背部強化練習

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.
- 3. Breathe and hold your tummy in for 10 seconds.
- 4. Relax and then repeat 10 times.

□收緊腹部

(腹橫肌)



- 1. 仰臥放鬆, 屈膝。吸氣、吐氣。
- 2. 吐氣並將腹部向內 縮。
- 3. 呼吸並保持腹部內縮 10 秒鐘。
- 4. 放鬆, 然後重複 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.
- 3. 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.

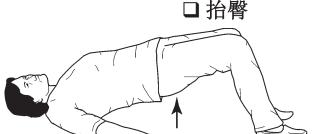
□ 屈膝抬腿



- 1. 仰臥屈膝。吸氣、吐氣。
- 2. 吐氣並縮緊腹部以支撐 背部。可以將一隻手放 在腹部,提醒自己腹部 保持內縮。
- 3. 保持呼吸,縮緊腹部, 一隻腿屈膝抬起,膝蓋 面向天花板。
- 4. 慢慢抬起另一隻腿至相同位置, 保持 5 到 10 秒。
- 5. 然後, 先將一隻腳放回地板上, 再放 另一隻腳。
- 6. 放鬆, 並重複 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.



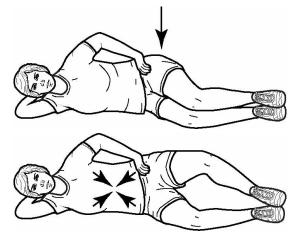
- 1. 仰臥屈膝,雙臂放在身 側。吸氣、吐氣。
- 2. 吐氣並縮緊腹部以支撐背部。
- 3. 保持呼吸,縮緊腹部, 將臀部抬高離開地板。
- 4. 保持這個姿勢, 然後將臀部放回地 板。
- 5. 重複 10 次。

■ **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.
- 5. Repeat 10 times. Then roll to the other side, and do this exercise again.

□ 側面開合 (髖外展及單側 外旋)

- 1. 側躺; 臀部、雙膝及雙腳保持併攏, 屈膝 45 至 60 度。用一隻手支 撐頭部。
- 2. 縮緊腹部,脊椎伸直, 輕鬆的呼吸。
- 3. 雙腳靠攏,慢慢將上面 的膝蓋朝天花板抬起。 勿讓臀部向後退。
- 4. 保持 5 到 10 秒, 然後 將腿放下。
- 5. 重複 10 次。身體轉向 另一側,相同運動再做 一次。



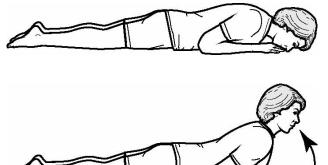
☐ Elbow press up

(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.

□手肘伏地挺身

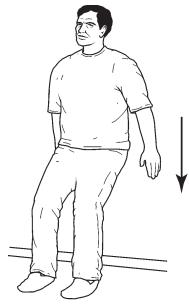
(腰椎伸展)



- 1. 面朝下躺下,雙腿向 後伸直。兩隻手臂應 在身體側邊,手肘彎 曲,雙手放在臉部旁 邊。
- 2. 手肘用力撐起身體, 臀部保持不離地。
- 3. 保持這個姿勢, 然後 落下。
- 4. 重複 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.



□滑牆 (微蹲)

- 1. 背靠牆站立,雙腳打開與肩同 寬。
- 2. 身體靠牆向下滑動直到屈膝 30 至 45 度。勿過度屈膝造成疼 痛。
- 3. 保持 5 到 10 秒, 然後膝蓋伸 直將背推回原位。
- 4. 放鬆, 然後重複 10 次。

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