

腿部主動活動範圍練習

Active Leg Range of Motion

Do these exercises on your back
_____ times, _____ times a day.

仰臥狀態下完成這些練習_____次，
每天_____次。

☐ Ankle Pumps

Move your foot up and down as if pushing down or letting up on a gas pedal in a car.

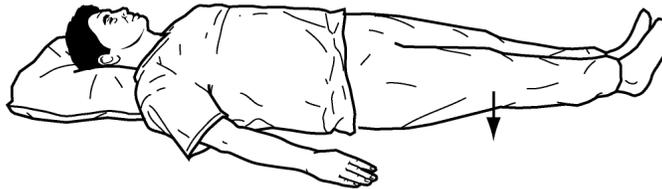


☐ 腳踝踩動

足部上下移動，猶如開車腳踩油門。

☐ Quad Sets

Lie on your back with your legs straight and toes pointed toward the ceiling. Tighten your thigh muscles and push your knee down to the bed. Hold for 5 seconds and release.

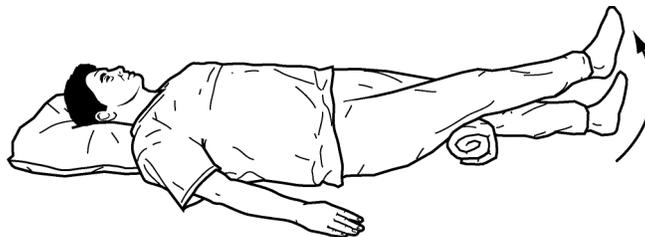


☐ 股四頭肌動作組合

呈仰臥姿勢，雙腿伸直，腳趾朝向天花板。收緊大腿肌肉，下壓膝蓋直至床面。保持 5 秒再放鬆。

☐ Short Arc Quads

Place a large can or rolled towel under your knee. Straighten your knee and leg. Hold _____ seconds.

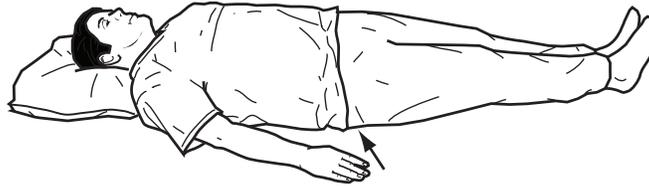


☐ 短弧股四頭肌動作

拿圓罐或捲起的毛巾墊在膝蓋下方。伸長膝蓋和腿部。保持_____秒。

□ Gluteal Sets

Squeeze your buttocks together. Hold for 5 seconds and release.

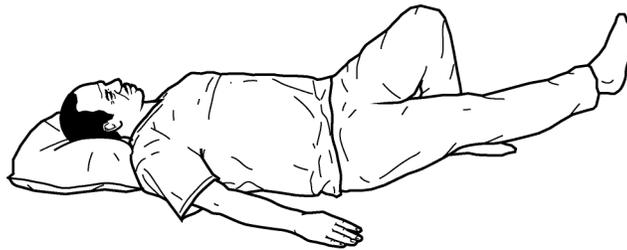


□ 臀肌動作組

夾緊臀部，保持 5 秒後放鬆。

□ Straight Leg Raise

Lift your leg toward the ceiling while keeping your knee straight. Bend the opposite knee.

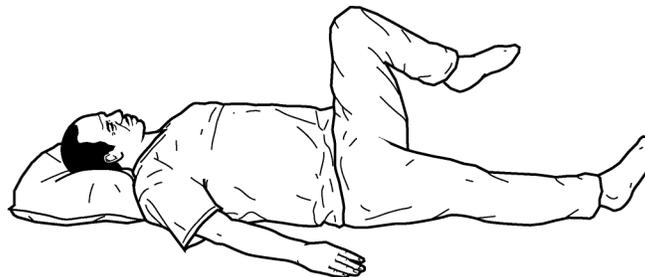


□ 直腿抬升

將腿抬向天花板，保持膝蓋伸直，彎曲另一條腿的膝蓋。

□ Hip and Knee Bending

Bring your leg in towards your chest, bending the knee and hip. You also can do this exercise sitting.

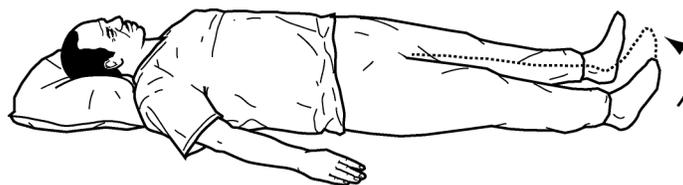


□ 臀膝彎曲

將腿抬向胸口，膝蓋與髖部彎曲。此練習也可以坐姿進行。

□ Hip Rotation

Roll your leg in towards your other leg and then back out.

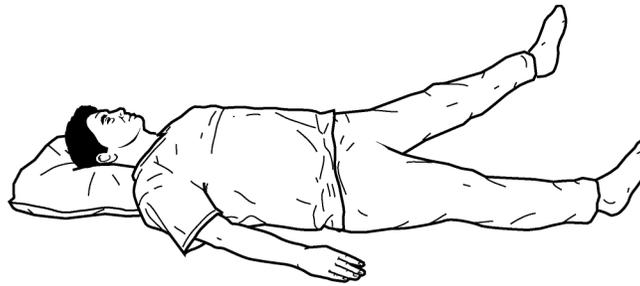


□ 髖部旋轉

將腿向另一條腿轉動，然後收回。

□ Hip Outward and Inward

Move your leg out to the side and then back, keeping your knee straight and pointed towards the ceiling.

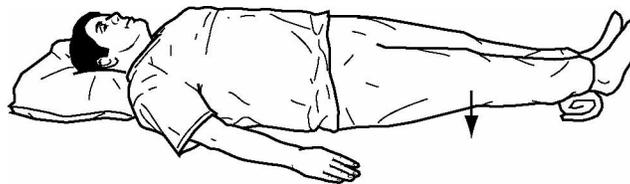


□ 髖部內外伸展

往側面抬腿然後收回，膝蓋伸直並朝向天花板。

□ Knee Push

Put a towel roll under your ankle and push your knee down into the bed.



□ 膝蓋下壓

拿捲起的毛巾墊在膝蓋下方，下壓膝蓋直至床面。