

腦中風病人的床上擺位技巧

Technique For Positioning The Stroke Patient In Bed

※平躺原則：

Lying Flat:

頭部可用枕頭支撐，但不可太高，以免造成病人駝背。

Support the head with a pillow but not too high to prevent slouch in patient

患側肩胛骨下方墊枕頭，讓手臂稍微抬高且伸直，手腕可自然垂在枕頭外，掌心朝上。

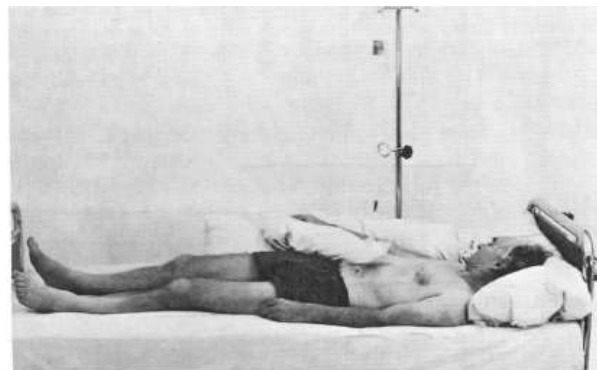
Put a pillow under the scapula of the affected area and lift the arm slightly up and straight.

The wrist can be hanging outside of the pillow naturally with palm facing up.

為預防患側大腿外翻變形，可用長枕頭、或毯子捲成圓筒，放在臀部下方與大腿外側支撐著。

To prevent the thigh of the affected area flipping outward and deform, use a long pillow or blanket rolled into a cylinder and place it under the hip and outer thigh for support.

為預防垂足，兩腳宜頂住床板，使腳趾伸直且腳掌和小腿成直角。如果病人身高不夠，可以用紙箱墊在病人雙腳與床板間支撐。To prevent dropping leg, the two feet will withhold the deck so that the toes can stretch out while the bottom of the feet form right angle with the calf. If the patient is not tall enough, use a carton and place between the legs and deck as support.



※側臥原則

Laying Sideways:

側躺在患側 *Lying sideway on the affected side*

頭部放置枕頭，使頭稍往前傾。

患側肩膀往前伸，手臂伸直，手掌心向上，手腕放鬆
健側大腿往前伸，成跨步姿勢，下面以枕頭支撐。

患側下肢後方與背部以枕頭支撐，讓下肢維持在膝蓋微彎的姿勢。

Place a pillow under the head so the head leans forward slightly.

Stretch the shoulder of the affected area forward, keep the arms straight and have the palm upward with wrist relaxed.

Stretch the thigh of healthy side into striding position, using a pillow as support underneath.

The back of the lower limbs of affected area and the back are supported by a pillow so the lower limbs will maintain a slightly bending position at the knees.



側躺在健側 Lying sideway on the healthy side

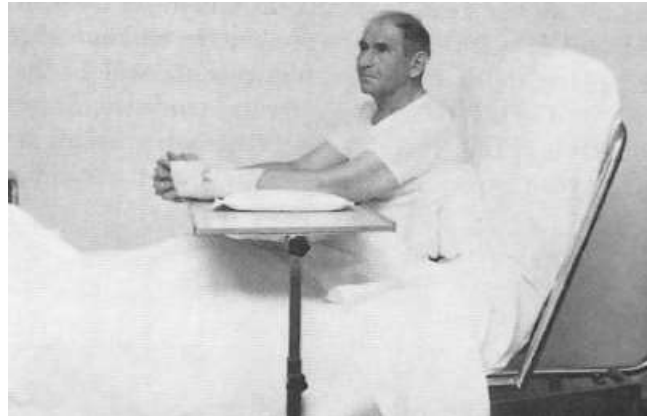
1. 頭部放置枕頭，使頭稍往前傾。
Place the pillow under the head to lean the head forward slightly.
2. 軀幹與床面呈直角，不可往前趴或後仰。
Keep the body perpendicular to the bed. Do not lie prone to face up the ceiling.
3. 患側肩膀與手臂往前伸，與身體呈直角。手臂與手掌以枕頭支撐，與身體同高。手指自然伸直。
Keep the shoulder and arms stretched forward on the affected side, in perpendicular direction to the body. The arms and palms are supported by pillow at the same height as the body.
4. 健側手擺位以病人感覺舒服為原則。
Place the arms of the healthy side however the patient feels comfortable.
5. 患側大腿向前伸，成跨步姿勢，下肢與腳掌下面以枕頭支撐。腳掌不可垂出枕頭外。
Stretch the legs of affected side forward into striding position. The lower limbs and feet are supported by pillow. Do not hang the feet out of the pillow.



坐在床上原則 Sitting on the bed

身體儘量坐直，或稍向前傾，體重平均落在兩側臀部。患側肩膀往前伸長，雙手互握置於床桌上。手臂下方與患側手肘外側可用枕頭支撐，高度以不聳肩為原則。雙腳伸直不要往外翻。患側可用枕頭放在大腿外側支撐。

Try to keep the body straight up or incline forward to evenly distribute the weight on the hip of the two sides. The shoulder of the affected area should stretch forward with two hands holding each other on the table. Use pillow as support for under the arms and the external side of the elbow on the affected side. The height should be kept without shrouding the shoulder. Do not flip the legs but keep them straight. Use a pillow for the affected area as support on the outside of the leg.



坐在床緣或椅子上原則

Sitting on the Bed Edge or chair

1. 坐於床緣或椅子上，必須能讓**髖關節**、**膝**、**踝關節**保持彎曲約 90 度。
Sit on the bed edge or chair to allow the pelvis joint, knee and ankle joint to maintain 90-degree bending position.
2. 身體儘量坐直，或稍向前傾，**體重平均落在兩側臀部**，患側肩膀往前伸，雙手互握置於桌上。
Try to keep the body straight up or incline forward to evenly distribute the weight on the hit of the two sides. The shoulder of the affected area should stretch forward with two hands holding each other on the table.



參考資料 Reference Information :

Martin SK & Kessler M (2007). Cerebrovascular accidents. In *Neurological interventions for physical therapy 2nd ed.* (pp.293-295). St. Louis, MO: Saunders Elsevier.

Davis PM (2001). The acute phase-positioning and moving in bed and in the chair. In *Steps to follow: the comprehensive treatment of patients with hemiplegia 2nd ed.* (pp.101-108).Heidelberg, Germany: Springer-Verlag.

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 70 病房分機 7001、7002

If you need further information about matters above, Please contact telephone : 05-2756000 transfer to 70 ward extension 7001,7002