

# 使用理疗弹力绳

使用理疗弹力绳进行这些练习，将有助于增强你的力量，提高你的日常生活技能，并防止你的上半身进一步受伤。

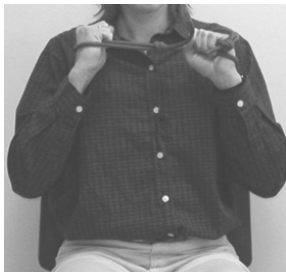
请完成本资料中列出的每一项弹力绳练习：

每天 \_\_\_\_\_ 次（ Do \_\_\_\_\_ times a day ），

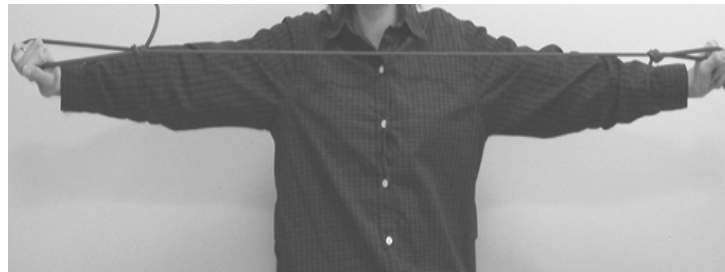
每次做 \_\_\_\_\_ 下（ Do \_\_\_\_\_ repetitions each time ）

## 练习一：肩关节水平外展和内收

- 双手各握住弹力绳的一端。
- 双手合拢在胸部水平，保持双肘与胸部处于同一水平。
- 双手向两侧伸展，伸直肘部。



开始



结束

## 练习二：肩关节屈曲

- 双手各握住弹力绳的一端，双手合拢放在腿上。
- 一只手放在腿上，另一只手举过头顶，直到肘部伸直。
- 换另一只手重复上述步骤。



开始



结束



请用手机摄像头扫描，  
获取这份讲义的电子版

### 练习三：肘关节屈曲

- 将弹力绳折合缩短。双手各握住一端。
- 双手合拢放在膝盖上。
- 一只手放在腿上，另一只手轻触肩膀。注意保持手肘贴近身体两侧。换另一只手重复此动作。



开始



结束

### 练习四：肘关节伸展

- 缩短弹力绳长度。
- 双手合拢于胸前，肘部贴近身体两侧。
- 一只手放在胸前，另一只手向下直拉。
- 换另一只手重复上述步骤。



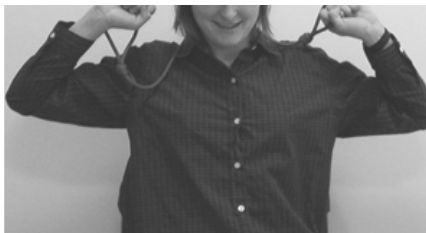
开始



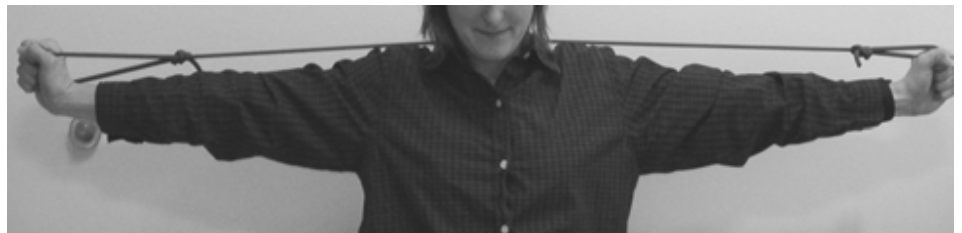
结束

### 练习五：肘关节内收伸展

- 展开弹力绳，双手各握住一端。
- 双手放在头部两侧，弹力绳放在脑后。
- 双手向两侧伸展，保持手臂与肩同一水平。



开始



结束

### 有问题吗？

您的提问很重要。如有任何疑问或顾虑，请致电您的医生或医疗服务提供者。联系对象：

您的医疗服务提供者的姓名和电话号码： \_\_\_\_\_

# Using a Theraband

*These exercises using a theraband will help increase your strength for your daily living skills and prevent further injuries to your upper body.*



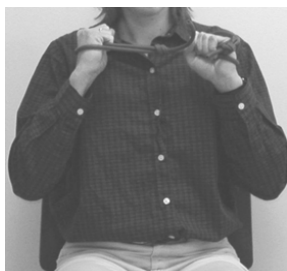
*Scan with your  
phone camera for  
a digital copy of  
this handout.*

Do each of the theraband exercises in this handout:

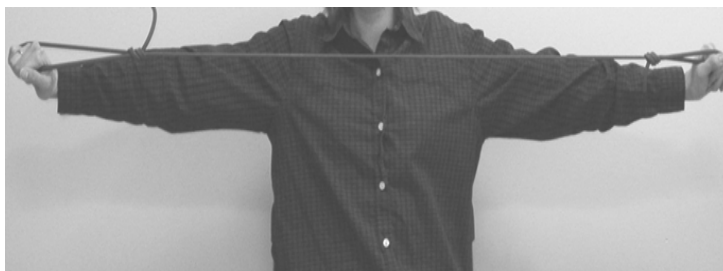
\_\_\_\_\_ times, \_\_\_\_\_ times a day

## Exercise #1: Shoulder Horizontal Abduction and Adduction

- Hold 1 end of the theraband in each hand.
- Place your hands together at chest level. Keep your elbows at chest level.
- Pull your hands out to the sides, straightening your elbows.



Beginning



End

## Exercise #2: Shoulder Flexion

- Hold an end of the theraband in each hand. Place your hands together on your lap.
- Keeping one hand in your lap, pull the other hand above your head, until your elbow straightens.
- Repeat with the other hand.



Beginning



End

### Exercise #3: Elbow Flexion

- Fold the theraband in half to shorten it. Hold one end in each hand.
- Place your hands together on your lap.
- Keeping 1 hand on your lap, touch your shoulder with other hand. Be sure to keep your elbow at your side as you do this. Repeat with the other hand.



Beginning



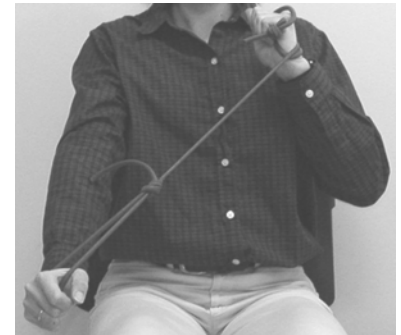
End

### Exercise #4: Elbow Extension

- Keep the theraband short.
- Place your hands together at chest level, keeping your elbows at your sides.
- Keeping 1 hand at your chest, pull straight down with the other.
- Repeat with the other hand.



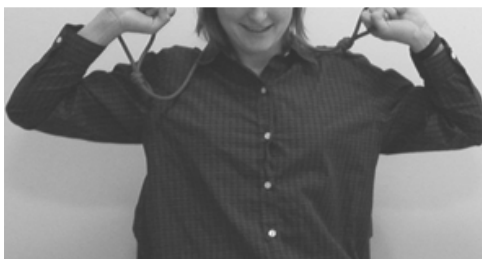
Beginning



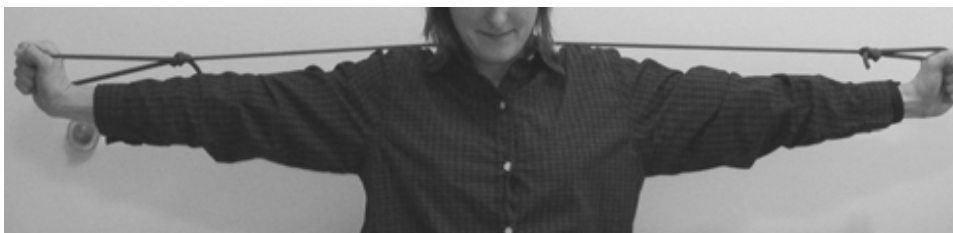
End

### Exercise #5: Elbow Extension in Adduction

- Unfold the theraband and hold one end in each hand.
- Place your hands by the sides of your head, with the theraband behind your head.
- Pull your hands out to the sides, keeping your arms at shoulder level.



Beginning



End

#### QUESTIONS?

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

#### Who to call:

Your provider's name and phone number:

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