



## 坐式下肢運動

### 5 個動作，附帶逐步說明

當你坐著時，可以做這些運動，有助於強壯你的下肢。

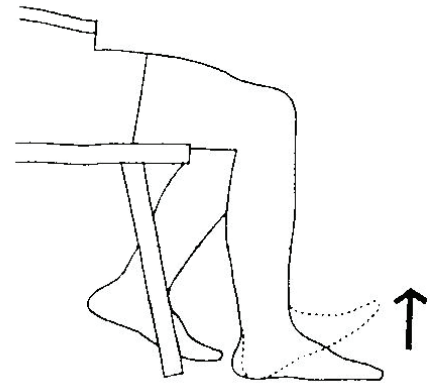
**每個動作：**開始時，1 套動作重復做 10 次（重復做），每天做 3 次。

隨著你的身體變得更加強壯，2 套動作重復做 15 次，每天 3 次。

**特別注意：**如果你最近接受過手術，在開始做這些運動之前，先徵詢你的醫生或物理治療師的意見。

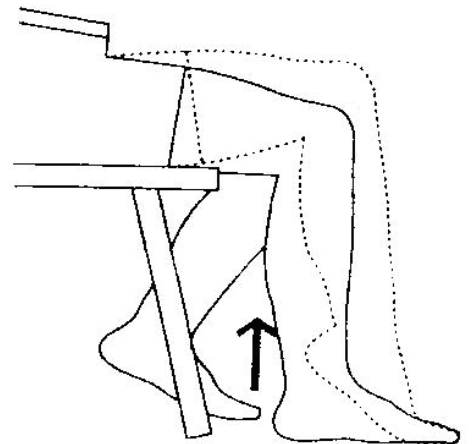
#### 提踵 (Toe Raise)

1. 坐在椅子上，腳板平踏在地板上。
2. 將一隻腳的腳趾朝向天花板。這時是腳跟觸地，腳掌向上。
3. 將腳掌降回到地板上。
4. 做完這套動作後，用另一隻腳重復做這套動作。



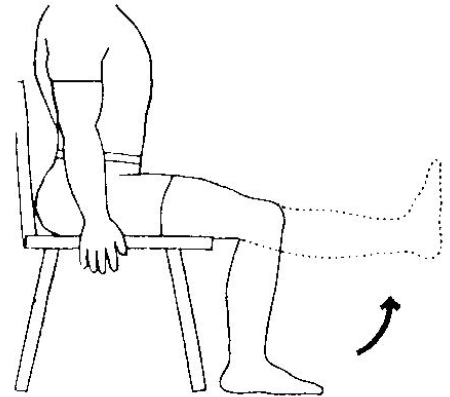
#### 墊腳尖 (Heel Raise)

1. 坐在椅子上，腳板平踏在地板上。
2. 提起一隻腳的腳跟。腳掌的圓形部位保持在地板上。
3. 將腳降回到地板上。
4. 做完這套動作後，用另一隻腳重復做這套動作。



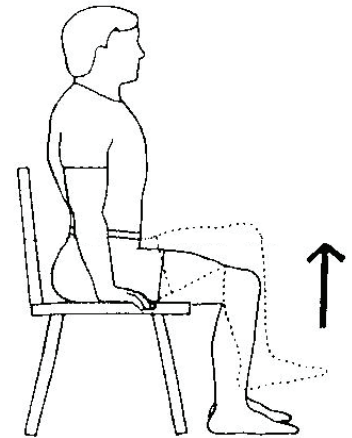
## 大腿四頭肌 (Long Arc Quad)

1. 坐在椅子上，腳板平踏在地板上，如圖所示。
2. 伸直一條腿的膝蓋，使腳趾朝向天花板。
3. 保持 3 秒鐘，然後將腳降回到地板上。
4. 做完這套動作後，用另一條腿重復做這套動作。



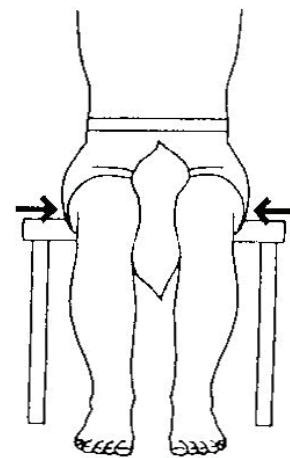
## 提膝 (Knee Lift)

1. 坐在椅子上，腳板平踏在地板上。
2. 提起一條腿的膝蓋。
3. 緩慢地放下那條腿。
4. 做完這套動作後，用另一條腿重復做這套動作。



## 腿部擠壓 (Leg Squeeze)

1. 坐在椅子上或其他堅固的表面上。
2. 將一條卷起來的毛巾或小枕頭置於兩個膝蓋之間。
3. 夾緊雙腿 3 至 5 秒鐘。
4. 作正常呼吸（不要屏住呼吸）。
5. 放鬆。



### 有任何問題嗎？

你的問題非常重要。如果你有任何問題或顧慮，請致電你的醫生或醫療提供機構。

星期三上午 8 點至下午 4 點 30 分，請致電物理治療部，電話：  
206-598-4830。

周末和假節日，請致電 206-598-6190，要求傳呼周末值班的物理治療師。

## **Lower Body Exercises While Sitting**

### *5 exercises with step-by-step instructions*

*Do these exercises while you are standing to help strengthen your lower body.*

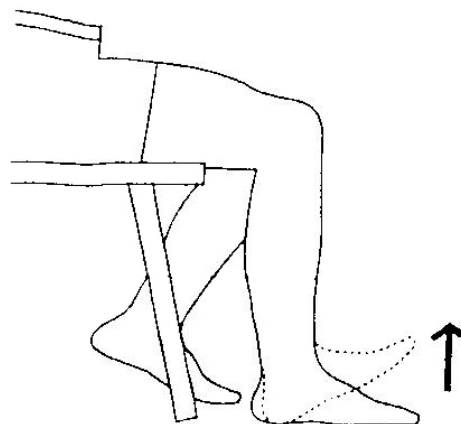
**For each exercise:** Start with 1 set of 10 repetitions (reps), 3 times a day. As you get stronger, work up to 2 sets of 15 reps 3 times a day.

**Special note:** If you have had recent surgery, check with your doctor or physical therapist before starting these exercises.

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### **Toe Raise**

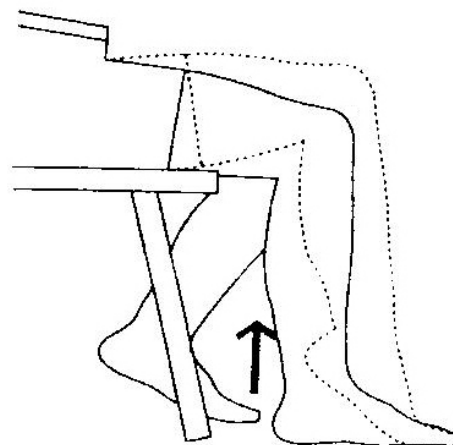
1. Sit in a chair, with your feet flat on the floor.
2. Point the toes of the foot you are exercising toward the ceiling. Your foot will be up on its heel.
3. Lower your foot to the floor.
4. When you are done with your reps, repeat with the other foot.



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### **Heel Raise**

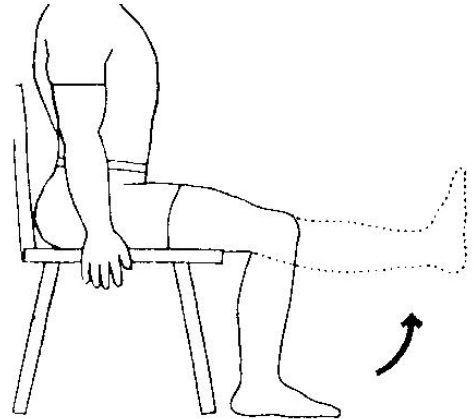
1. Sit in a chair, with your feet flat on the floor.
2. Raise the heel of the foot you are exercising. The ball of your foot stays on the floor.
3. Lower your foot to the floor.
4. When you are done with your reps, repeat with the other foot.



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## Long Arc Quad

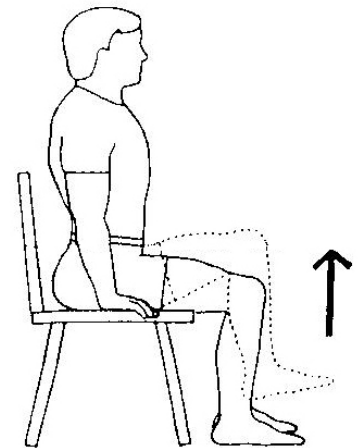
1. Sit on a chair with your feet flat on the floor, as shown.
2. Straighten your knee, so that your toes are pointed to the ceiling.
3. Hold for 3 seconds, and then lower your foot to the floor.
4. When you are done with your reps, repeat with the other leg.



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## Knee Lift

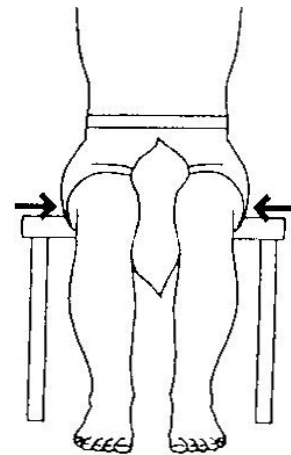
1. Sit on a chair, with your feet flat on the floor.
2. Lift up the knee of the leg you are exercising.
3. Slowly lower your leg.
4. When you are done with your reps, repeat with the other leg.



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## Leg Squeeze

1. Sit on a chair or other firm surface.
2. Put a rolled towel or small pillow between your knees.
3. Squeeze your legs together for 3 to 5 seconds.
4. Breathe normally (do not hold your breath).
5. Release.



### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Weekdays from 8 a.m. to 4:30 p.m., call Physical Therapy at 206-598-4830.

On weekends and holidays, call 206-598-6190 and ask for the weekend Physical Therapist to be paged.