

# 肩膀強化練習

## Exercises to Strengthen Your Shoulder

- Do the exercises \_\_\_\_\_ times a day with:
    - Right arm
    - Left arm
    - Both arms
  - Repeat each exercise \_\_\_\_\_ times.
  - Hold each position for \_\_\_\_\_ seconds.
  - If you prefer, the exercises done lying on a firm, sturdy table may also be done on the floor or on an exercise bench.
- 每天練習\_\_\_\_\_次：
    - 右臂
    - 左臂
    - 雙臂
  - 每項練習重複\_\_\_\_\_次。
  - 維持每個姿勢\_\_\_\_\_秒。
  - 視個人意願，這些需要躺在穩固桌面進行的練習，也可以在地板或長椅上進行。

### With rod or cane

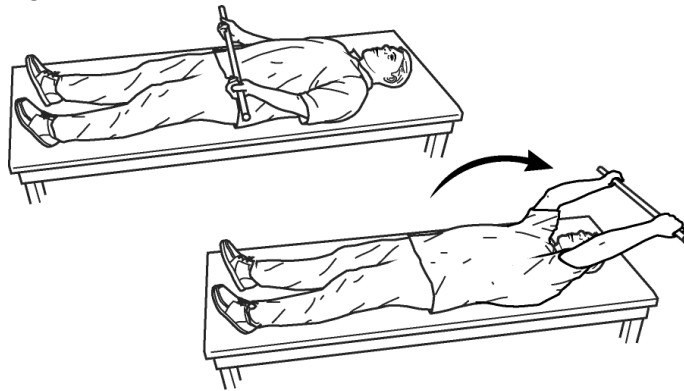
For each of the next three exercises, use a long dowel rod or cane.

- Lie on your back, holding the dowel with both hands from underneath.

Have elbows straight and the dowel resting across your legs.

Lift the dowel up over your head as far as you can.

Hold. Slowly lower the dowel back down and relax, then repeat.



### 使用桿子或手杖

以下三項練習都須用到長桿或手杖。

- 仰臥，雙手從下面握住桿子。

手肘伸直，桿子橫放在雙腿上。

抬起桿子，盡可能越過頭頂。

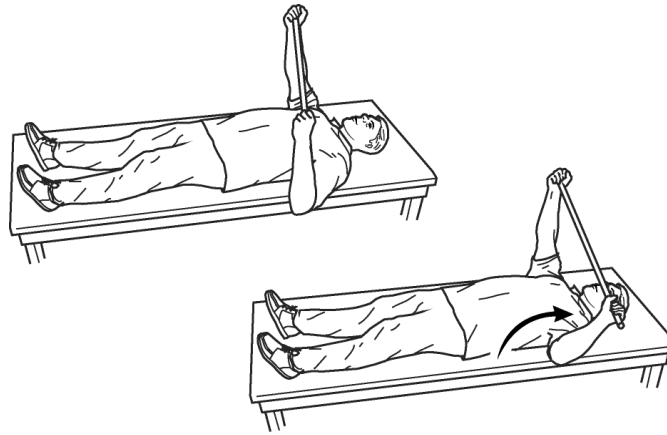
保持這個姿勢。慢慢將桿子放下，放鬆後重複動作。

- Lie on your back with your hands wrapped over the top of the dowel.

Have one arm slightly out from your body with the elbow bent 90 degrees.

Using the other hand, push the dowel to move the hand up above the shoulder.

Hold. Bring the arm back down and relax. Repeat.



- 仰臥，雙手握住桿子的兩端。

一隻手臂輕輕伸出，肘部彎曲 90 度。

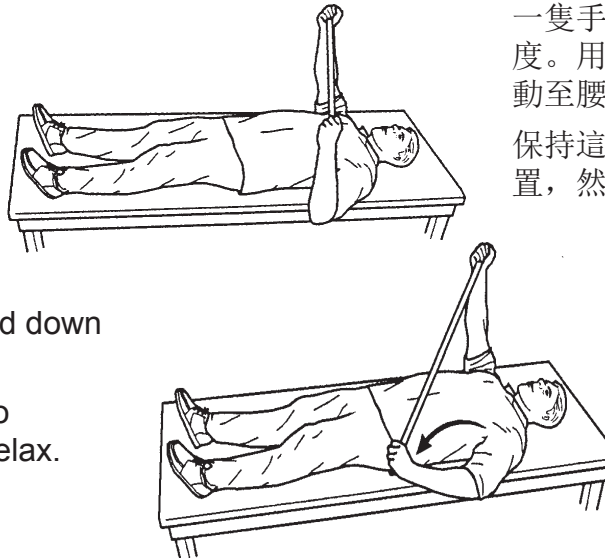
用另一隻手推桿，讓手向上移動超過肩膀位置。

保持這個姿勢。放下手臂，放鬆。重複動作。

- Lie on your back with your hands wrapped over the top of the dowel.

Have one arm slightly out from your body with the elbow bent at 90 degrees. Using the other hand, push the dowel to move the hand down toward your waist.

Hold. Return the arm to the start position and relax. Repeat.



- 仰臥，雙手握住桿子的兩端。

一隻手臂輕輕伸出，肘部彎曲 90 度。用另一隻手推桿，讓手向下移動至腰部位置。

保持這個姿勢。手臂恢復至開始位置，然後放鬆。重複動作。

## Without rod or cane

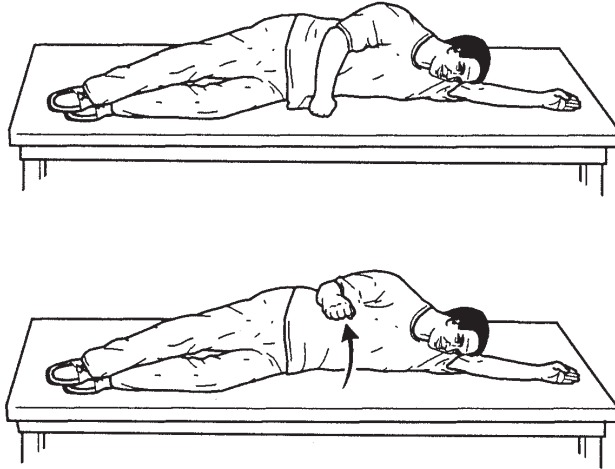
Put the dowel rod or cane down for the next exercises. Your therapist may have you add light weights as your shoulder gets stronger.

- Lie on your side. Have your bottom arm stretched above your head.

Have your upper arm at your side with the elbow bent at 90 degrees, so the hand is on the floor or table.

With the upper arm fixed at your side, raise your hand up to shoulder level.

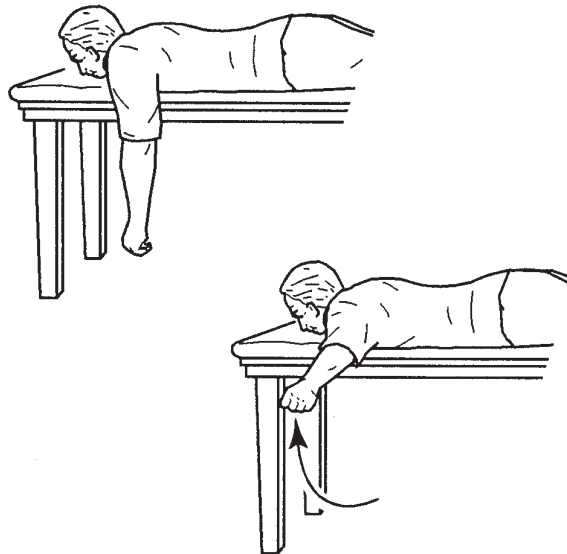
Hold and then lower to starting point. Relax and repeat.



- Lie face down on a table or bench. Have one arm hanging straight down to the floor.

Lift your arm out to your side until it is parallel to the floor.

Hold and then slowly lower your arm. Relax and repeat.



## 不用桿子或手杖

放下桿子或手杖，進行接下來的練習。隨著肩膀變得更強壯，您的治療師可能會增加一些重量。

- 側臥。下面的手臂伸直超過頭部。

上面的手臂放在身側，肘部彎曲 90 度，讓手放在地板或桌上。

上臂固定在身側不動，抬起手至肩膀的高度。

保持這個姿勢，然後放低回到開始位置。放鬆，並重複動作。

- 面朝下躺在桌上或長椅上。一隻手垂直落至地板。

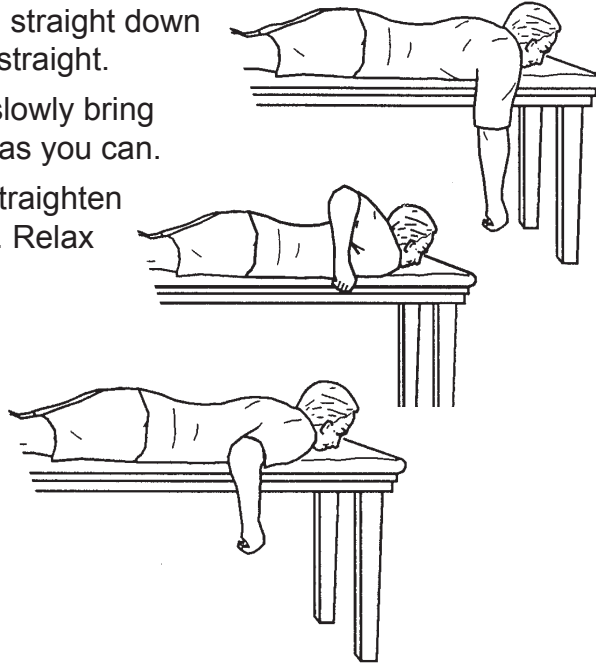
抬起手臂到身體側邊，直到手臂與地板平行。

保持姿勢，然後慢慢放下手臂。放鬆，並重複動作。

- Lie face down on a table or bench. Have one arm hanging straight down to the floor with elbow straight.

Bend your elbow and slowly bring your elbow up as high as you can.

Hold and then slowly straighten your elbow back down. Relax and repeat.



- 面朝下躺在桌上或長椅上。一隻手垂直落至地板，手肘伸直。

彎曲手肘，慢慢提起手肘至最大幅度。

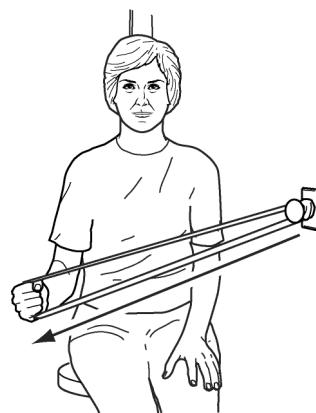
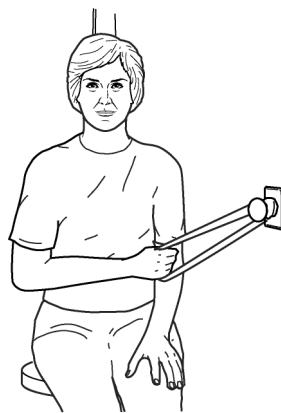
保持姿勢，然後慢慢伸直手肘放下。放鬆，並重複動作。

## With theraband or tubing

For the next two exercises, you can use a theraband or resistance tubing.

### □ Shoulder External Rotation:

- Attach the theraband or tubing at waist height.
- Stand or sit on a stool with arms at your sides.
- Hold the theraband in one hand with the elbow bent at 90 degrees and the arm across the front of your body.
- Pull the theraband out across your body, keeping the elbow at your side.
- Slowly return to the start. Relax and then repeat.



## 使用牽拉繩或阻力帶

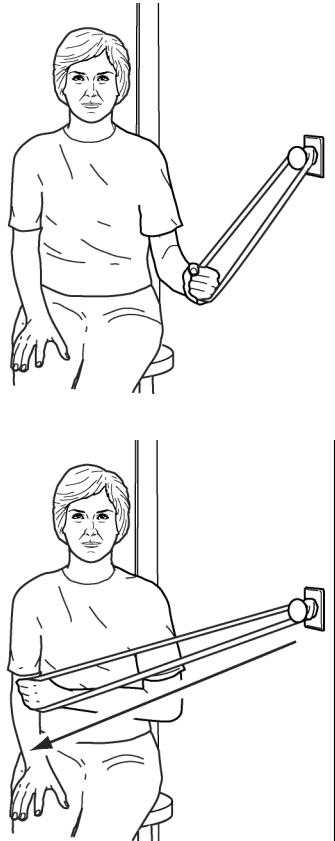
以下兩項練習，可以使用牽拉繩或阻力帶。

### □ 肩膀外旋：

- 將牽拉繩或阻力帶繫在齊腰位置。
- 站立或坐在板凳上，雙臂放在身側。
- 一手握住牽拉繩，手肘呈 90 度，手臂橫過身體前方。
- 將牽拉繩向外拉橫過身體，手肘保持在身體側邊。
- 慢慢回到開始位置。放鬆，然後重複動作。

### □ Shoulder Internal Rotation:

- Attach the theraband or tubing at waist height.
- Stand or sit on a stool with arms at your sides.
- Hold the theraband in the hand closest to the side where the band is attached.
- With the elbow bent at 90 degrees and by your side, pull the theraband across the front of your body.
- Hold and then slowly return to the starting point. Relax and repeat.



### □ 肩膀內旋:

- 將牽拉繩或阻力帶繫在齊腰位置。
- 站立或坐在板凳上，雙臂放在身側。
- 用靠近牽拉繩那一側的手握住牽拉繩。
- 手肘呈 90 度並放在身側，將牽拉繩向外拉橫過身體前方。
- 保持這個姿勢，然後慢慢回到開始位置。放鬆，並重複動作。

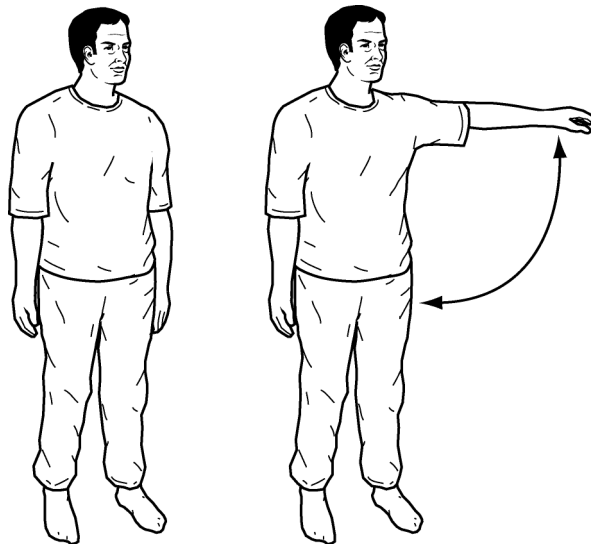
### Without theraband or tubing

These two exercises are done without the theraband or tubing. As your shoulder gets stronger, your therapist may have you add light hand weights for these exercises.

- Stand with your arms straight down at your sides and palms facing in toward your body.

Raise your arm out to your side, turning your palm up as your arm reaches shoulder height. Do not go higher than shoulder height.

Hold. Then slowly lower your arm and relax. Repeat.



### 不用牽拉繩或阻力帶

這兩項練習不必使用牽拉繩或阻力帶。隨著肩膀變得更強壯，您的治療師可能會為這些練習增加一些重量。

- 站立，雙手自然放在身側，手掌朝向身體。向外側提起手臂，手臂到達肩膀高度時手掌向上轉。勿超過肩膀高度。保持這個姿勢。然後慢慢放下手臂，放鬆。重複動作。

- Stand with your elbows to your side and thumbs up. Raise your arm to shoulder level slightly out from your body. Hold and then slowly bring your arm down. Relax and repeat.



- 站立，手肘置於身側，豎起拇指。緩緩向外提起手臂至肩膀高度。保持姿勢，然後慢慢放下手臂。放鬆，並重複動作。