背部强化练习

Exercises to Strengthen Your Back

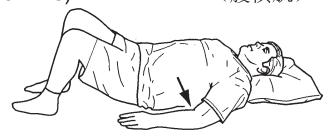
☐ Tighten tummy

(Transverse abdominis)

- Relax on your back with your knees bent. Breathe in and out.
- 2. Breathe out and pull your tummy in.
- Breathe and hold your tummy in for 10 seconds.
- 4. Relax and then repeat 10 times.

□收紧腹部

(腹横肌)



- 1. 膝盖弯曲,仰卧放 松。吸气,呼气。
- 2. 呼气并收腹。
- 3. 呼吸,保持收腹10秒 钟。
- 4. 放松, 然后重复10 次。

□ Bent knee fall outs

- Lie on your back with your knees bent. Breathe in and out.
- 2. Breathe out and tighten your tummy to support your back. You may want to rest your hand on your tummy to remind you to keep it pulled in.
- Keep breathing, but keep your tummy tight and lift one leg with your knee bent, so your knee is facing the ceiling.
- 4. Lift the other leg slowly to the same position and hold for 5 to 10 seconds.
- 5. Then lower one foot to the floor and then the other.
- 6. Relax and repeat 10 times.

□屈膝抬腿



- 1. 屈膝仰面躺下。吸气, 呼气。
- 2. 呼气, 收紧腹部以支撑背部。可以将手放在腹部, 提醒自己保持腹部收紧。
- 3. 保持呼吸,保持腹部收 紧并抬起一只腿,膝盖 弯曲,使膝盖面朝天花 板。
- 4. 缓慢抬起另一只腿到相 同位置,保持5-10秒 钟。
- 5. 然后将一只脚放在地 上,放下另一只脚。
- 6. 放松, 重复10次。

□ Bridging

- Lie on your back with your knees bent and arms at your sides. Breathe in and out.
- Breathe out and tighten your tummy to support your back.
- Keep breathing and keep your tummy tight and lift your buttocks off of the floor.
- 4. Hold and then lower your buttocks to the floor.
- 5. Repeat 10 times.



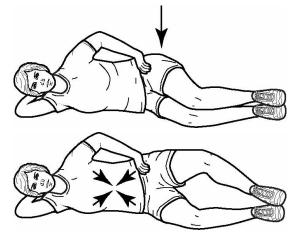
- 1. 屈膝仰面躺下,双臂 放在两侧。吸气,呼 气。
- 2. 呼气, 收紧腹部以支 撑背部。
- 3. 保持呼吸,保持腹部 收紧,抬起臀部,离 开地面。
- 4. 保持姿势, 然后使臀部回到地面。
- 5. 重复10次。

□ **Side clam** (Hip abduction and external rotation on side)

- Lie on your side with your hips, knees, and feet straight over each other, and your knees bent 45 to 60 degrees. Support your head with your arm.
- Pull in your tummy and straighten your spine while you keep your breathing relaxed.
- 3. Keep your feet touching and slowly lift the top knee towards the ceiling. Do not let your hips roll back.
- 4. Hold for 5 to 10 seconds and then lower the leg.
- Repeat 10 times. Then roll to the other side, and do this exercise again.

□ **侧躺开合**(臀部外展和单侧外 部旋转)

- 1. 侧躺,臀部、膝盖和脚相互并拢,膝盖弯曲 45-60度。用一只手臂 支撑头部。
- 2. 收腹,挺直脊柱,保持呼吸,放松。
- 3. 保持脚部接触,缓慢朝 天花板抬起上面的膝 盖。臀部不可向后退。
- **4**. 保持**5**-10秒钟,然后放 下腿部。
- 5. 重复10次。然后换到另 一侧,再做此练习。



☐ Elbow press up

(Lumbar extension)

- 1. Lie face down with your legs out straight behind you. Your arms should be at your sides with your elbows bent and your hands by your face.
- Push up to your elbows, but keep your hips on the floor.
- 3. Hold and then lower back down.
- 4. Repeat 10 times.

□肘部俯卧撑

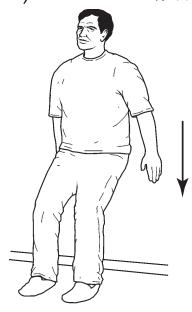
(腰椎伸展)



- 1. 面朝下躺下,双腿向 后伸直。双臂位于双 侧,肘部弯曲,手掌 放在面部旁边。
- 2. 向上撑起手肘,保持 臀部贴近地面。
- 3. 保持姿势,然后落 下。
- 4. 重复10次。

☐ Wall slide (Quarter squat)

- Stand with your back against the wall and your feet shoulder width apart.
- Slide down the wall until your knees are bent 30 to 45 degrees. Do not bend your knee deep enough to cause pain.
- Hold for 5 to 10 seconds and then straighten your knees to push you back up.
- Relax and then repeat 10 times.



□滑墙(微蹲)

- 1. 背部贴墙站立,腿与肩同宽。
- 2. 沿墙下滑,直到膝盖弯曲30-45 度。不要过度屈膝,以免疼 痛。
- 3. 保持5-10秒, 然后伸直膝盖, 向上推起背部。
- 4. 放松, 然后重复10次。

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