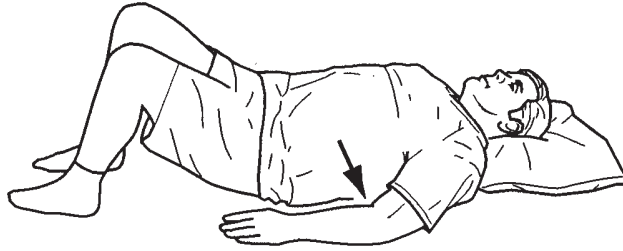


# 背部強化練習

## Exercises to Strengthen Your Back

### □ Tighten tummy (Transverse abdominis)

1. 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.

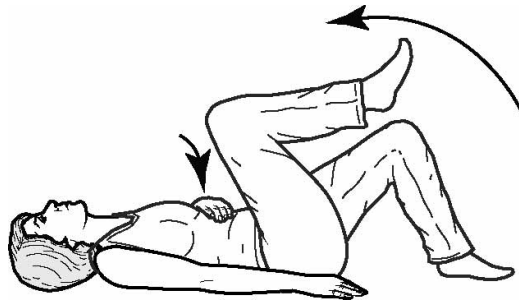


### □ 收緊腹部 (腹橫肌)

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

1. 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.

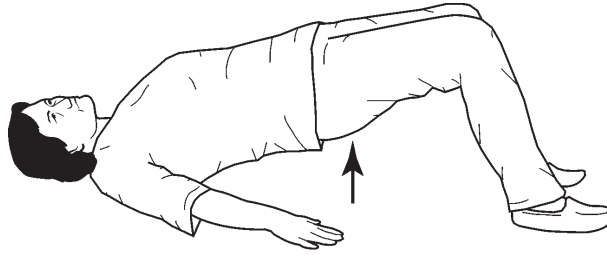


### □ 屈膝抬腿

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

1. Lie on your back with your knees bent and arms at your sides. Breathe in and out.
2. Breathe out and tighten your tummy to support your back.
3. 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.

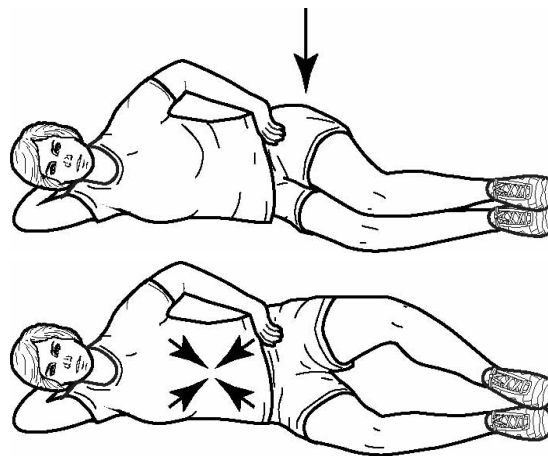


## □ 抬臀

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)

1. 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.
2. 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.

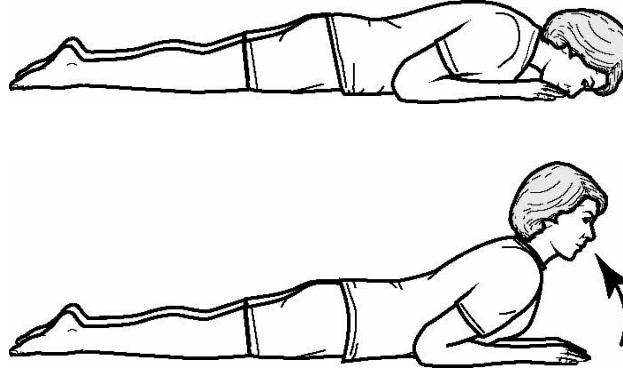


## □ 側面開合（髖外展及單側外旋）

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.
2. 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)

1. Stand with your back against the wall and your feet shoulder width apart.
2. Slide down the wall until your knees are bent 30 to 45 degrees. Do not bend your knee deep enough to cause pain.
3. Hold for 5 to 10 seconds and then straighten your knees to push you back up.
4. 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。