

旋转肌群练习

Rotator Cuff Exercises

These exercises may be used after rotator cuff injury to the shoulder or for strengthening the shoulder.

- Do these exercises while lying face down on an exercise table or other sturdy surface where your arm can hang down.
- Turn your head toward the shoulder you are exercising.
- Do not lift your arm higher than shoulder height for these exercises.

Repeat each exercise _____ times. Hold each position for 2 to 5 seconds. Do these exercises _____ times each day.

可在肩部旋转肌群受伤后进行这些练习，或者将其用于强化肩部。

- 做这些练习时，面朝下躺在能让双臂垂直落下的训练台或者其他牢固台面上。
- 面朝要做练习的那侧肩膀。
- 这些练习中，手臂抬起高度不得超过肩部。

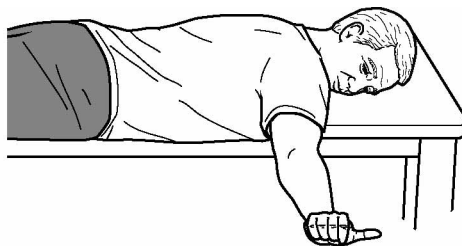
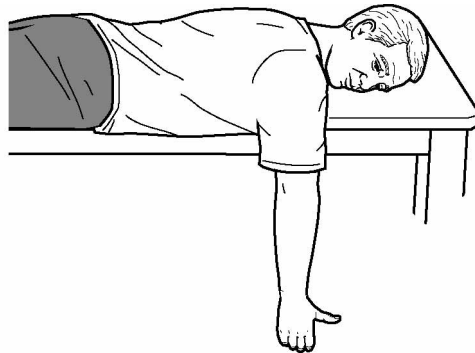
每项训练重复_____次。保持每个姿势2-5秒。每天练习_____次。

Exercises

- Start with your arm hanging down over the side of the table with your thumb pointed towards your head. Your elbow should be straight.

Lift your arm straight out to the side to table top level.

Hold, then lower your arm and repeat.



练习

- 开始时，手臂在台面两侧下垂，拇指指向头部。肘肘应当保持平直。

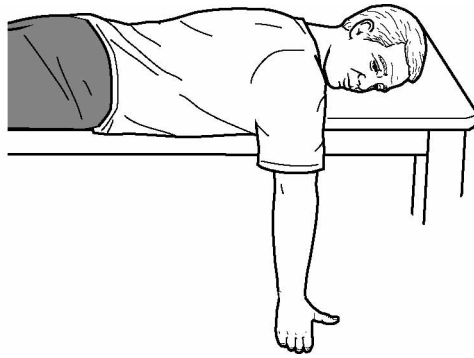
向侧面抬起手臂，直到台面高度。

保持姿势，然后放下手臂并重复动作。

- Start with your arm hanging down over the side of the table, elbow straight with your thumb pointed towards your head.

Lift your arm at an angle towards your head to table height.

Hold and then lower your arm to start position.



- 开始时，手臂在台面两侧下垂，手肘平直，拇指指向头部。

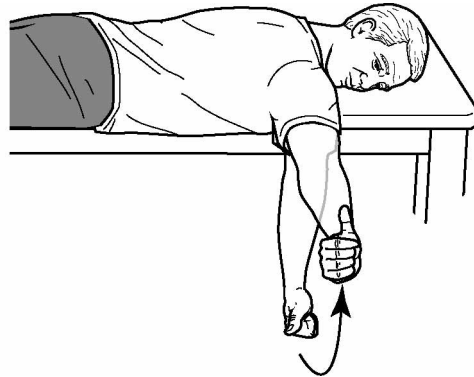
将手臂朝头部角度抬高，直到台面高度。

保持姿势，然后使手臂回到起始位置。

- Start with arm down, elbow straight and thumb pointed out.

Lift your arm straight up to your side to shoulder height.

Hold, then lower your arm and repeat.



- 开始时，手臂放下，手肘伸直，拇指指向外侧。

向侧面抬起手臂，直到肩高。

保持姿势，然后放下手臂并重复动作。

- Start with arm down, elbow straight and thumb pointed out, away from your body.

Lift your arm at an angle towards your head to table height.

Hold, then lower your arm and repeat.



- 开始时，手臂放下，手肘伸直，拇指指向外侧，远离身体。

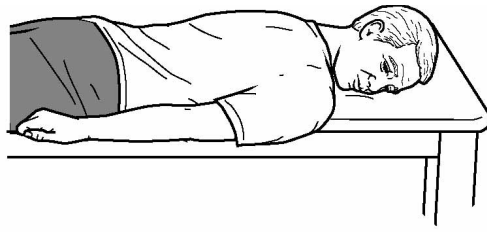
将手臂朝头部角度抬高，直到台面高度。

保持姿势，然后放下手臂并重复动作。

- Start with your arm down, thumb pointed out and elbow straight.

Lift your arm back to bring it up along your side at table height.

Hold and then lower your arm to the start position.



- 开始时手臂放下，拇指指向外侧，手肘伸直。
将手臂抬回到身侧，直到台面高度。
保持姿势，然后使手臂回到起始位置。

- Start with your elbow bent at 90 degrees, hanging down from the table.

Keeping your elbow bent, lift your hand up as high as you can to table height.

Hold then lower your arm and repeat.



- 开始时手肘弯曲90°，从台面放下。
保持手肘弯曲，尽可能抬高手，直到台面高度。
保持姿势，然后放下手臂并重复动作。

