

# 主動活動範圍練習： 手腕、手肘、前臂和肩膀

## Active Range of Motion Exercises: Wrists, Elbows, Forearms, and Shoulders

Repeat these exercises \_\_\_\_\_ times, \_\_\_\_\_ times a day. Do only the exercises checked.

重複這些練習\_\_\_\_次，每天\_\_\_\_次。僅進行勾選的練習。

Do the exercises with:

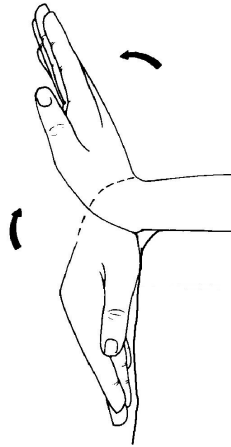
練習部位：

- Both arms
- Right arm
- Left arm

- 雙臂
- 右臂
- 左臂

### Wrists 1

Rest your arm on a table and hang your hand over the edge. Slowly bend your wrist up and down.

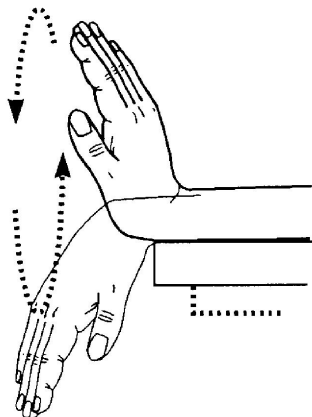


### 手腕 1

手臂平放在桌上，手部伸出桌子邊緣。慢慢上下彎曲手腕。

### Wrists 2

Rest your arm on a table and hang your wrist over the edge. Move your wrist in circles to the right and to the left.

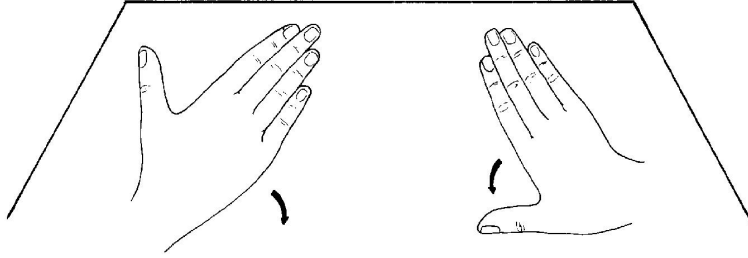


### 手腕 2

手臂平放在桌上，手腕伸出桌子邊緣。手腕朝右畫圈，再朝左畫圈。

### ☐ Wrists 3

Put your arm with your hand, palm down, on the table. Move your hand toward the little finger side. Then move the hand toward the thumb side. Keep your arm still.

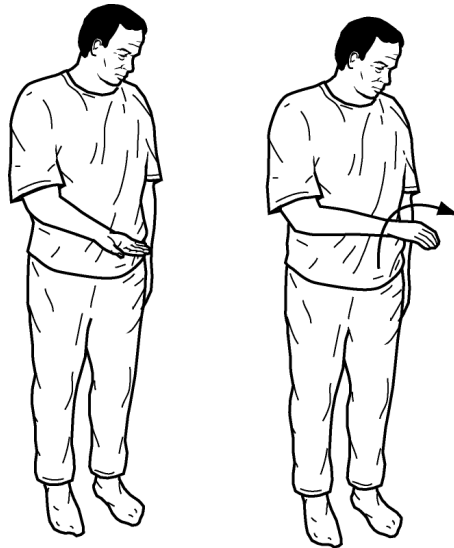


### ☐ 手腕 3

將手臂放在桌上，手掌朝下。手掌朝小指頭側移動。接著手掌朝大拇指側移動。前臂保持不動。

### ☐ Forearms

Place your arm at your side with elbow bent and tucked in at your side. Turn your hand so that the palm faces up to the ceiling. Now turn your hand so that the palm faces down to the floor.

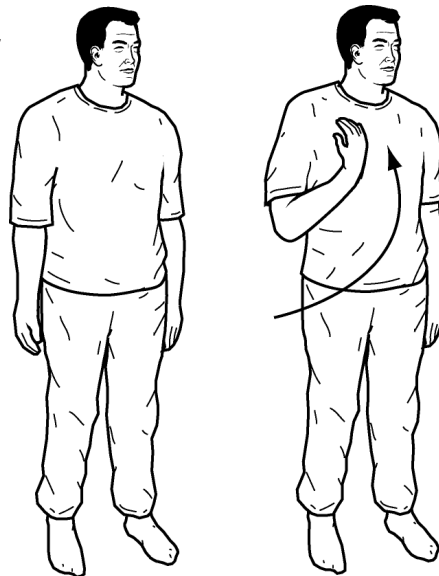


### ☐ 前臂

將手臂放在身體側面，手肘彎曲並在身側抬起。轉動手部，使手掌朝向天花板。接著翻動手部，使手掌朝向地面。

### ☐ Elbows

Place your arm down at your side with elbow straight. Bend the elbow and bring your hand up to touch your shoulder.

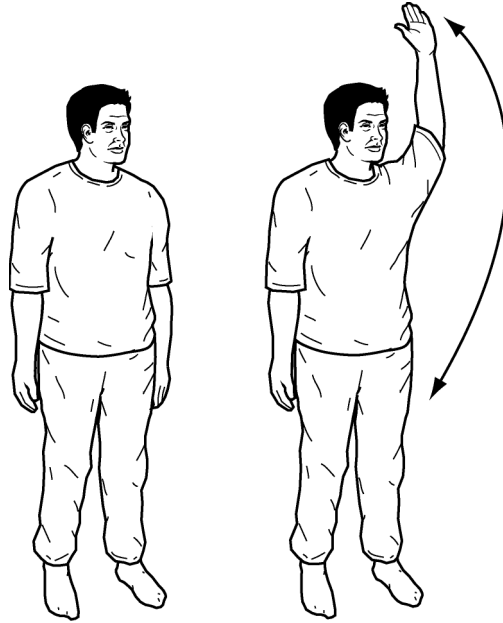


### ☐ 手肘

將手臂垂放在身體側面，手肘伸直。彎曲手肘，用手向上觸碰肩膀。

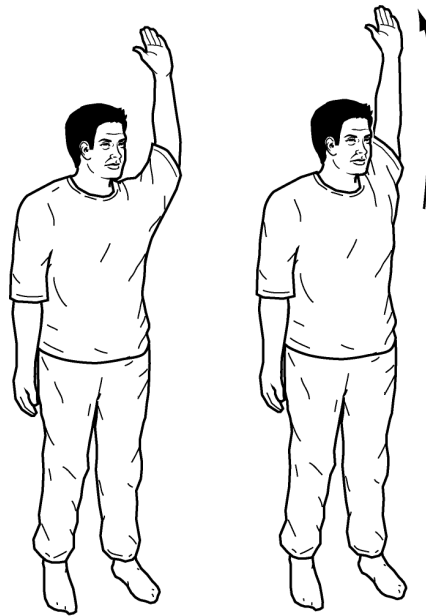
## ☐ Shoulders 1

Place your arm at your side, palm turned in. Keep your elbow straight, and raise the arm up in front of your body and up toward the ceiling. Gently stretch your arm up then bring it down.



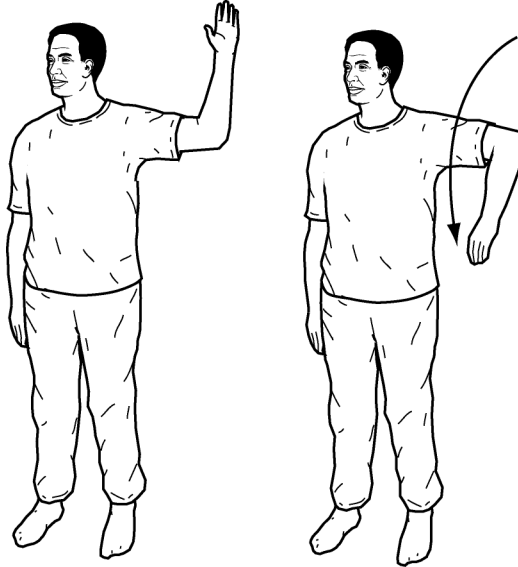
## ☐ 肩膀 1

將手臂放在身體側面，手掌朝內。手肘保持伸直，手臂往身體前方抬起，並舉直朝向天花板。輕輕向上伸展手臂，然後放下。



## ☐ Shoulder 2

With your arm at your side, palm facing in, raise your arm straight out to shoulder height. Bending the elbow, raise your hand up toward the ceiling, then down toward the floor.

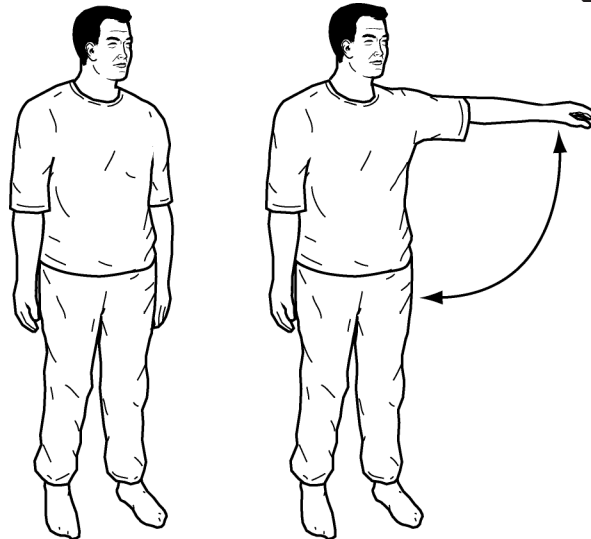


## ☐ 肩膀 2

將手臂放在身體側面，手掌朝內，然後將手臂向外抬起，與肩齊平。手肘彎曲，將手向上抬起至朝向天花板，然後向下朝向地板。

## ☐ Shoulder 3

With your arm at your side, palm facing in, raise your arm straight out to the side, to shoulder height. Lower your arm to starting position.



## ☐ 肩膀 3

將手臂放在身體側面，手掌朝內，然後將手臂向外側抬起，與肩齊平。將手臂放下至起始位置。