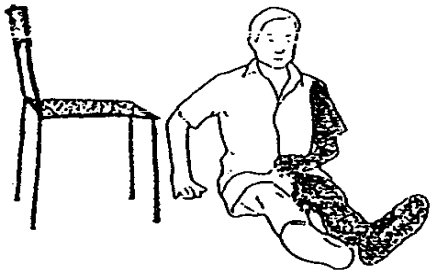


## 半身偏癱病人的轉位法－從地面起立

### Body Rotation for Partially Paralyze Patient – Standing up from the Ground

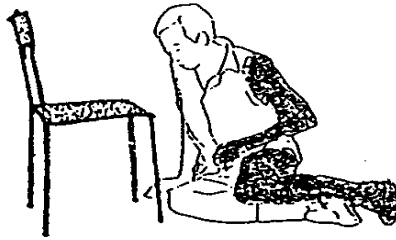
❶ 坐在地上，挺直身體

1. Sit on the ground with body straightened up.



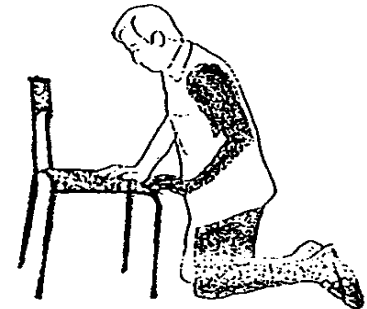
❷ 把身體轉移至好側，成側坐姿勢(好邊)。

2. Shift the body to the good side into sideway sitting position (on the good side).



❸ 好手扶椅面，將臀部抬高，成跪姿。

3. Use the good hand to hold the chair and lift up the butt into kneeling position.



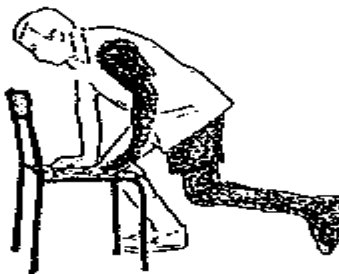
❹ 把好腳提起至可以把腳平放在地上

4. Lift up the good leg till able to flatten the leg on the ground.



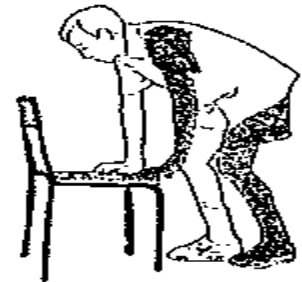
❺ 好腳用力伸直，身體傾前

5. Straighten the good leg and incline the body.



❻ 好手扶椅面，將臀部抬高，雙腳伸直，成半站立姿勢。

6. Both hands holding to the chair surface; lift up the butt and two legs straightened up into semi-standing position.

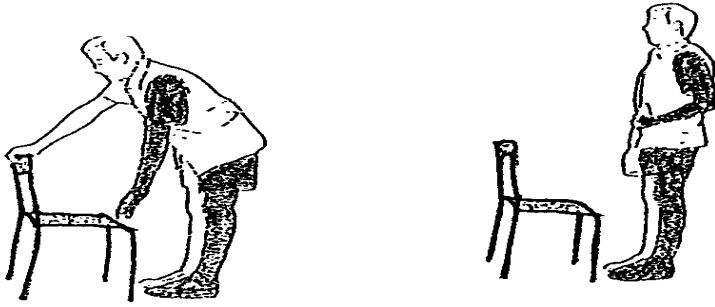


❼ 好手從椅面移至椅背上，身體後傾

7. Shift the good hand from the chair surface to the back of chair with body declined backward.

❽ 好手離開椅背，成完全站立姿勢。

8. The good hand leaving the chair into completely standing position.



參考資料 Reference Information :

Self rehabilitation booklet for hemiplegic patients. Available at:  
[http://www.beyondstroke.ca/file/SelfRehab\\_Booklet\\_crop\\_EN.pdf](http://www.beyondstroke.ca/file/SelfRehab_Booklet_crop_EN.pdf). Date  
retrieved: 2020.09.23

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 want to learn more about the matters above, please contact Tel: 05-2756000 transfer to  
70 ward extension no. 7001,7002

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ST. MARTIN DE PORRES HOSPITAL care about you

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