

# 助行器使用及注意事項

## Mobility aid use and precaution

列印日期： 年 月 日  
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單位：  
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05-2756000 分機：

步行為維持日常生活的基本能力，也是每個人每天次數最頻繁的動作，一旦執行步行的動作系統出了問題，如老化、神經病變、肌肉病變、骨折等，會使得步行的能力下降，此時步行時應用助行器的輔助，可保護行走的安全。

Walking is the basic ability to maintain daily life, and it is also the most frequent action for everyone every day. Once the walking system has problems, such as aging, neuropathy, muscle disease, fractures, etc., it will reduce the ability to fail. At this time, walking mobility aid should be used to help protect the safety of walking.

### 一、助行器之適合高度：(兩種調整方法擇一)

#### 1. Adaptation height of mobility aid: (Two adjustment methods)

1. 站立，並將助行器放在腳掌前方，緊握助行器把手時，手肘彎曲可呈25至30度。(如圖一)

Stand up and place the mobility aid in front of the sole of the foot. When that hold the handle of the mobility tightly, bend the elbows at 25 to 30 degrees. (like the picture 1)

2. 病人站立時將手臂自然放鬆放在身體兩邊，將助行器的握把調整到跟病人的手腕一樣高。

When the patient is standing, relax the arms on both sides of the body naturally, and adjust the grip of the mobility aid to be as high as the patient's wrist.



手肘彎曲可呈  
25 至 30 度  
bend the elbows at 25  
to 30 degrees

圖一、助行器的高度與腰同高  
Picture 1. The mobility aid is as high as the waist

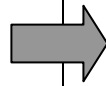
### 二、行走的方法：

#### 2. walking method:



步驟一、站立平穩，雙手緊握助行器

Step 1. Stand steadily, hold the mobility aid tightly with both hands



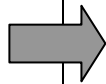
步驟二、雙手同時將助行器舉起向前移動25-30公分

Step 2. Lift the mobility aid with both hands and move it forward by 25-30 cm



步驟三、將患肢移向助行器

Step 3. Move the affected limb to the mobility aid



步驟四、雙手用力支撐，健肢往前與患肢齊平

Step 4. Support strongly with both hands, and the healthy limb flush with the affected limb

※步驟五 雙手臂伸直支撐體重（患肢可用多少力支撐，需遵照醫師或物理治療師指示），將健肢移至患肢旁（如步驟四）。

Step 5. Straighten the arms to support the weight (How much strength can be used to support the affected limb, that need to follow the instructions of the doctor or physical therapist), move the healthy limb to

the side of the affected limb(As in step 4.)

※步驟六 重複(二)~(四)之步驟。

※ Step 6. Repeat the Step2-4.

### 三、行走之注意事項：

#### 3. Precaution for walking:

(一)由主治醫師診視後，決定何時可以下床，下床時以健側支托患側。

(1) The attending physician decides when to get out of bed after examination, and when getting out of bed, use the uninfected side to support affected side.

(二)下床後站立無礙，未感到頭暈或不適時，先練習扶住助行器原地踏步，然後開始練習行走，但有幾點需要注意：

(2) When get out of bed and stand without problems, and when do not feel dizzy or uncomfortable, first practice holding the mobility aid and stepping in place, and then start practicing walking, but there are a few points to pay attention to:

1. 第一次下床時須有醫護人員或家屬陪伴以策安全，預防跌倒。

1. When get out of bed for first time, that must be accompanied by medical staff or family members to ensure safety and prevent falls.

2. 行走時應向前看不要低頭，維持良好的姿勢，並穿著膠底鞋(防滑鞋)，預防跌倒。

2. When walking, that should look forward without bowing the head, maintain a good posture, and wear rubber-soled shoes (non-slip shoes) to prevent falls.

3. 下床行走初期可能會感到肌肉酸痛或有抽筋現象，可以按摩減輕不適，並注意保暖。

3. At the beginning of getting out of bed, maybe feel muscle soreness or cramps. That can massage to relieve the fitness and keep warm.

4. 下床行走後，患肢可能會有腫脹情形，待躺回床上時應將患肢抬高，減輕腫脹不適。

4. After get out of bed and walking, the affected limb may be swollen. When lying in bed, the affected limb should be raised to reduce the swelling and discomfort.

5. 未使用助行器可收起，並放置於隨手可拿取的地方，避免造成走道之障礙物，以保持活動空間的暢通（如圖二）。

5. The unused mobility aid can be stowed away and placed in a handy place to avoid obstacles in the walkway to keep the activity space unblocked. (As in picture 2)



圖二、助行器收起之放置


Picture 2. Placement of mobility aids stowed

#### 參考資料

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