

動作二 Exercise 2:

雙膝彎曲、將頭及肩膀抬離床面，以雙手去碰膝蓋，停留3-5秒，重覆5-10下。

Lying face up, bend your knees and raise your head and shoulders off the bed. Stretch out your arms to reach your knees and remain in this position for 3 to 5 seconds. Repeat 5 to 10 times.



動作三 Exercise 3:

平躺，雙膝彎曲，將臀部抬離床面，停留3-5秒，如此重覆做5~10次。

Lying face up, bend your knees and raise your hips off the bed. Remain in this position for 3 to 5 seconds. Repeat 5 to 10 times.



動作四 Exercise 4:

將單側下肢往胸部彎曲，停留10秒，慢慢伸直下肢，換腳，各重覆5-10次。

Lying face up, bend one of your legs towards your chest and remain in this position for 10 seconds. Stretch out the leg slowly then change to the other leg. Repeat 5 to 10 times.



動作五 Exercise 5:

平躺，雙膝彎曲，左右旋轉腰部，各重覆5-10次。

Lying face up and bend your knees. Swing your waist to the left and then to the right. Repeat 5 to 10 times.



動作六 Exercise 6:

用雙手撐住床面，抬起上半身，腹部盡量平貼床面，停住5-10秒，重覆3-5下。

Lying face down, press both hands against the bed to prop up the upper half of your body. Try to press your abdomen close to the bed. Remain in this position for 5 to 10 seconds. Repeat 3 to 5 times.



注意事項 Notes:

以上六項動作均須維持5秒鐘，效果才佳，但若肌力不足或背部感覺疼痛的人，則須從維持2~3秒開始進行，然後逐漸增加至維持5秒，但休息仍維持在10秒。

To make these exercises effective, each position should be maintained for 5 seconds. For those whose muscles lack strength and those who have backache, proceed with the exercise by maintaining each position 2 to 3 seconds. Gradually increase the duration to 5 seconds. However, the break time should still be 10 seconds.

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

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預防腰痛的妙方

Tips for preventing backache



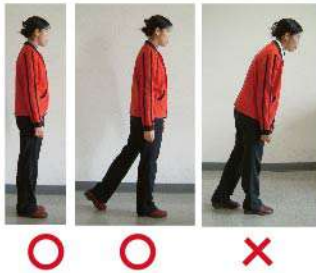
中英文

腰部疼痛時日常動作中的注意事項 Guidance on daily activities when you have backache

1. 站立及行走 Standing and walking:

站立時身體挺直，兩眼向前看，走路時腳尖要向正前方，胸部略微向前傾，以腳後跟做身體的主要支持，像是爬斜坡的樣子，但不可駝背，避免穿高跟鞋。

Keep your body upright when standing. While walking, make sure you look forward and point your toes straight ahead. Try to walk like you are climbing a slope, i.e., leaning forward slightly and using your heels to support your body. Do not hunch your shoulders and try to avoid wearing high-heeled shoes.



2. 睡眠 Sleeping:

選擇軟硬適中的床墊，讓身體重力平均分佈在床墊，以骨科專用床墊最為理想。腰部有急性疼痛時，頭及膝下可墊枕頭，側臥時可彎屈兩膝。

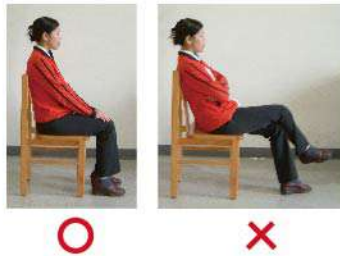
Choose a mattress with moderate firmness so your body weight can be evenly distributed over the mattress. The ideal mattress is one that has been especially designed for orthopedics. When you have acute pain in your waist, put pillows under your head and knees.



3. 坐 Sitting:

雙腳平貼地面，使脊柱靠向椅背，讓腰部與靠背間的空隙盡量減少，在任何情況下，坐椅子時都應脊柱挺直。坐辦公桌時可調整椅背角度使能與脊柱靠攏。

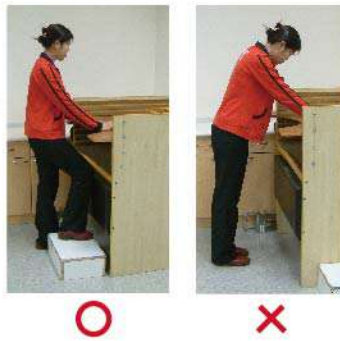
Keep your feet on the ground. Sit back, pressing your spine close to the back of the chair so there is as little space as possible between your waist and the chair. When sitting on a chair, your spine should be straight under all circumstance. While sitting in front of an office desk, you should adjust the angle of your chair so that your spine fits the back of your chair.



4. 工作 Working:

避免長時間的站立工作，站立時雙肩平齊，挺胸。需長時間站立時，可輪流將一隻腳放在矮凳或踏板上。工作中利用空檔休息一下，略做運動，以鬆弛肌肉。

Avoid prolonged standing while working. 【Avoid standing for long periods of time while working.】 If you need to stand for a long time, level your shoulders, thrust your chest out and take turns resting one foot after another on a foot stand. While working, take breaks and exercise a bit to relax your muscles.



5. 搬東西 Moving things:

先蹲下身體靠近物品，用雙手均衡地施力，再慢慢站起來，用雙腿而不是背部力量舉起重物，避免彎曲腰部搬東西。搬運時物品盡量靠近胸腹部，動作要慢，不可同時舉起即轉身，要分兩段。搬動東西的高度不可超過腰部。

Squatting down near the object, lift with both hands and stand up slowly using your legs but not your back. Do not lift any object by bending only the back. In addition, do not turn your body at the same time you are lifting the object. Remember to lift the object first and then starting moving it. Make sure the object stays close to your chest and abdomen while you are moving it. Do not move any object that is higher than your waist.



6. 開車 Driving:

座椅可向前拉使靠近駕駛盤，雙膝彎屈。長途駕駛時，每兩小時休息一次，以鬆弛肌肉的緊張。

Pull the seat close enough to the wheel that you can bend your knees while driving. Take a break every two hours to relax stressed muscles for long-distance driving.



背部體操 Back exercises

背部提供身體支撐並保護脊椎，每天都有數以千計的民眾因為背部毛病而就醫。提醒民眾多給背部一分健康關懷，建議現代人，尤其是經常久坐、久站及有背痛經驗的人，平日多做強化背部肌肉的簡易體操，即可避免背部受傷，常見簡易體操介紹如下：

The back supports the whole body and protects the spine. Thousands of people every day must see a doctor because of back problems. It would be wise to pay more attention to the back, especially for those patients who need to sit or stand for a long periods of time and those who have problems with backache already. These people should do the following simple exercises frequently to strengthen their back muscles so as to prevent hurting the back. Instructions of these exercises are as follows.

動作一 Exercise 1:

趴著，單腳向後伸直並抬高，膝蓋不可彎曲，抬高5秒鐘後，放下休息5秒，再換抬另一隻腳，如此雙腳輪流做5~10回。

Lying face down, stretch and raise one of your legs without bending the knee. Continue this position for 5 seconds then put the leg down to rest for another 5 seconds. Change to the other leg and repeat. Take turns exercising both legs and repeat for 5 to 10 times.

