提重時背部挺直。切勿俯身或向前彎腰。站在物品旁邊，腳跟站穩，雙腳略遠分開。單膝跪地，背部保持平直。牢牢抓握物品後，雙膝伸直提起物品。平穩的提起重物。移動雙腳轉身，不要扭轉背部。

Don't:

- **Do not** jerk when you lift.
- **Do not** bend over the object you are lifting.



正確
Good



不正確
Bad

不應做:

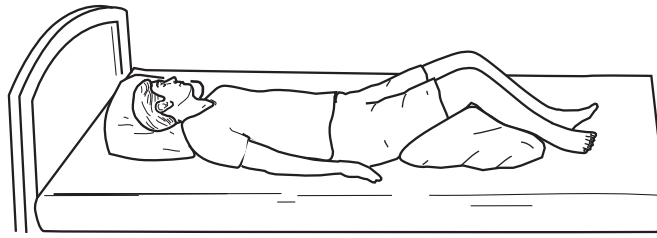
- **不要** 猛然提起物品。
- **不要** 彎身貼近要提取的物品。

Lying

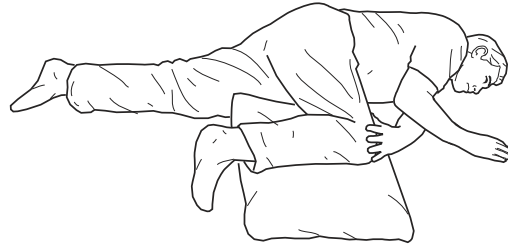
躺下

Do:

- Sleep on a good firm surface.
- If your bed sags, use slats or plywood supports between the mattress and base to firm it. You also can place the mattress on the floor, a simple but temporary solution.
- You may be more comfortable at night when you use a pillow for support.



正確
Good



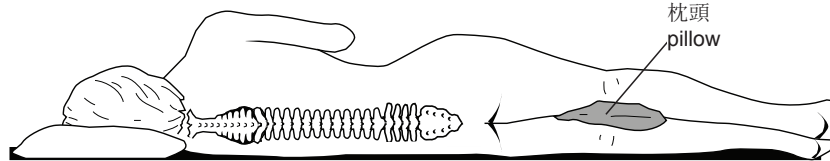
正確
Good

應做:

- 睡在牢固表面上。
- 如果床鋪下陷，在床墊與底座間放入板條或夾板固定。也可以將床墊放在地板上，這是簡單的臨時解決辦法。
- 如果使用枕頭進行支撐，晚上可以有更好的睡眠。

Don't:

- **Do not** sleep on your stomach unless advised to do so by your doctor or physical therapist.



正確
Good

不應做:

- **不要** 趴睡，除非醫師或物理治療師建議這麼做。

Bending forward

Do:

- Keep the natural curves of your back when doing these and other activities: making a bed, vacuuming, sweeping or mopping the floor, weeding the garden or raking leaves.



正確
Good



不正確
Bad

前屈

應做:

- 從事這些活動或其它活動時，保持背部自然曲線：整理床鋪、使用吸塵器、掃地或拖地、在花園裡除草或耙落葉。

Coughing and sneezing

Do:

- Bend backwards to increase the curve of your back while you cough or sneeze.

咳嗽及打噴嚏

應做：

- 咳嗽或打噴嚏時，身體向後彎曲，增加背部的曲線。

Driving a car

Do:

- Drive the car as little as possible. It is better to be a passenger than to drive yourself.
- Move the seat forward to the steering wheel. Your seat must be close enough to the wheel to keep the natural curves of your back. If your hips are lower than your knees in this position, raise yourself by sitting on a pillow.



駕車

應做：

- 盡量少開車。最好改搭車，而非自己開車。
- 將座椅向前移，靠近方向盤。座椅必須足夠靠近方向盤，以保持背部自然曲線。如果落座時臀部低於膝蓋，則坐在枕頭上抬高自己身體。

Exercises for low back pain

Safety Guidelines

- An increase in your low back pain can be expected with these exercises. This is acceptable as long as your leg symptoms are not increasing.
- If while doing these exercises, your pain worsens or you have new pain or symptoms, stop the exercises and discuss your symptoms with your doctor or physical therapist.
- Stop exercising and let your doctor or physical therapist know right away if you have any change in your bowel or bladder control or any increase in weakness in your leg or foot.

針對腰痛的練習

安全指南

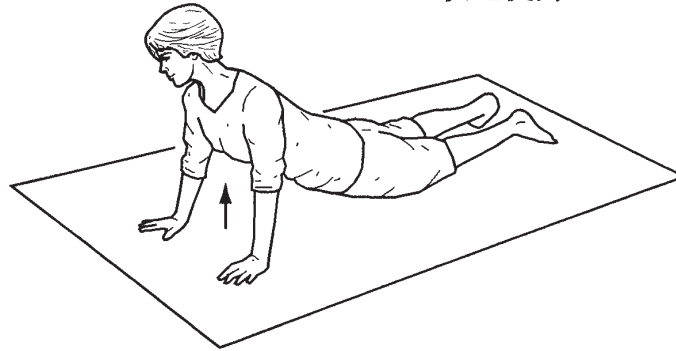
- 以下這些練習可能讓腰痛加劇。只要腿部的症狀沒有增多，這些練習是可以接受的。
- 如果練習時疼痛加劇或出現新的疼痛或症狀，請停止練習並與醫師或物理治療師討論這些症狀。
- 如果您的腸道或膀胱控制有所改變，或者雙腿或雙腳更加無力，請立刻停止練習，並告知您的醫師或物理治療師。

Exercises

練習

❑ Press-Ups:

Keep your back and buttocks relaxed and use your arms to press up. Concentrate on keeping your hips down and push up your upper body as high as possible.

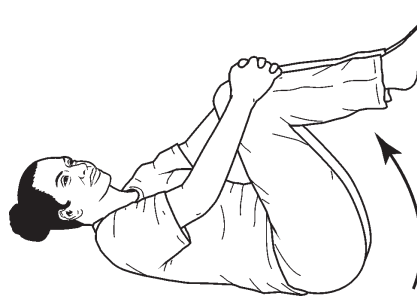


❑ 伏地挺身:

背部及臀部放鬆，用雙臂撐起身體。集中注意力保持臀部朝下，盡量將上半身撐到最高。

❑ Double Knee to Chest:

Grasp both your knees with your hands and pull toward your shoulders. Hold the stretch for 1 second. Let your knees return, but keep them bent at arms length.

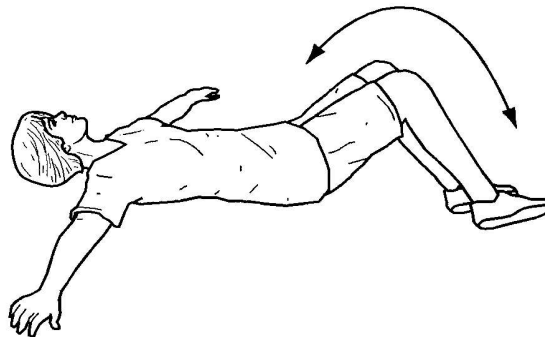


❑ 雙膝貼胸:

雙手抱住雙膝朝肩膀方向拉伸。保持伸展 1 秒鐘。雙膝回到開始位置，但膝蓋以手臂距離保持彎曲。

❑ Lumbar Spine Stretches:

Lie on your back. Bring your knees towards your chest. Rotate your knees towards the pain.

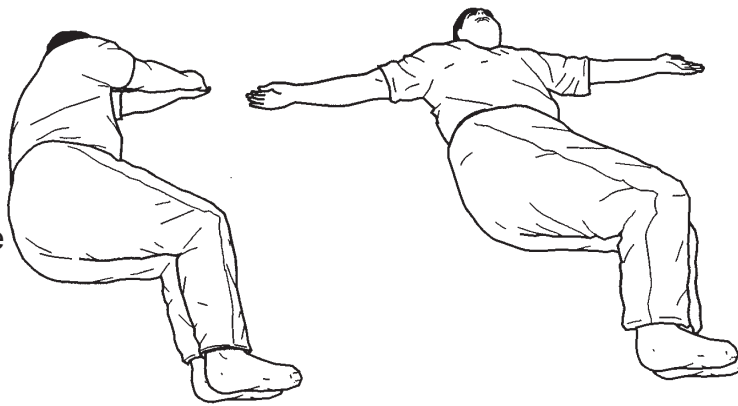


❑ 腰椎伸展:

仰臥。雙膝朝胸前靠近。雙膝轉向疼痛的部位。

❑ Side-lying Position:

Lie on your side and face forward. Have both arms straight in front and bend your knees. Turn your head as you move your top arm across your body as far as you can. Keep your arm in place and turn your head back to the starting position. Look back again and turn your head farther if you can. Bring your head and arm back to the starting position. Relax and repeat 10 times on each side.

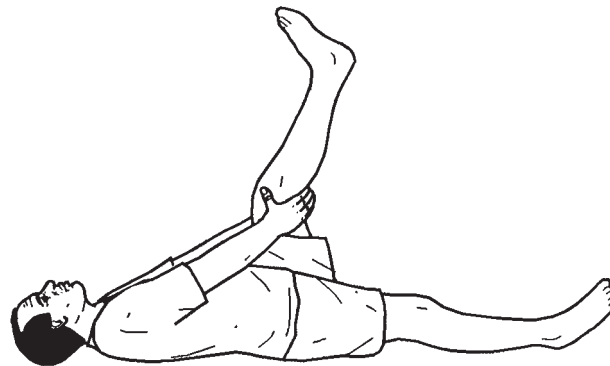


❑ 側臥姿勢:

身體側臥，臉朝前方。雙臂朝前方伸直，雙膝彎曲。上臂盡可能的橫過身體，同時轉動頭部。手臂姿勢保持不變，轉頭回到開始位置。再往回看，將頭轉到最大幅度。將頭部與手臂恢復到開始位置。放鬆，每邊重複 10 次。

❑ Hamstring Stretch:

Lie on your back with your legs out straight. Raise your leg up and put your hands around the upper leg for support. Slowly straighten the raised knee until you feel a stretch in the back of the upper leg. Hold, then relax and repeat 10 times on each leg.



❑ 腿後肌伸展:

仰臥，雙腿伸直。一腳抬高，用雙手環抱大腿做支撐。慢慢將抬高的膝蓋伸直，直到大腿後部有拉伸的感覺。保持這個姿勢不動，然後放鬆，每隻腳重複 10 次。

❑ Standing Arch:

Stand with your feet apart and hands on the small of your back with fingers pointing backwards. Bend backwards at the waist, supporting the trunk with your hands. Keep your knees straight. Hold for 5 seconds. Repeat 3 to 5 times.

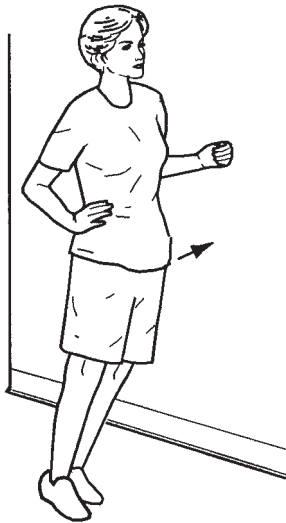


❑ 站立後拱:

雙腳分開站直，雙手叉腰，手指朝後。腰部向後彎，用雙手支撐身體。膝蓋伸直。保持 5 秒。重複 3 到 5 次。

❑ Side Glides:

Stand at a right angle to the wall about 2 feet out from the wall. Lean your shoulder into the wall. Move your hips toward the wall, keeping your legs together and your knees straight. Return to the starting position.



❑ 側滑:

身體與牆壁呈直角站直，距離牆壁約 2 英尺。將肩膀靠在牆壁上。臀部朝牆壁移動，雙腿合併，膝蓋伸直。回到開始位置。