

# 腰部練習

## Low Back Exercises

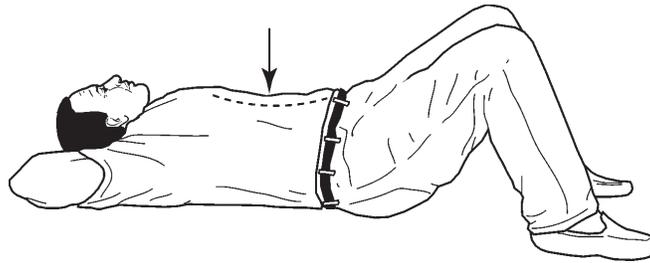
Do all exercises \_\_\_\_\_ times in each exercise session. Schedule \_\_\_\_\_ exercise sessions each day.

每節練習課完成所有練習\_\_\_\_\_次。每天排定\_\_\_\_\_節練習課。

### Pelvic tilt

Lie on your back with your hands at your side and your knees bent. Tighten the muscles of your lower abdomen and your buttocks, to flatten your back against the floor. This is the pelvic tilt (flat back) position. Hold this position for a count of 10 while breathing normally. Relax and repeat the exercise.

### 骨盆傾斜

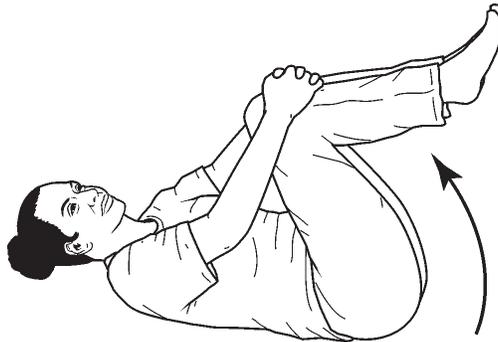


仰臥，雙手放在身側，屈膝。收緊下腹部與臀部的肌肉，讓背部平貼地板。這是骨盆傾斜（背部平貼）的姿勢。維持這個姿勢數到 10，並保持正常呼吸。放鬆，然後重複練習。

### Double knee to chest

Lie on your back. Bring both knees, one at a time, to your chest. With your hands clasped, pull your knees toward your chest and curl your head forward. Keep your knees together and your shoulders flat on the floor. Hold this position for the count of 10. Lower your legs one at a time. Relax and repeat the exercise.

### 雙膝貼胸

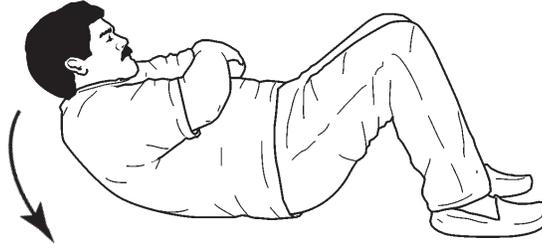


仰臥。依次將兩邊膝蓋抱至胸部。雙手緊抱膝蓋，將膝蓋拉向胸前，頭向前捲起。雙膝併攏，肩膀平貼地板。維持這個姿勢數到 10。依次放下雙腿。放鬆，然後重複練習。

## Progressive curl-down

## 漸進後仰

Sit on the floor with your hips and knees bent and your feet and thighs apart. Ask someone to hold your feet down or hook them under something such as a sofa. Gradually and slowly sit back until you feel your abdominal muscles strain or quiver. Hold this position for a count of 6, then reach forward again and relax. Do this exercise until you can go all the way down to the floor.

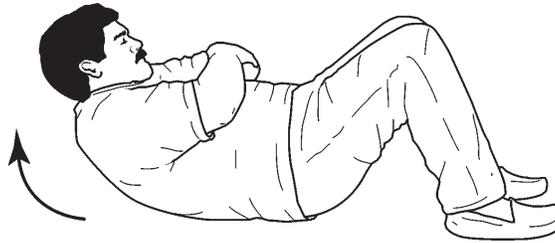


坐在地板上，臀部與膝蓋彎曲，雙腳與大腿分開。請人按住您的雙腳，或將雙腳勾在沙發之類的物體下方。逐漸緩慢往後坐，直到感覺腹部肌肉收緊或顫抖。維持這個姿勢數到6，再次向前延伸，然後放鬆。完成這個練習，直到可以完全到達地板。

## Progressive curl-up

## 漸進起身

Lie on your back and keep the pelvic tilt position as in exercise #1. With your arms out, reach for your knees, while curling your head and clearing your shoulders off the floor. Gradually and slowly return to the starting position. Relax and repeat. Increase the degree of difficulty by crossing your arms in front of you. The most difficult is to put your hands behind your head.



仰臥，保持如 #1 練習的骨盆傾斜姿勢。雙臂向前伸出，延伸至膝蓋，同時頭向前捲起，雙肩離地。逐漸緩慢回到開始位置。放鬆，並重複動作。雙臂交抱於胸前可增加動作的難度。最難的動作是雙手抱頭。