

## 好邊(健側)下肢肌力訓練運動步驟

### Exercise steps for muscle strength training of the healthy side of lower extremity

列印日期：	年	月	日
Print date:	Year	Month	Date
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#### 一、肌力訓練的好處

##### 1. The benefits of muscle strength training

人體肌肉的功能，是日常生活所必需的能力。例如走路時，要用腳的肌力來支撐身體體重；吃飯、寫字、拿東西等，都需要手部的肌力來執行；維持身體的姿勢、快速移動身體等，都需要全身性的身體肌肉配合與協調運作。

The function of human muscle is the ability required of daily life. For example, when walking, you need to use the muscle power of feet to support body weight; eating, writing, holding things, etc., all need hand muscles to perform; maintaining body posture, moving the body quickly, etc., all require general body muscle cooperate and coordinate operations.

於手術後的病人而言，進行健側肌力的訓練，可解決肢體乏力及預防步態不穩所造成的跌倒，是相當重要的一環。

For patients after surgery, training the muscle strength of the healthy side can solve the weakness of the limbs and prevent falls caused by gait instability, which is a very important part.

#### 二、下肢肌力訓練的步驟（動作每次需保持 5-10 秒，每回 15-20 次，可於早晚或早中晚完成。

2. Step of lower limb muscle strength training (the action needs to be held for 5-10 seconds each time, 15-20 times each time, and can be completed in the morning and evening or in the morning, afternoon and evening.

運動項目 Training items	解說 Commentary	圖示 Picture demonstration
<b>股四頭肌運動</b> Quadriceps exercise	將小毛巾捲起放在大腿下，伸直膝蓋用力下壓，保持 5 至 10 秒。 Roll up a small towel and place it under the thighs, straighten the knees and press down firmly for 5-10 seconds.	
	大腿下放置枕頭下壓，小腿伸直上抬、足背屈曲，保持 5 至 10 秒。 Place a pillow under the thigh and press it down, straighten the calf and lift the dorsal of the foot, and hold for 5-10 seconds.	
<b>直抬腿運動</b> Straight leg lift exercise	在床上，抬起腿約 30-40 度，保持 5 至 10 秒，再慢慢地降低。 On the bed, raise the leg about 30-40 degrees, hold it for 15-20 seconds, and then slowly lower it.	
<b>大腿外展運動</b> Thigh abduction exercise	膝蓋伸直，大腿往外打開約 45 度，然後收回，協助者手固定骨盆，及腳踝，並維持下肢不外翻。運動時以不痛為原則。 Straighten the knees, open the thighs about 45 degrees outwards, and then retract them. The helper fixes the pelvis and ankles with his hands, and keeps the lower limbs from eversion. The principle of no pain during exercise.	

參考資料

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