

背部練習

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.

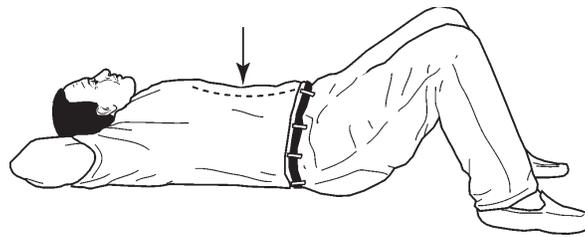
Lie on your back on a firm surface, such as the floor or a mat. **Repeat each exercise _____ times.**

多數背痛的起因是缺乏運動或受傷。這些練習有助於改善活動能力，並強化支撐背部的肌肉。請緩慢練習。若過程中感到疼痛，請停止練習，並諮詢醫生或物理治療師。

背躺在堅實的表面上，如地板或墊子。每項練習重複_____次。

❑ Pelvic tilt

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

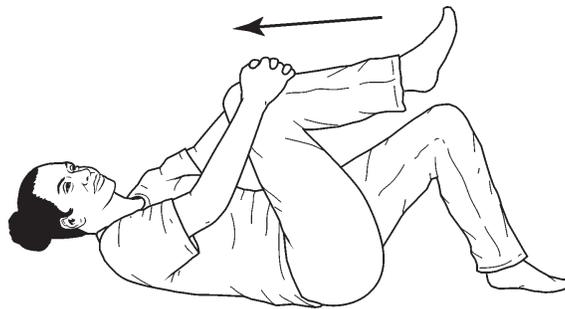


❑ 骨盆傾斜

收緊腹部和臀部。將腰部壓向地板。保持 10 秒再放鬆。

❑ 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.

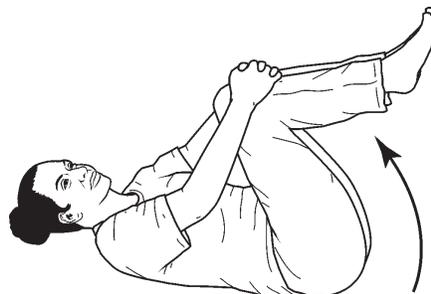


❑ 膝貼胸

將一側膝蓋拉向胸部，直到腰部與臀部感到輕微伸展。保持 10 秒再把腳放下。換另一側膝蓋重複動作。

❑ 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.

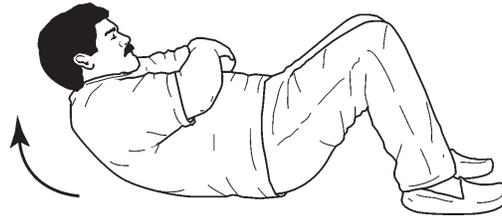


❑ 雙膝貼胸

慢慢將雙膝拉向胸部。保持 5 秒，放鬆背部，平躺於地板。

□ 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.

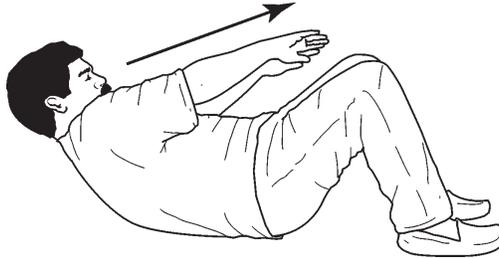


□ 屈起

雙膝彎曲。雙手交叉於胸前，抬起肩膀，直到離開地板。緩慢回到開始的姿勢。

□ 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.

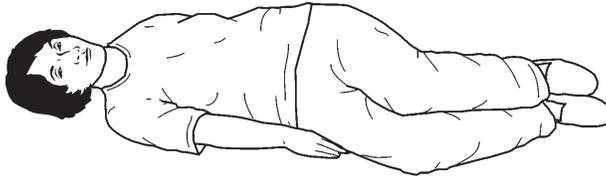


□ 斜向屈起

雙臂向前伸，肩膀抬離地板。將右肩靠向左膝。躺回地板。然後將左肩靠向右膝。

□ Hip rolls

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

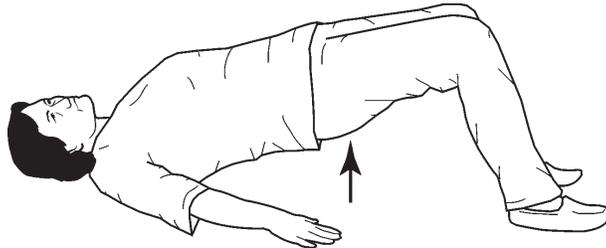


□ 髖部翻轉

雙膝合攏，慢慢翻動髖部，從一側到另一側。保持雙肩緊貼地板。

□ 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.

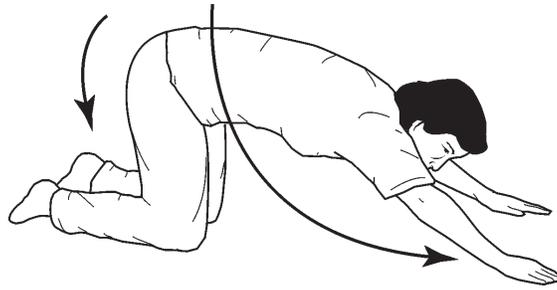


□ 搭橋

膝蓋彎曲，雙足平踩於地板。臀部慢慢抬起，然後慢慢回到地板。

□ 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.

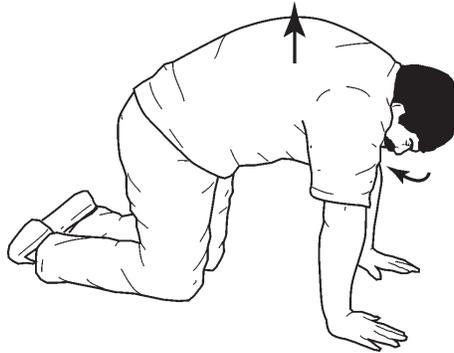


□ 腰部伸展

雙手雙膝撐住身體，胸口下壓，盡可能下沉。回到跪坐姿。

□ Cat stretch

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

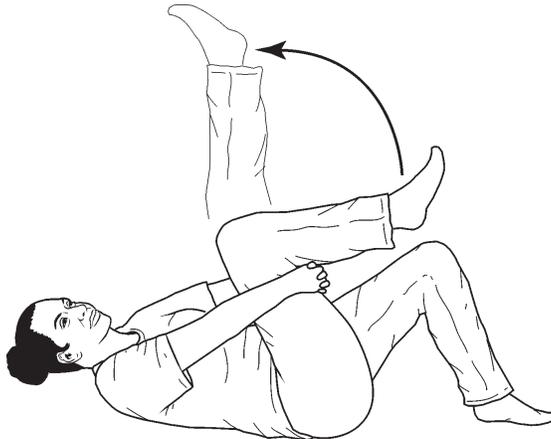


□ 貓式伸展

開始時雙手雙膝撐住身體。背部上拱，下巴縮向胸口，腹部肌肉收緊。

□ 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.

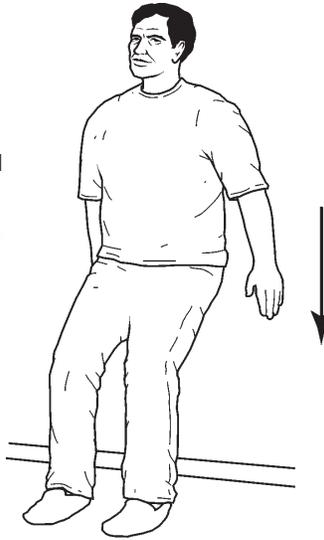


□ 腿後肌伸展

仰臥。髖部及膝蓋彎曲呈直角。然後盡可能將膝蓋打直。換另一條腿重複動作。

□ 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.

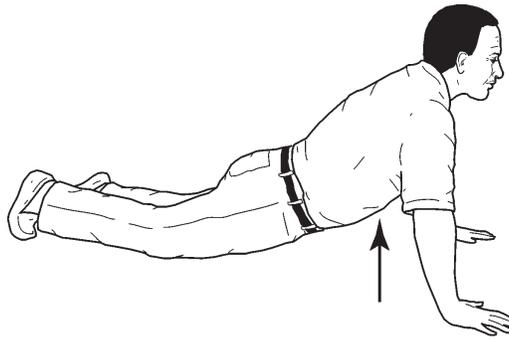


□ 沿牆滑動

背靠牆站立，雙腳離牆約 12 英寸或 30 公分。臀部慢慢沿牆下滑，膝蓋彎曲。保持 10 秒。

□ 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.



□ 撐起

腹部趴地。雙臂俯撐向上，並保持背部與腹部肌群放鬆。手肘略微微曲。

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.

有氧運動同樣對健康的背部不可或缺。一週應做 3 至 4 次有氧運動，像步行或游泳，每次 30 至 45 分鐘。請先諮詢醫生，再開始任何類型的運動。