

腦中風患者上下樓梯技巧

Techniques for Stroke Patients to Get Up/Down Stairs

※口訣：好腳先上、壞腳先下

Mnemonics: Good foot up first and injured foot down first

一· 上樓梯

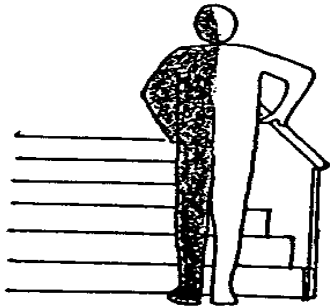
First. Get Up Stairs

A. 好手握欄杆

雙腳踏穩併排，準備上樓

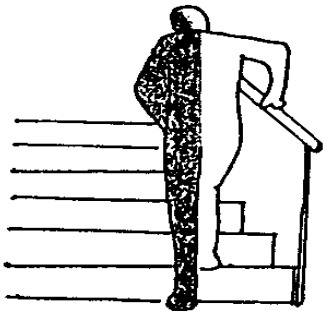
Hold handrail with good hands

Both legs stabilize to get upstairs.



B. 重心移到患腳後，先站穩，再將好腳抬高，平放在上一階

Shift the focus on the affected leg, stabilize and lift up the good leg to place on the upper stairs.



C. 重心移到好邊後，先站穩，再將患腳抬高放在上一階，與健側腳在同平面。

Shift the focus on the good side, stabilize and lift the affected leg up to place on the upper step. Stand on the same surface with the healthy leg.

Stand on the same surface with the healthy leg.

二· 下樓梯

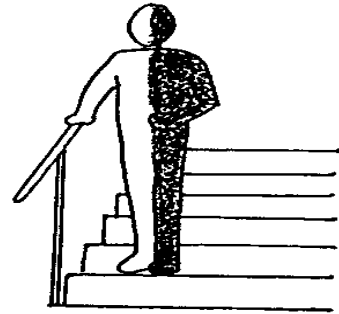
Second. Get Down Stairs

A. 好手握欄杆

雙腳踏穩併排，準備下樓

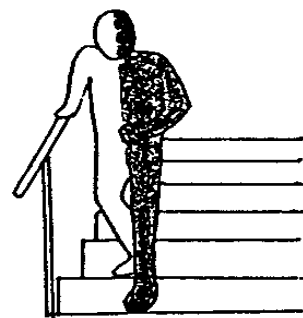
Hold handrail with good hands

Both legs stabilize to get downstairs.



B. 重心移到好邊後，先站穩，再移動患腳，平放在下一階

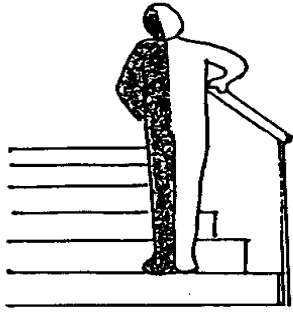
Shift the focus on the good side, stabilize and move the affected leg, place on the lower stairs.



C. 重心移到患側後，先站穩，再移動好腳，平放在下一階，與患腳在同平面。

Shift the focus on the back of the affected area, stabilize and move the good leg. Place on the next step, the same surface with the affected leg.

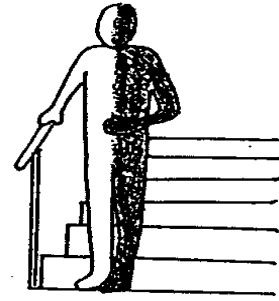
Place on the next step, the same surface with the affected leg.



※重複A B C 步驟

Repeat step A, B and C.

※協助者在過程中，應站在病人**後**方，自己抓握扶手並扶持病人腰部，以策安全。
Assister should stand in the back of the patient during the process by holding to the handrail and supporting the waist of the patient for safety purpose.



※重複A B C 步驟

Repeat step A, B and C.

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參考資料 Reference Information :

Minor M. A. D. & Minor S. D (2014). Gait training with ambulatory assistive devices. In Patient care skills 7th ed. (pp. 394-395). Upper Saddle River, NJ: Pearson education Inc.

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 Tel :05-2756000 transfer 70 ward extension 7001,7002

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2021 年 10 月校閱
Revised in October 2021