

# 簡易關節運動【英文版】

## Simple Joint Exercises

### 一、 肩關節運動 I. Shoulder Joint Exercise

#### (一) 肩上舉 (1) Shoulder Lift



1. 一手扶個案腕關節，  
一手扶個案肘關節，  
慢慢將個案手向上舉

1. Hold the wrist joint  
with one hand and  
elbow joint with the  
other, and then slowly  
lift the arm

2. 再將個案手臂伸  
直，手心朝向臉  
部，注意個案反應

2. Keep the arm  
straight with palm  
toward the body.  
Pay attention to  
the patient's  
reaction.

3. 每個關節重複  
10-20 次個動作  
停留約 3-5 秒

3. Repeat each  
joint exercise  
10- 20 times.  
Hold the ending  
position for 3-5  
seconds.

## (二) 肩外展 (2) External Shoulder Stretch



1. 一手握個案手腕，一手握個案手肘，往個案身體外側打開

1. Hold the wrist with one hand and elbow with the other. Slowly extend the arm outward

2. 保持個案手肘伸直，手心朝上方向

2. Keep the elbow straight with palm facing up.

## (三) 肩外旋 (3) External Shoulder Rotation



1. 一手握個案手腕，一手握個案手肘，慢慢將個案手臂外展成 90 度

1. Hold the patient's wrist and elbow, gently stretch out the arm until it becomes vertical 90° with body.

2. 再將手肘彎曲呈 90 度，保持身體與手臂呈直角

2. Bend the elbow 90 degrees and keep the arm vertical with the body.

3. 將個案前臂往床頭(向上)方向移動

3. Move the patient's forearm toward headboard (upward.)

#### (四) 肩內旋 (4) Internal Shoulder Rotation



1. 一手握個案手腕，一手握個案手肘，將個案手臂外展成 90 度
1. Hold the patient's wrist with one hand and the elbow with the other. Extend the patient's hand until it becomes vertical with the body.

2. 將手肘彎曲，使前臂與上臂呈 90 度
2. Bend the elbow 90 degrees.

3. 再來慢慢將個案手往床墊(向下)方向移動
3. Slowly move the patient's arm toward mattress (downward.)

## 二、肘關節運動 II. Elbow Joint Exercise



1.一手扶個案腕關節，一手扶個案上臂，先將個案手臂打直，手心朝向天花板方向

1. Hold the patient's wrist joint with one hand and the upper arm with the other. Keep the patient's arm straight with palm facing up

2.再將個案肘關節做彎曲動作，注意個案手心朝向肩膀方向

2. Bend the patient's elbow. The patient's palm needs to face toward his/her shoulder.

3.若要合併前臂旋轉運動，在肘關節伸展呈手臂平直，將前臂旋轉向下碰床墊位置

3. If combined with fore arm rotation, this exercise would require rotating the forearm to touch mattress while the arm is straight during stretching.

### 三、腕關節運動 III. Wrist joint Exercise



1. 一手固定前臂，一手握住手指並包覆，將關節前後慢慢扳動

1. Fixate the forearm with one hand, and hold the patient's hand into a fist with the other hand. Slowly move the joint forward and backward.

2. 若個案角度受限不大，可增加旋轉動作

2. If the patient's range of motion is not limited, rotation can be added.

### 四、指關節運動 IV. Knuckle Exercise



1. 一手握住大拇指，另一手握住四隻手指

1. Hold the thumb with one hand and other four fingers with the other.

2. 手掌攤開，停留幾秒，反覆將手指扳開做伸直彎曲動作

2. Open up the palm and stay for a few seconds. Repeat the movements above.

## 五、髖關節運動 V. Hip Joint Exercises

### (一) 髖關節彎曲伸直

#### (1) Hip Joint Flexion (Knee-to-Chest)



1. 一手扶住足踝，  
另一手扶助膝  
關節位置

1. Hold the  
patient's ankle  
with one hand  
and knee joint  
with the other.

2. 將膝關節朝向天  
花板方向，往上折  
向軀幹彎曲

2. With the knee  
joint facing up,  
bend the leg  
toward the  
patient's torso.

3. 再進行伸直動  
作，將膝關節往下  
朝向床尾方向伸  
直

3. Then straighten  
the leg, putting  
the knee joint  
down.

## (二) 髖關節外展內收 (2) Side Hip Exercise



1. 一手固定膝蓋保持伸直，一手置於足後跟，個案若較僵硬，請家屬幫忙固定健肢

1. Keep the knee straight with one hand and hold the patient's heel with the other. If the case is stiff, ask family members to fix the healthy limb.

2. 慢慢將個案腿部向外側拉進行外展動作

2. Slowly pull and stretch the leg outward.

3. 慢慢將個案腿部向內側收進行內收動作

3. Slowly push the leg back.

## 六、膝關節運動 VI. Knee Joint Exercise



1. 一手扶住膝蓋，一手扶住足跟
1. Hold the knee with one hand and heel with the other.

2. 再將個案小腿慢慢折向大腿，使足底踏至床上即可
2. Slowly bend the patient's calf to his/her thigh until the bottom of the foot touch bed

## 七、踝關節運動 VII. Ankle Joint Exercise



1. 一手扶住脛骨(小腿)，一手置足底
1. Hold the shinbone (calf) with one hand while the other holds the patient's arch (the bottom of foot.)

2. 置於足底處的手向個案身體方向扳動，進行背曲動作
2. Bend the patient's feet backward toward his/her body (extension) with the hand at the bottom of foot.

3. 再將手改放置個案足板處，向個案床尾方向扳動，進行屈曲動作
3. Then change the hand to the back of foot and bend the foot forward toward mattress (flexion.)



## 八、足趾關節運動 VIII. Toe Joint Exercise



1. 一手固定足部，一手活動腳趾
1. Fixate the foot with one hand while the other gently exercises the patient's toes.



2. 將個案腳趾往身體軀幹方向扳動
2. Bend the patient's toes backward toward the body.



3. 再將個案腳趾往床尾方向扳動
3. Then bend the patient's forward toward mattress.

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## 九、複習一下

### IX. Quick Quiz

- 問題 1：( )關節運動進行時，需注意個案反應，且每個關節重複 10-20 次個動作停留約 3-5 秒。
- 問題 2：( )肩外旋或肩內旋運動時，手臂外展只要 60 度即可。
- 問題 3：( )個案若較僵硬，請家屬幫忙固定健肢，並快速移動以達運動效果。

- Q1:( ) Pay attention to the patient's reaction while doing joint exercises.  
Do 10 to 20 repetitions for each joint and hold the position for  
3-5 seconds.
- Q2:( ) For external or internal shoulder rotation, the arm can be extended  
only by 60 degrees.
- Q3:( ) If the case is stiff, ask family members to fix the healthy limb  
and move quickly to achieve the movement effect.

正確答案

Correct answer

問題 1: O      問題 2: X      問題 3: X

Q1: True      Q2: False      Q3: False

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