

背部健康和 safety

Back Health and Safety

Your back works all of the time, even when you are asleep. Over time, poor posture, movements and lack of exercise can lead to back problems. You can prevent most back problems if you use your back the correct way and exercise safely.

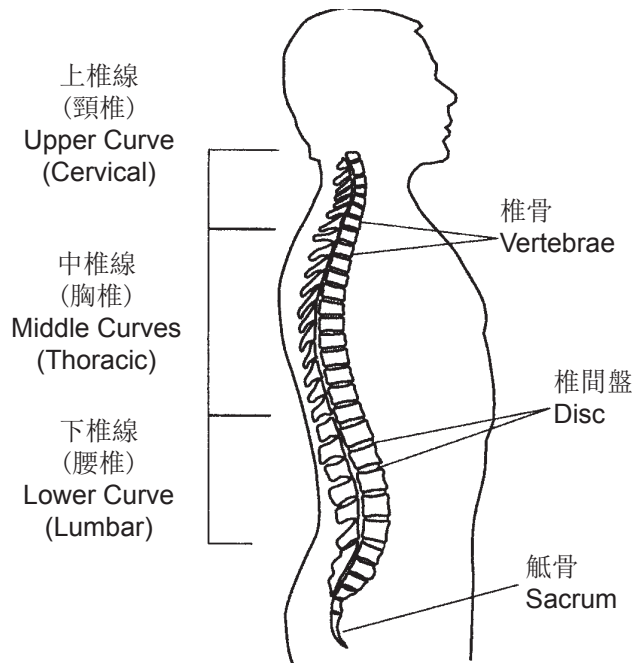
您的背部隨時都在運作，甚至連您睡覺時也不例外。不良姿勢、動作以及缺乏運動都可能逐漸導致背部問題。如果您以正確的方法使用背部並安全進行運動，將可避免大多數背部問題。

Your back

Your back is made up of bones, discs, muscles, ligaments and nerves.

- **Bones** of the spine include 24 bones called vertebrae, and a larger bone called the sacrum or tailbone. These bones form 3 curves.
- **Discs** on top of each vertebra are like cushions. Regular exercise helps keep discs healthy.
- **Muscles** of the back, stomach, buttock and thigh give support to the back. If these muscles are weak, pulled, or tight, you may have problems with your back.
- **Ligaments** are tough elastic bands that hold bones together. Repeated stress on ligaments can lead to injury.
- **Nerves** coming from the spine tell muscles when to move and cause pain when there is a problem.

您的背部



背部由骨頭、椎間盤、肌肉、韌帶 和神經組成。

- 脊椎骨包括24塊稱為椎骨的骨頭，以及一塊稱為薦骨或尾骨的較大骨頭。這些骨頭形成3個曲線。
- 每塊椎骨頂部的椎間盤就像墊子。定期運動有助於保持椎間盤的健康。
- 背部、胃部、臀部和腿部的肌肉都支持背部。如果這些肌肉虛弱、被拉扯或繃緊，您的背部就可能出現問題。
- 韌帶是將骨頭連在一起的強韌的彈性帶狀物。韌帶反覆遭受壓力可導致損傷。
- 脊椎上的神經讓肌肉知道何時作出動作，有問題時會引起疼痛。

How to keep your back healthy

Use these tips to keep your spinal curves in balance to decrease your chances of back injury.

When Standing

Look straight ahead and keep your ears in line with your shoulders. Your hips and knees are straight. The lower curve in your back is present but not curved too much. Limit twisting at the waist. Turn your body by moving your feet.



如何保持背部健康

請用以下提示保持您脊椎曲線的平衡，減少背部損傷的機會。

站立時

筆直朝前看，將您的耳朵和您的肩部保持在同一線上。髖部和膝部伸直。腰部存在曲線但不要太彎。限制腰部的扭動。移動雙腳來轉動您的身體。

When Sitting

Keep your hips, knees and ankles at a 90 degree angle. Sit up straight in a chair. Do not slouch. Use a pillow or rolled up towel if you need support for the lower curve of your spine.



坐著時

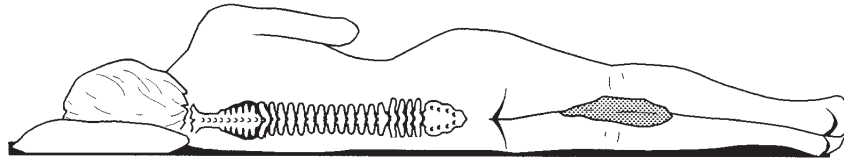
將您的髖部、膝部和踝部保持90度角。在椅子上坐直。不要呈懶散狀。如脊椎的下曲線需要支持，請使用枕頭或捲起的毛巾。

When Lying Down

A firm, but not hard surface best supports the spinal curves. Sleeping on your side with a pillow between your knees is the best position for your back. If you sleep on your back, support your neck on a pillow and have a pillow under your arm. If you sleep on your stomach, use a thin pillow under your stomach and bend one leg to the side.

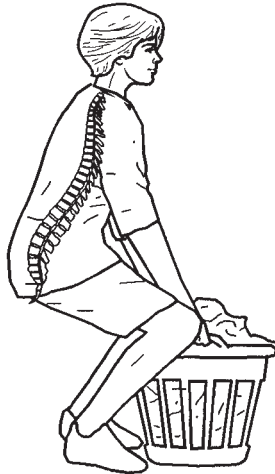
躺著時

堅實但不堅硬的表面最能支撐脊椎曲線。側睡並在雙膝間放一個枕頭是對您的背部最好的姿勢。如果您仰臥，請在頸下墊一個枕頭並在手臂下放一個枕頭。如果您趴著睡，請在肚子下放一個薄枕頭，一條腿向旁邊曲起。



When Lifting

Keep your back straight while bending and lifting. Use your leg and buttock muscles to lift. Bend the hips and knees, not the back, and squat when you lift an object. Keep the object close to your body. Straighten your legs and do not twist as you return to a standing position.



抬起東西時

彎腰及起身時，保持背部直挺。使用腿部和臀部肌肉舉升。抬起物體時，彎曲髖部和膝部，而不是背部，並蹲下。使物體靠近您的身體，當您回復站立姿勢時，伸直雙腿而不要扭曲。

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