

旋轉肌群練習

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.

肩旋轉肌群受傷後，或欲強化肩膀時，可做這些練習。

- 做這些練習時，面朝下躺在練習桌上，或其他穩固且手臂能夠垂下的表面。
- 面朝要做練習的那側肩膀。
- 做這些練習時，勿將手臂抬高超過肩膀高度。

每項練習重複_____次。維持每個姿勢 2 到 5 秒鐘。每天做這些練習_____次。

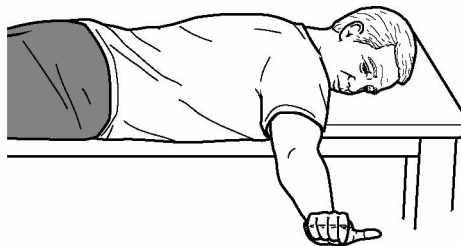
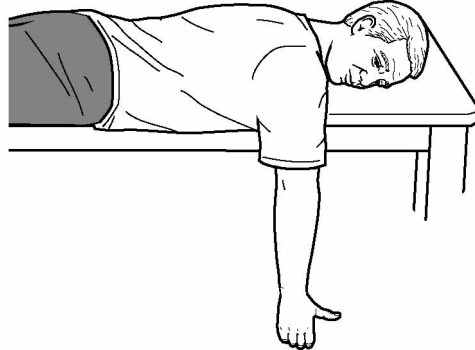
Exercises

- 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.

練習

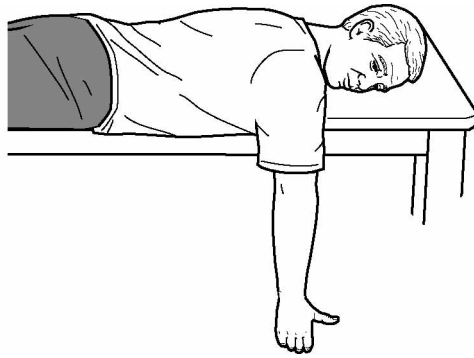


- 先將手臂垂在桌邊，姆指指向頭部。手肘伸直。
將手臂向外抬起，直到桌面高度。
維持這個姿勢，然後放下手臂，再重複。

- 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.



- 先將手臂垂在桌邊，手肘伸直，姆指指向頭部。

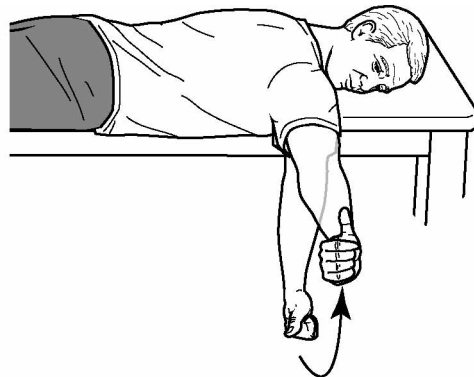
將手臂朝頭部的角度抬高到與桌面同高。

保持這個姿勢，然後放下手臂回到開始位置。

- 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.



- 先將手臂放下，手肘伸直，姆指指向外側。

抬高手臂於身側伸直，與肩膀同高。

維持這個姿勢，然後放下手臂，再重複。

- 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.



- 先將手臂放下，手肘伸直，姆指指向外側，遠離身體。

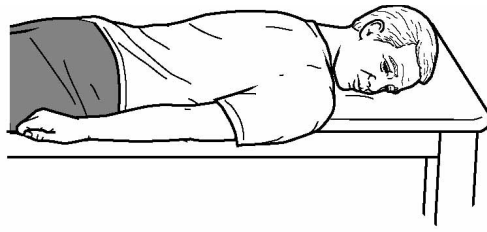
將手臂朝頭部的角度抬高到與桌面同高。

維持這個姿勢，然後放下手臂，再重複。

- 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.



- 先將手臂放下，姆指指向外側，手肘伸直。

抬起手臂至身體側邊與桌面同高。

保持這個姿勢，然後放下手臂回到開始位置。

- 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.



- 先將手肘彎曲 90 度，垂下桌面。

手肘保持彎曲，將手盡可能抬高到桌面的高度。

維持這個姿勢，然後放下手臂，再重複。

