# 腰部练习

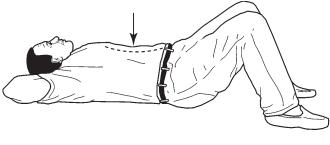
#### **Low Back Exercises**

Do all exercises \_\_\_\_\_ times in each exercise session. Schedule \_\_\_\_\_ exercise sessions each day.

每次练习期间各项练习进行\_\_\_\_次。每天安排\_\_\_\_次练习时间。

#### Pelvic tilt

Lie on your back with your hands at your side and your knees bent. Tighten the muscles of your lower abdomen and your buttocks, to flatten your back against the floor. This is the polyic tilt (flat back)



骨盆倾斜

仰面躺下,双手位于身体两侧,屈膝。收紧下腹和臀部肌肉,背部平躺在地面上。这是骨盆倾斜(平背)姿势。保持该姿势数到10,正常呼吸。放松并重复该练习。

is the pelvic tilt (flat back) position. Hold this position for a count of 10 while breathing normally. Relax and repeat the exercise.

# Double knee to chest

Lie on your back. Bring both knees, one at a time, to your chest. With your hands clasped, pull your knees toward your chest and curl your head forward. Keep your knees together and your shoulders flat on the floor. Hold this position for the count of 10. Lower your legs one at a time. Relax and repeat the exercise

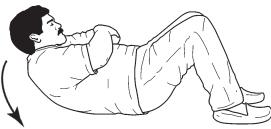


### 仰卧抱膝

仰面躺下。依次将双膝抱至胸前。双手紧握双膝,向胸前拉动双膝,向前卷起头部。保持双膝并拢,肩膀平放在地。保持该姿势数到10。依次放下双腿。放松并重复该练习。

### **Progressive curl**down

Sit on the floor with your hips and knees bent and your feet and thighs apart. Ask someone to hold your feet down or hook them under something such as a sofa. Gradually and slowly sit back until you feel your abdominal muscles strain or guiver. Hold this position for a count of 6. then reach forward again and relax. Do this exercise until you can go all the way down to



#### 渐进后仰

坐在地上,臀部和双膝弯 曲,双脚和大腿分开。请 人按住您的双脚,或者将 双脚勾在沙发等下方。逐 渐缓慢往后坐,直到感觉 腹部肌肉拉紧或颤抖。保 持该姿势数到6,然后再 向前伸,放松。完成此项 练习, 直到能顺利到达地 面。

## **Progressive curl-up**

the floor.

Lie on your back and keep the pelvic tilt position as in exercise #1. With your arms out, reach for your knees, while curling your head and A clearing your shoulders off the floor. Gradually and slowly return to the starting position. Relax and repeat.



# 渐进起身

仰面躺下,保持练习#1的 骨盆倾斜姿势。伸出手臂, 直到膝盖,卷起头部,双肩 离地。逐渐缓慢回到起始位 置。放松并重复动作。双臂 交叉放在胸前, 以增加难 度。最困难的姿势是双手抱 头。

Increase the degree of difficulty by crossing your arms in front of you. The most difficult is to put your hands behind your head.

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