

半身癱瘓病人穿脫衣服的技巧

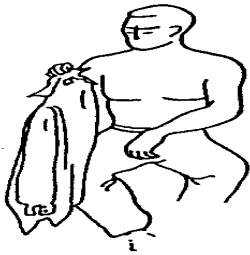
Half-Paralyzed Patient Wearing Clothes Technique

一、 以下圖為前開式衣服穿法（口訣：先穿壞手，先脫好手）如圖下：

First, the following picture shows how to wear the front-open clothes (Formulas: first wear on affected hand, first wear off the healthy hand) as pictures below:

1. 好手抓住衣領。

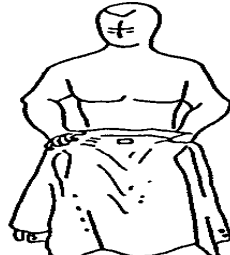
Healthy hands grasp the collar



2. 把衣服放在膝蓋上，

衣服的內面朝外。

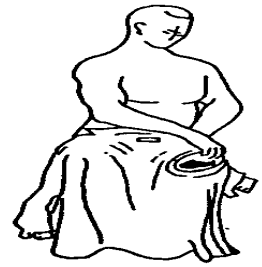
Put your clothes on your Knees, The inner part of the clothes is facing outward.



3. 捲好壞手相對應之袖子，或將袖子放在雙膝之間自然下垂

Roll up the correspondence of affected hand sleeves, or put the sleeves between your knees and let it hang down naturally.

Roll up the correspondence of affected hand sleeves, or put the sleeves between your knees and let it hang down naturally.



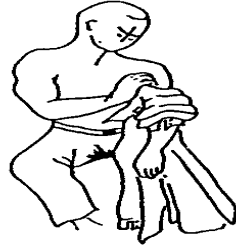
4. 以好手帶壞手伸入袖內。

Guide your affected hands enter the inner sleeve using healthy hands



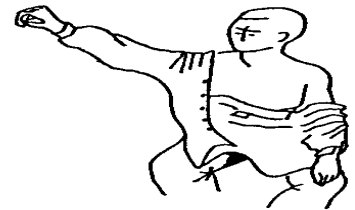
5. 並將袖子拉至手肘上

Pull the sleeve over your elbows.



6. 再穿入好手。

Enter the healthy hands



7. 好手抓好衣領。

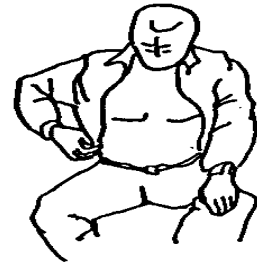
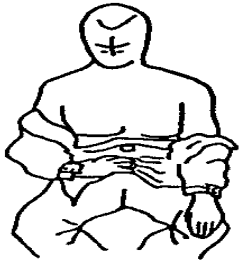
Healthy hands grasp the collar

8. 以好手將衣衣領穿過頭。

Wear collar over your head with the healthy hand

9. 再拉好衣服整理好。

Then pull the clothes well done



※套頭衣服脫法：

Take off the pullover shirt method:

1. 先脫健側的手或非注射點滴側的衣袖

First take off the healthy hand side or non-injection drip side's sleeve

2. 再脫患側的手或有注射點滴側的衣袖

Then take off the affected hand side or injection drip side's sleeve

3. 最後脫頸部

Finally take off through neck

※開襟衣服脫法：

Take off open-front cardigan method:

1. 解開釦子或帶子

Unbutton clothes' buttons or straps

2. 先脫健側的手或非注射點滴側的衣袖

Take off the affected hand side or non-injection drip side's sleeve

3. 再脫患側的手或有注射點滴側的衣袖

Then take off the healthy hand side or injection drip side's sleeve

二、 半身偏癱病人穿脫褲子的方法如圖下：

Second, Half-paralyzed patient wear pants method shown in the picture below:

1. 坐在穩固的椅子上

或鎖好的輪椅上。

Sit in a solid chair
Or locked wheelchair.

2. 以好手帶動壞腳，

將其放在好腳膝蓋上。

Healthy hands take
affected foot and
put it on a healthy
foot's knee.

3. 用好手將壞腳的褲管捲

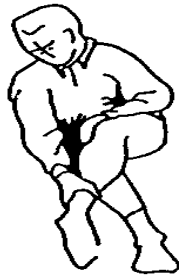
起，然後穿進壞腳。

Use your healthy hands
to roll up the affected
leg pants and let the
affected foot enter it.



4. 放下壞腳。

Put down the affected foot



5. 穿上好腳盡可能拉至
臍部。

Wear on healthy feet
then pull it into hip.



6. 在安全情境下可以站在床
邊，拉好褲子並穿好。如果
無法站立，則可以在床上，
以抬屁股的方式穿好褲子。
In the safety situation
can stand by the bed, pull
the pants well and put on.
If you cannot stand, you
can wear your pants on the
bed by lifting your butt.



參考資料：

Davis PM (2001). Some activities of daily living. In *Steps to follow: the comprehensive treatment of patients with hemiplegia 2nd ed.* (pp.285-291). Heidelberg, Germany: Springer-Verlag.

Ryan PA, Sullivan JW (2004). Activities of daily living adaptations: managing the environment with one-handed techniques. In Gillen G & Burkhardt A (Eds), *Stroke rehabilitation: a function-based approach 2nd ed.* (pp.621-624). St. Louis, MO: Mosby Inc.

American Stroke Association. Dressing Tips for Stroke Survivors. Available at:
<https://www.strokeassociation.org/en/life-after-stroke/recovery/daily-living/dressing-tips>. Date retrieved: 2019.06.03.

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

 天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您
ST.Martin De Porres Hospital care about you

2021 年 10 月修訂
Revised in October 2021