

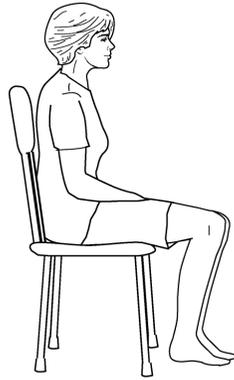
# 腰疼注意事项

## Do's and Don'ts with Low Back Pain

### Sitting

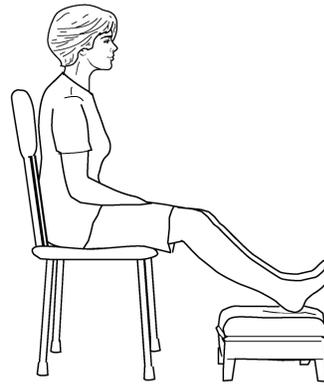
#### Do:

- Sit as little as possible and then only for short periods.
- Place a supportive towel roll at the belt line of the back especially when sitting in a car.
- When getting up from sitting, keep the normal curves in your back. Move to the front of the seat and stand up by straightening your legs. Avoid bending forward at the waist.
- Try to keep the normal curves in your back at all times.



正确  
Good

### 坐



不正确  
Bad

#### 这样做:

- 尽可能少坐，不久坐。
- 在背部腰带位置放置起支撑作用的毛巾卷，尤其是在坐车时。
- 从坐姿起立时，保持背部正常曲线。移动到座椅前部，通过伸直腿部站起。避免腰部前倾。
- 尽量始终保持背部的正常曲线。

#### Don't:

- **Do not** sit on a low soft couch with a deep seat. It will force you to sit with your hips lower than your knees and will round your back. You will lose the normal curve in your back.
- **Do not** place your legs straight out in front of you while sitting (e.g. sitting in the bath tub).

#### 不可以:

- **切勿**坐在低矮柔软的沙发上。这会使您的臀部低于膝盖，使背部弯曲。您的背部将不在正常曲线位置。
- 坐下时**切勿**将腿部向前伸直（如，坐在浴缸中）。

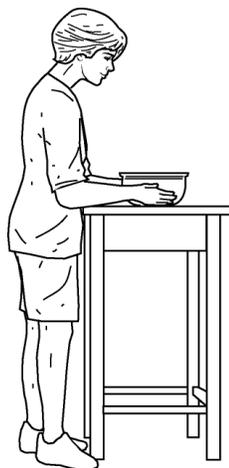
## Standing

### Do:

- If you must stand for a long period of time, keep one leg up on a foot stool.
- Adapt work heights.

### Don't:

- Avoid half bent positions.



正确  
Good

## 站立

### 这样做:

- 如果必须长时间站立，将一条腿放在脚凳上。
- 调整工作高度。



不正确  
Bad

### 不可以:

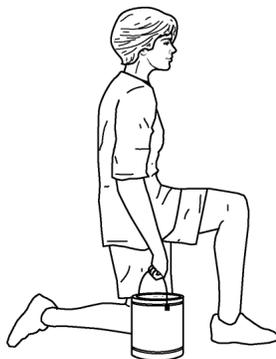
- 避免半弯坐姿。

## Lifting

Avoid lifting if you can.

### Do:

- Use the correct lifting technique. Keep your back straight when lifting. Never stoop or bend forward. Stand close to the load, have a firm footing and wide stance. Kneel on one knee, keeping the back straight. Have a secure grip on the load and lift by straightening your knees. Do a steady lift. Shift your feet to turn and do not twist your back.



正确  
Good



不正确  
Bad

### 这样做:

- 采用正确的提重技巧。提重时，保持背部挺直。禁止俯身或向前弯腰。靠近负重站立，站稳，保持较宽的站姿。单膝着地，保持背部挺直。抓紧负重，伸直膝盖，以提起重物。稳定提起。换脚转变方向，切勿扭转背部。

### Don't:

- **Do not** jerk when you lift.
- **Do not** bend over the object you are lifting.



正确  
Good



不正确  
Bad

### 不可以:

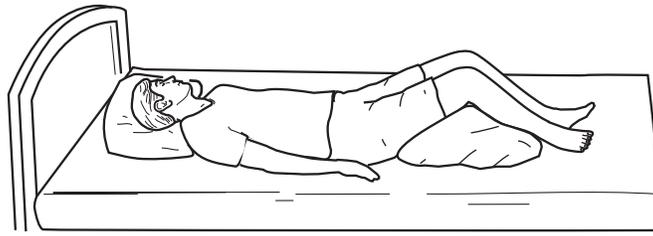
- 切勿在提重时猛拉。
- 切勿弯腰贴近要提起的物体。

## Lying

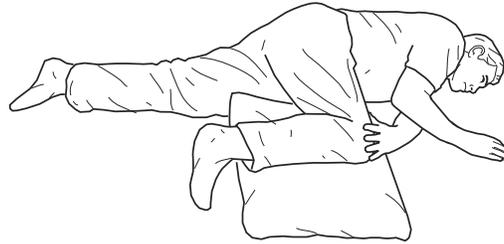
## 躺下

### Do:

- Sleep on a good firm surface.
- If your bed sags, use slats or plywood supports between the mattress and base to firm it. You also can place the mattress on the floor, a simple but temporary solution.
- You may be more comfortable at night when you use a pillow for support.



正确  
Good



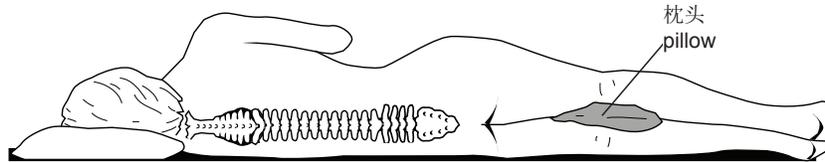
正确  
Good

### 这样做:

- 睡在牢固平面上。
- 如果床塌陷，在床垫和床架之间用板条或层压板支撑固定。您也可将床垫放在地上，这是简单的临时解决方案。
- 如果使用枕头进行支撑，夜晚睡觉会更舒服。

### Don't:

- **Do not sleep on your stomach unless advised to do so by your doctor or physical therapist.**



正确  
Good

### 不可以:

- 除非医生或理疗师建议这样做，否则切勿趴着睡觉。

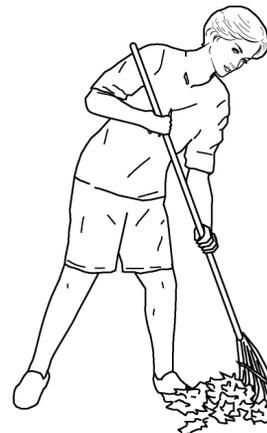
## Bending forward

### Do:

- Keep the natural curves of your back when doing these and other activities: making a bed, vacuuming, sweeping or mopping the floor, weeding the garden or raking leaves.



正确  
Good



不正确  
Bad

## 前屈

### 这样做:

- 在做这些事情和其他活动时保持背部自然曲线：整理床铺、使用吸尘器、扫地或拖地、给花园除草或扫落叶。

## Coughing and sneezing

### Do:

- Bend backwards to increase the curve of your back while you cough or sneeze.

## Driving a car

### Do:

- Drive the car as little as possible. It is better to be a passenger than to drive yourself.
- Move the seat forward to the steering wheel. Your seat must be close enough to the wheel to keep the natural curves of your back. If your hips are lower than your knees in this position, raise yourself by sitting on a pillow.



## 咳嗽和打喷嚏

### 这样做:

- 咳嗽和打喷嚏时向后弯腰以增加背部曲线。

## 开车

### 这样做:

- 尽量少开车。最好坐车而非自己开车。
- 将座椅靠近方向盘。座位必须尽可能靠近方向盘，以保持背部自然曲线。如果开车落座时臀部低于膝盖，则坐在靠枕上抬高身体。

## Exercises for low back pain

### Safety Guidelines

- An increase in your low back pain can be expected with these exercises. This is acceptable as long as your leg symptoms are not increasing.
- If while doing these exercises, your pain worsens or you have new pain or symptoms, stop the exercises and discuss your symptoms with your doctor or physical therapist.
- Stop exercising and let your doctor or physical therapist know right away if you have any change in your bowel or bladder control or any increase in weakness in your leg or foot.

## 针对腰疼的练习

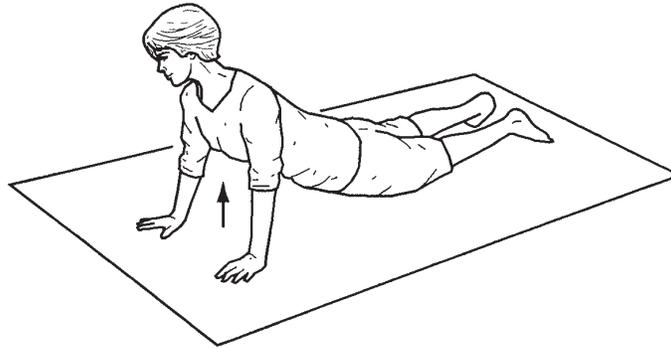
### 安全指南

- 这些练习可能造成腰疼加剧。只要腿部症状未增多，这是可以接受的。
- 如果在练习时疼痛加剧，或者出现新的疼痛或症状，停止练习，并与医生或理疗师说明症状。
- 如果出现任何肠道或膀胱控制变化、或者腿部或足部无力感增加，停止练习，并立即告知您的医生或理疗师。

## Exercises

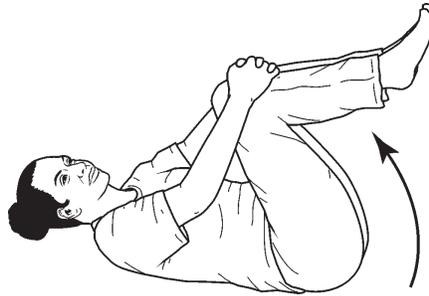
### ❑ Press-Ups:

Keep your back and buttocks relaxed and use your arms to press up. Concentrate on keeping your hips down and push up your upper body as high as possible.



### ❑ Double Knee to Chest:

Grasp both your knees with your hands and pull toward your shoulders. Hold the stretch for 1 second. Let your knees return, but keep them bent at arms length.

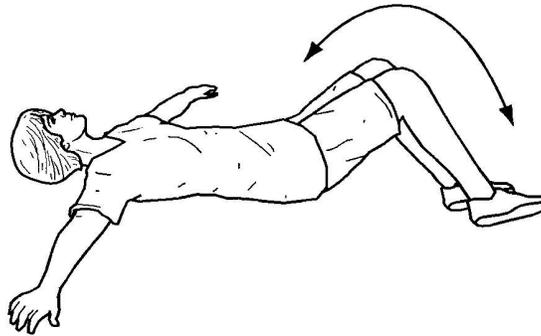


### ❑ 仰卧抱膝:

用手抓住两个膝盖，将其拉向肩部。保持拉伸1秒钟。收回膝盖，但保持膝盖弯曲在手臂长度。

### ❑ Lumbar Spine Stretches:

Lie on your back. Bring your knees towards your chest. Rotate your knees towards the pain.



### ❑ 腰椎拉伸:

仰面躺下。让膝盖靠向胸部。朝着疼痛方向转动膝盖。

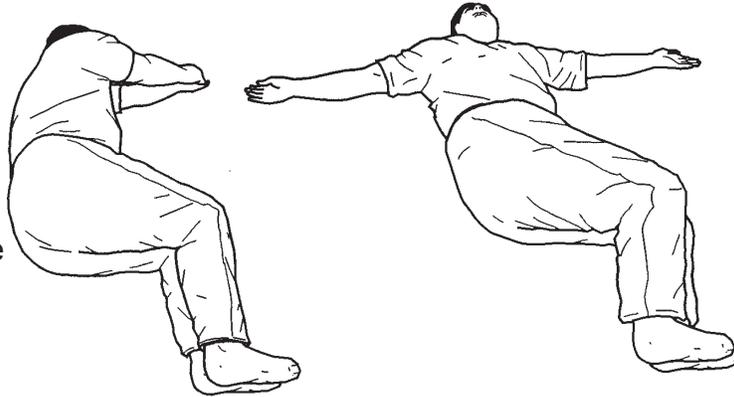
## 练习

### ❑ 俯卧撑

保持背部和臀部放松，用手臂让身体升高。注意保持臀部朝下，尽可能向上撑起上半身。

### ❑ Side-lying Position:

Lie on your side and face forward. Have both arms straight in front and bend your knees. Turn your head as you move your top arm across your body as far as you can. Keep your arm in place and turn your head back to the starting position. Look back again and turn your head farther if you can. Bring your head and arm back to the starting position. Relax and repeat 10 times on each side.

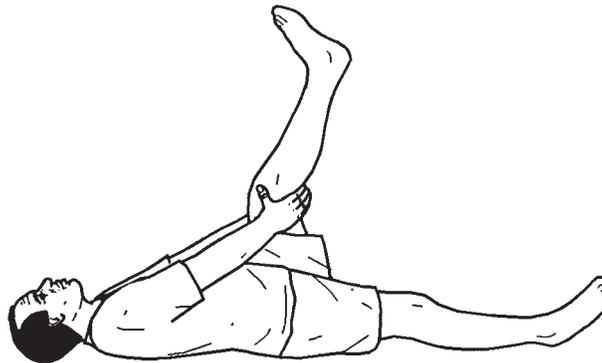


### ❑ 侧卧姿势:

侧躺，面朝前。双臂向前伸直，屈膝。上面手臂尽可能横过身体，同时转动头部。保持手臂姿势，将头转回到起始位置。再往后看，转动头部至最大幅度。让头部和手臂回到起始位置。放松，每侧重复10次。

### ❑ Hamstring Stretch:

Lie on your back with your legs out straight. Raise your leg up and put your hands around the upper leg for support. Slowly straighten the raised knee until you feel a stretch in the back of the upper leg. Hold, then relax and repeat 10 times on each leg.



### ❑ 腘绳肌拉伸:

仰面躺下，腿部伸直。一只腿抬高，用双手握住大腿进行支撑。缓慢伸直抬高的膝盖，直到感觉大腿后部拉伸。保持姿势，然后放松，每条腿重复10次。

### ❑ Standing Arch:

Stand with your feet apart and hands on the small of your back with fingers pointing backwards. Bend backwards at the waist, supporting the trunk with your hands. Keep your knees straight. Hold for 5 seconds. Repeat 3 to 5 times.

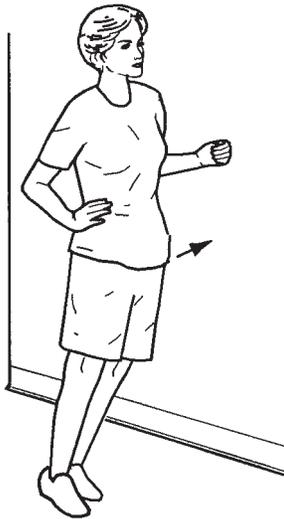


### ❑ 站立后仰:

双脚分开站立，双手叉腰，手指向后。腰部向后弯曲，双手支撑躯干。保持膝盖伸直。保持5秒钟。重复3-5次。

### ❑ Side Glides:

Stand at a right angle to the wall about 2 feet out from the wall. Lean your shoulder into the wall. Move your hips toward the wall, keeping your legs together and your knees straight. Return to the starting position.



### ❑ 侧滑:

身体与墙壁呈直角站立，距离墙壁约2英尺。将肩膀靠在墙壁上。向墙壁移动臀部，保持双腿并拢，膝盖伸直。返回到起始位置。