

# 背部练习

## Exercises for Your Back

Most back pain is due to a lack of exercise or an injury. These exercises will help you move better and strengthen the muscles that support your back. Do the exercises slowly. If you have pain while doing these exercises, stop doing the exercises and talk to your doctor or physical therapist.

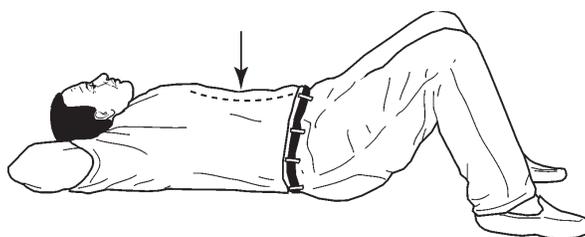
Lie on your back on a firm surface, such as the floor or a mat. **Repeat each exercise \_\_\_\_\_ times.**

大多数背痛是由于缺乏锻炼或受伤所致。下述练习会帮助您更好地活动并加强支撑后背的肌肉。请缓慢练习。练习时若感到疼痛，请停止练习并告知您的医生或理疗师。

请躺在坚实的表面，如地面或垫子上。每项练习重复\_\_\_\_\_次。

### □ Pelvic tilt

Tighten your stomach and buttocks. Push your lower back towards the floor. Hold for 10 seconds then relax.

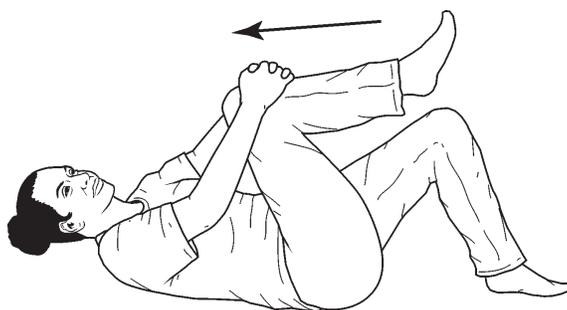


### □ 骨盆抬起

收紧腹部和臀部。使腰部紧贴地面。保持10秒钟，然后放松。

### □ Knee to chest

Pull one knee toward your chest until you feel a light stretch in your lower back and buttocks. Hold for 10 seconds then put your foot back down. Repeat this with the other knee.

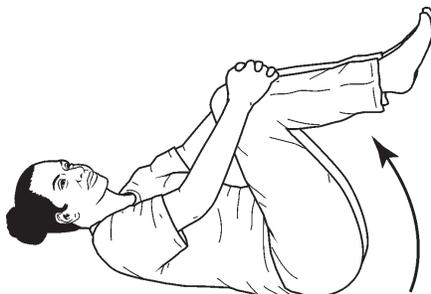


### □ 膝盖伸展至胸部

将一侧膝盖拉向胸部，直到您的腰和臀部有轻微的拉伸感。保持10秒钟，然后把脚放下。用另一侧膝盖重复这一动作。

### □ Double knee to chest

Slowly bring both knees to your chest. Hold for 5 seconds and keep your back relaxed and flat on the floor.

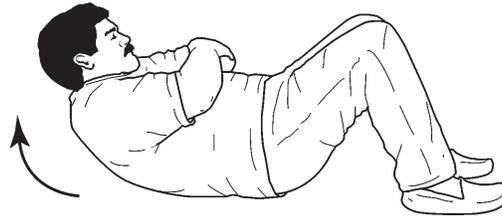


### □ 双膝伸展至胸部

慢慢地将双膝拉向胸部。保持5秒钟，使背部放松且平躺在地上。

## □ Curl up

Bend your knees. Fold your arms across your chest and raise your shoulders until they come off the floor. Then slowly return to the starting position.

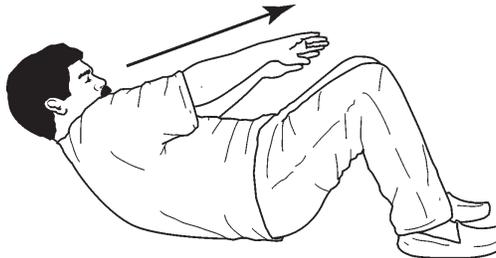


## □ 屈起

弯曲膝盖。双臂环抱于胸前，抬起双肩直到肩膀离地。然后慢慢回到起始姿势。

## □ Diagonal curl up

With your arms held forward, lift your shoulders off the floor. Bring your right shoulder toward your left knee. Return to the floor. Then bring your left shoulder to your right knee.

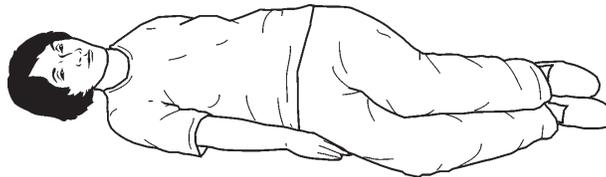


## □ 斜向屈起

双臂向前伸出，双肩抬离地面。右肩靠向左膝。回到地面。然后左肩靠向右膝。

## □ Hip rolls

With your knees together, roll your hips slowly from side to side. Keep your shoulders on the floor.

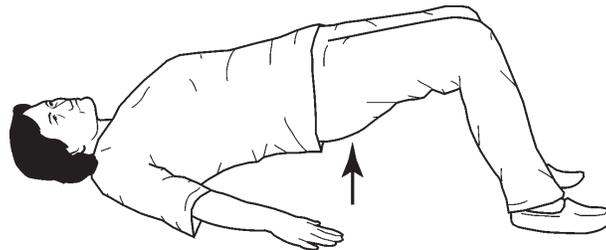


## □ 髋部翻转

并拢双膝，慢慢将髋部从一侧翻向另一侧。肩部紧贴地面。

## □ Bridge

Bend your knees and keep your feet flat on the floor. Lift your buttocks slowly up and then slowly return them to the floor.

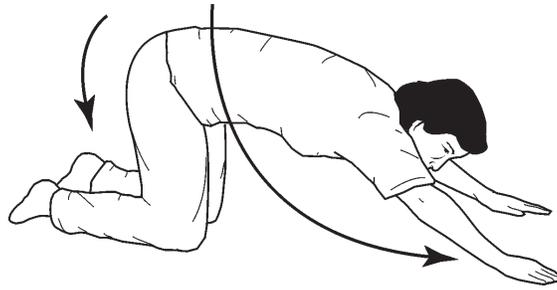


## □ 搭桥

弯曲膝盖，双脚平放于地面。慢慢抬起臀部，然后慢慢回到地面。

## □ Low back stretch

On your hands and knees, push your chest toward the floor, reaching forward as far as you can. Sit back on your feet.

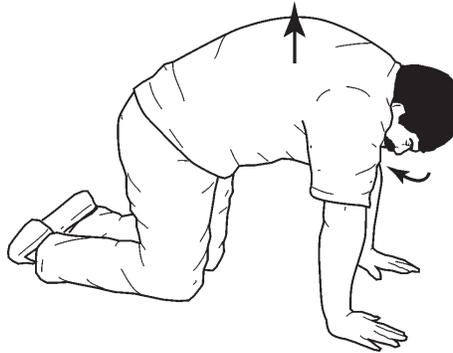


## □ 腰部伸展

用手和膝盖撑住身体，使胸部靠向地面。向后坐在双脚上。

## □ Cat stretch

Start on your hands and knees. Tuck your chin in toward your chest and tighten your stomach muscles while arching your back.

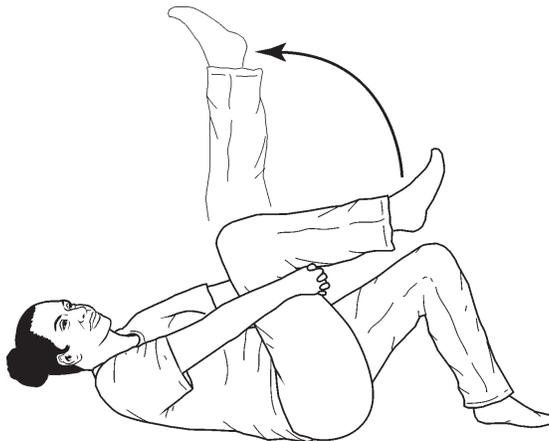


## □ 猫伸展

从双手和膝盖开始。下巴缩向胸部，收紧腹肌并拱起背部。

## □ Hamstring stretch

Lie on your back. Bend your hip and knee to 90 degrees. Then straighten your knee as far as possible. Repeat this exercise with the other leg.

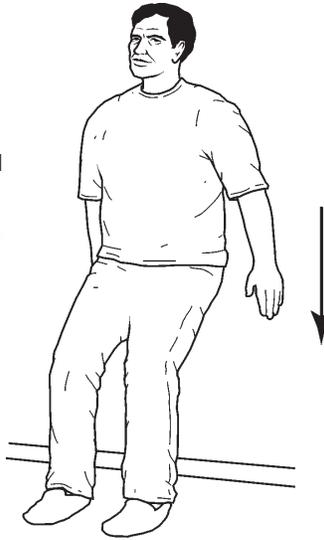


## □ 腘绳肌腱伸展

呈仰卧姿势。弯曲髋部和膝盖至90度角。然后尽量伸直膝盖。用另一条腿重复此练习。

## □ Wall slide

Stand with your back against a wall and your feet about 12 inches or 30 centimeters from the wall. Bend your knees as you slowly lower your buttocks while sliding down the wall. Hold for 10 seconds.

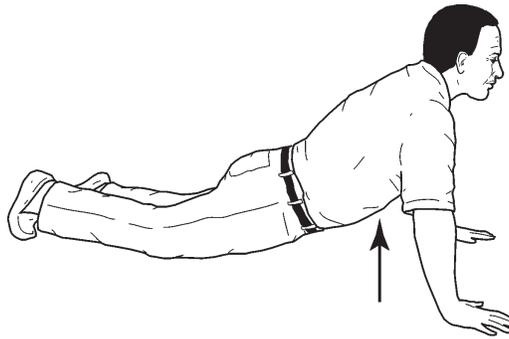


## □ 沿墙下滑

背靠墙站立，双脚离墙12英寸或30公分。弯曲膝盖，慢慢放低臀部，沿墙下滑。保持10秒钟。

## □ Press ups

Lie on your stomach. Push up with your arms while keeping your back and stomach muscles relaxed. Keep a slight bend in your elbows.



## □ 撑起

呈俯卧姿势。双臂撑起上身，同时保持背部和腹部肌肉放松。肘部略微弯曲。

Aerobic exercises are also needed to have a healthy back. Aerobic exercises such as walking or swimming should be done 3 to 4 times a week for 30 to 45 minutes. Talk to your doctor before beginning any form of exercise.

如要保持背部健康，也需要进行有氧锻炼。走路或游泳等有氧锻炼，应每周进行3至4次，每次30至45分钟。开始任何形式的锻炼前，请咨询您的医生。