



站立式下肢運動

7 個動作，附帶逐步說明

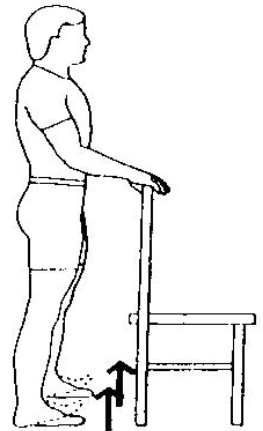
當你站著時，可以做這些動作，有助於強壯你的下肢。

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。

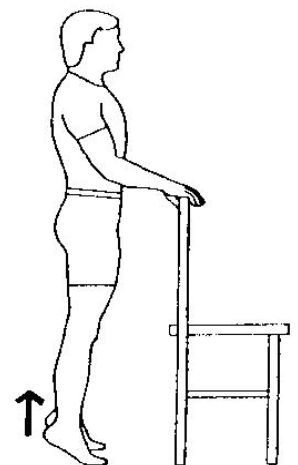
提踵 (Toe Raise)

1. 站著，雙腳平踏在地板上，與肩同寬。
2. 雙手緊緊抓住一張椅子以保持平衡。
3. 腳跟著地，提起腳趾，使之朝向天花板。
4. 將腳趾降回到地板上。



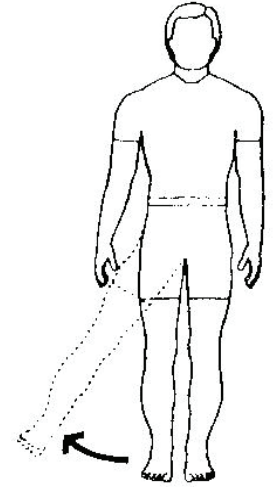
墊腳尖 (Heel Raise)

1. 站著，雙腳平踏在地板上，與肩同寬。
2. 雙手緊緊抓住一張椅子以保持平衡。
3. 儘量擡起腳趾。
4. 將腳降回到地板。



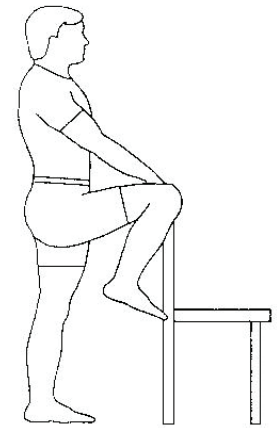
髖外展 (Hip Abduction)

1. 站著。雙手緊緊抓住一張結實的桌子或椅子，或牆壁以保持平衡。
2. 將 1 條腿向側伸出。保持膝蓋挺直，腳趾指向前方。
3. 做完這套動作後，用另一條腿重複做這些動作。



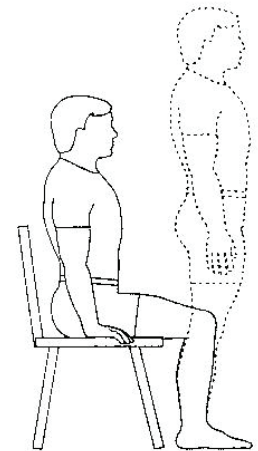
髖關節屈曲 (Hip Flexion)

1. 站著。雙手緊緊抓住一張結實的桌子或椅子，或牆壁以保持平衡。
2. 提起 1 條腿，彎曲膝蓋。
3. 放下這條腿。
4. 做完這套動作後，用另一條腿重複做這些動作。



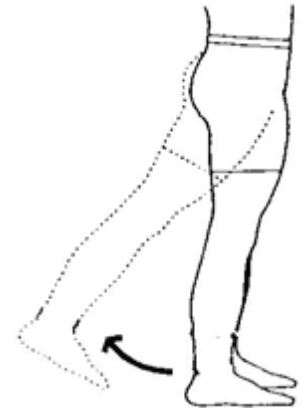
由坐到站立 (Sit to Stand)

1. 坐在椅子上。向前移動臀部至座椅部。
2. 身體前傾，然後站起來，儘量少用或不用雙手。雙腳支撐相同的身體重量，以保持平衡。
3. 緩慢地輕輕地坐下來。



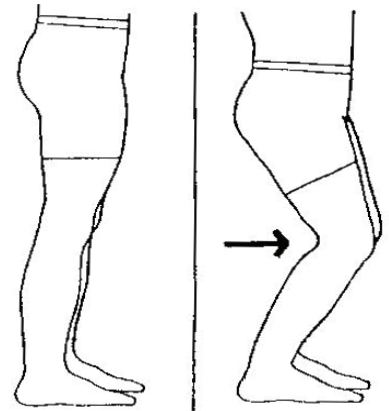
髖部伸展 (Hip Extension)

1. 站著。雙手緊緊抓住一張結實的桌子或椅子，或牆壁以保持平衡。
2. 將 1 條腿往後伸出，保持膝蓋挺直。
3. 將腿收回到開始時的位置。
4. 做完這套動作後，用另一條腿重複做這些動作。



半蹲 (Partial Squats)

1. 用雙腿站立。
2. 利用牆壁或堅實的桌子或椅子來保持平衡。
3. 彎曲雙膝至 45 度角。
4. 將腿伸直到開始時的位置。



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 Standing

7 exercises with step-by-step instructions

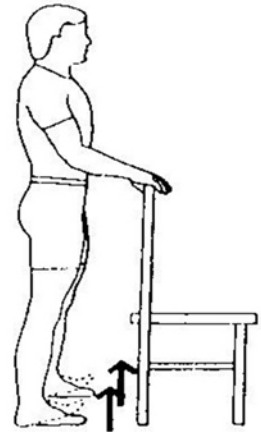
Do these exercises while you are standing to help strengthen your lower body.

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.

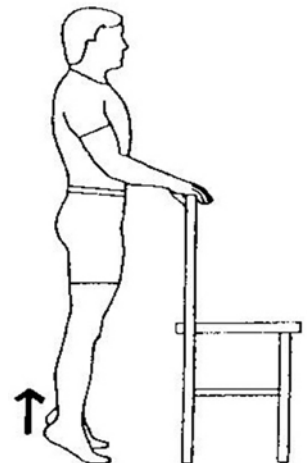
Toe Raise

1. Stand with both feet flat on the floor, shoulder width apart.
2. Hold onto a chair to help you balance.
3. Keep your heels on the floor and lift your toes toward the ceiling.
4. Lower your toes to the floor.



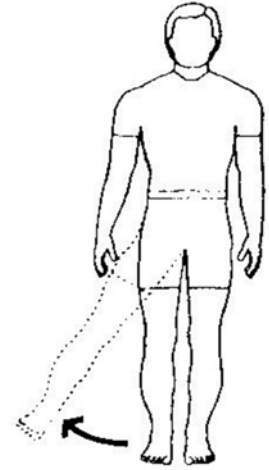
Heel Raise

1. Stand with both feet flat on the floor, shoulder width apart.
2. Hold onto a chair to help you balance.
3. Raise up on your toes, as far as you can go.
4. Lower your feet to the floor.



Hip Abduction

1. Stand. Hold onto a sturdy table or chair, or a wall to help you balance.
2. Bring 1 leg out to the side. Keep your knee straight and your toes pointing forward.
3. When you are done with your reps, repeat with the other leg.



Hip Flexion

1. Stand. Hold onto a sturdy table or chair, or a wall to help you balance.
2. Lift 1 leg up, bending your knee.
3. Lower your leg.
4. When you are done with your reps, repeat with the other leg.



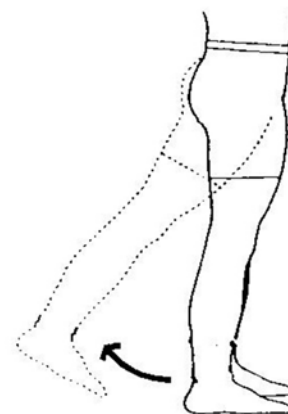
Sit to Stand

1. Sit on a chair. Move your hips forward toward the front of the seat.
2. Lean forward and stand up, using your hands as little as possible. Balance yourself by putting equal weight over each foot.
3. Sit down slowly and gently.



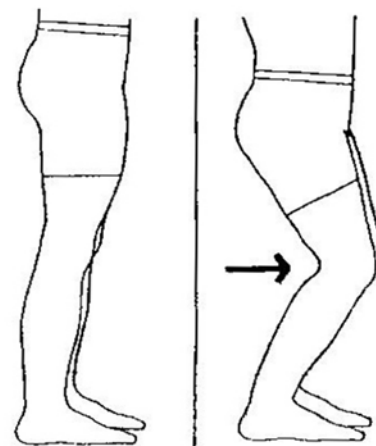
Hip Extension

1. Stand. Hold onto a sturdy table or chair, or a wall to help you balance.
2. Extend 1 leg back, keeping your knee straight.
3. Return to the starting position.
4. When you are done with your reps, repeat with the other leg.



Partial Squats

1. Stand on both legs.
2. Use a wall or a sturdy table or chair to help you balance.
3. Bend your knees to a 45-degree angle.
4. Return to the starting position.



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.