



床上下肢運動

7 個動作，附帶逐步說明

躺在床上時，你可以做這些動作，幫助強壯你的下肢，並改善你的血液流動。這樣做有助於防止血栓。

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。

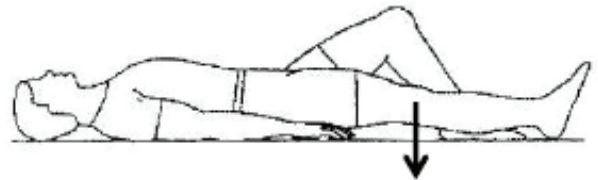
踝泵 (Ankle Pump)

1. 仰面躺著。小腿可以緊貼在床上，或者可以將一個枕頭放置在要運動的腿下，如圖所示。
2. 將腳趾朝向你的頭部，然後朝向床腳。
3. 做完這套動作後，用另一條腿重復做這些動作。



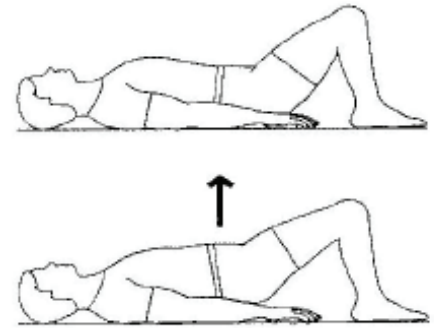
股四頭肌等長收縮 (Quad Sets)

1. 坐著或躺著，雙腿向前伸直。如果你感到背痛，屈起 1 條腿，如圖所示。
2. 對於要運動的那條腿，儘量將膝蓋背部往下緊貼在床上。這將會收緊大腿肌肉。保持 3 秒鐘。作正常呼吸（不要屏住呼吸）。
3. 放鬆。
4. 做完這套動作後，用另一條腿重復做這些動作。



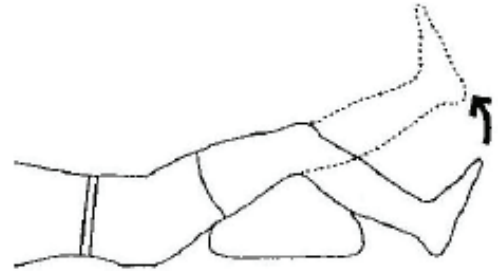
擡臀 (Bridge)

1. 仰面躺著，雙膝彎曲，雙腳板平踏在床上。
2. 擡起臀部。
3. 緩慢地將背部降回到床上。



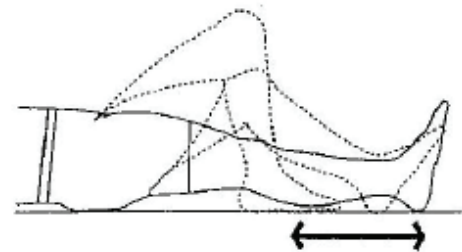
股四頭肌輕微彎曲 (Short Arc Quad)

1. 仰面躺著，將一個枕頭置於雙膝下。
2. 將 1 條腿完全伸直。
3. 保持 3 秒鐘，然後放鬆。
4. 做完這套動作後，用另一條腿重複做這些動作。



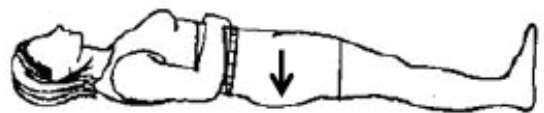
腳跟滑動 (Heel Slides)

1. 仰面躺著，雙腿伸直。
2. 儘量快地屈起 1 條腿的膝蓋。
3. 緩慢地再伸直。
4. 做完這套動作後，用另一條腿重複做這些動作。



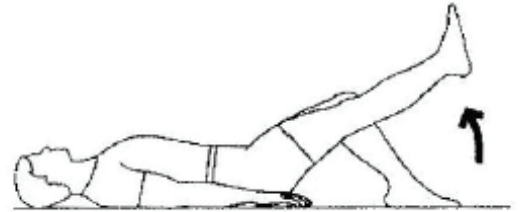
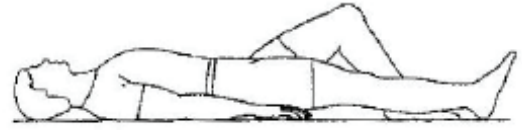
臀部夾緊 (Glut Sets)

1. 仰面躺著，雙腿伸直。
2. 將臀部用力夾緊（見圖中箭頭）。
3. 保持 3 秒鐘，然後放鬆。



直腿擡高 (Straight Leg Raises)

1. 仰面躺著，屈起 1 條腿的膝蓋。
2. 擡高伸直的那條腿，直到與屈起的腿一樣高。
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些動作。



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 in Bed

7 exercises with step-by-step instructions

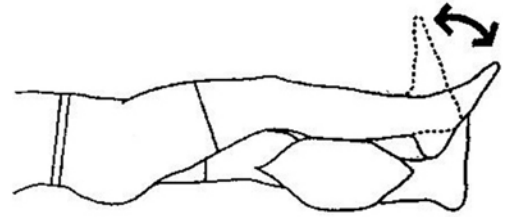
You can do these exercises while you are in bed to help strengthen your lower body and improve your blood flow. This helps prevent blood clots.

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.

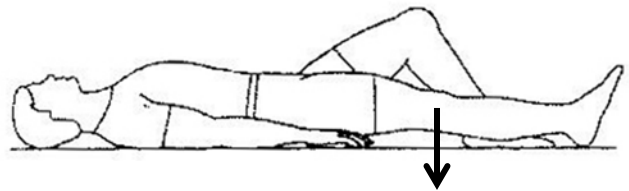
Ankle Pump

1. Lie on your back. Your lower leg can rest on the bed, or you can put a pillow under the leg you are exercising, as shown.
2. Point your toes toward your head and then toward the foot of the bed.
3. When you are done with your reps, repeat with the other leg.



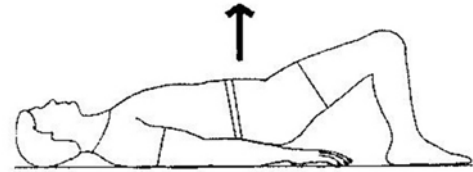
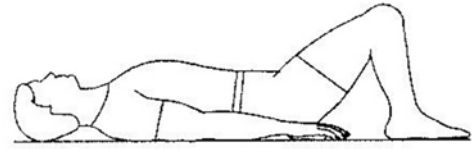
Quad Sets

1. Sit or lie down with your legs straight in front of you. If your back hurts, bend 1 leg, as shown.
2. For the leg you are exercising, try to push the back of your knee down against the bed. This will tighten your thigh muscle. Hold for 3 seconds. Breathe normally (do not hold your breath).
3. Release.
4. When you are done with your reps, repeat with the other leg.



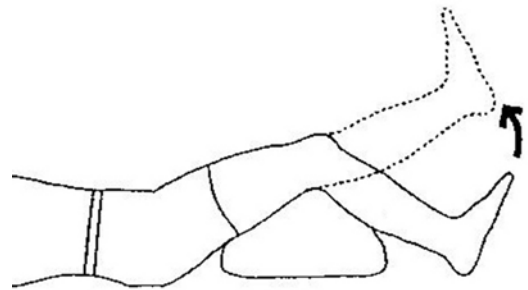
Bridge

1. Lie on your back with your knees bent and your feet flat on the bed.
2. Lift your buttocks.
3. Slowly lower back to the bed.



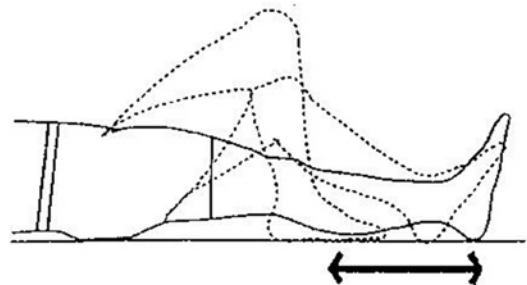
Short Arc Quad

1. Lie on your back, with a pillow under your knees.
2. Straighten 1 leg all the way.
3. Hold for 3 seconds and then release.
4. When you are done with your reps, repeat with the other leg.



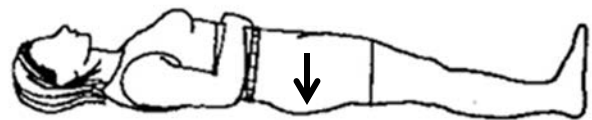
Heel Slides

1. Lie on your back with your legs straight.
2. Bend 1 knee as far as you can.
3. Slowly return to your starting position.
4. When you are done with your reps, repeat with the other leg.



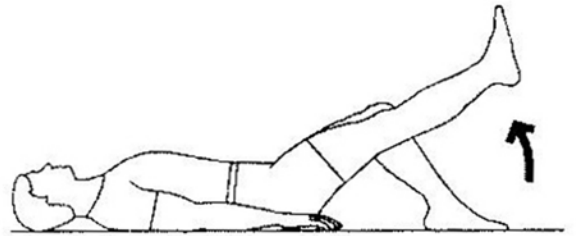
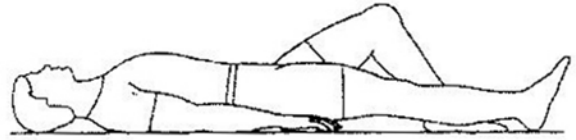
Glut Sets

1. Lie on your back with your legs straight.
2. Squeeze your buttocks together (see arrow).
3. Hold for 3 seconds and release.



Straight Leg Raises

1. Lie on your back with 1 knee bent.
2. Raise your straight leg until it is next to your bent leg.
3. Slowly lower your leg.
4. When you are done with your reps, repeat with the other leg.



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.