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對於完全無法自行活動的病人，必須由旁人協助來完成肢體的活動，避免一些後遺症的發生，這些動作稱之為被動關節運動。

Passive range of motion exercises are recommended in patients who cannot conduct active movements. They are performed by a helper to prevent complications of immobility.

為何要對臥床病人 做被動關節運動？

Why do bedridden patients require passive range of motion exercises?

1. 降低關節僵硬的機率。
2. 避免肌肉、關節囊、韌帶變緊。
3. 刺激四肢與身體的血液循環。
4. 提供感覺神經的刺激。
5. 幫助病人手足儘早回復功能，並為主動運動前的工作。

1. To avoid joint stiffness.
2. To avoid tightness in muscles, joint capsules, and tendons.

3. To stimulate blood circulation in the body and extremities.
4. To provide sensory nerve stimulation.
5. To help patients regain mobility, and to use this mobility as preparation for active movements.

執行被動關節運動的原則

Principles in conducting passive range of motion exercises.

1. 除去一些會限制關節運動的衣物配件。
2. 一手握住病人的近端關節，另一手支持遠端部位或關節。
3. 在病人沒有疼痛、沒有受限的最大範圍內運動。
4. 過程中，動作需緩慢且規律。
5. 每天可為病人做3到5回，每個動作每回持續5-10次。



1. Remove restrictive clothes and accessories to avoid limiting the patient's range of motion.
2. Hold the patient's proximal joint with one hand and support the distal joint or body part with the other hand.
3. Move the body part within the maximum range of motion without inducing pain.
4. Motions should be slow and regular.
5. Each range of motion exercise should be performed 5 to 10 times per session. Exercises should be performed 3 to 5 times per day.

注意事項

Attention to the patient.

1. 觀察病人的反應，若有疼痛或抗拒情形立即停止。
 2. 讓病人運動部位盡量靠近自己的身體，以免耗力。
 3. 鼓勵仍有部分活動功能的病人其主動執行關節活動。
 4. 以下所介紹的被動關節活動，需經物理治療師指導後，才可以替病人執行關節活動。
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1. Observe the patient's response. Stop the exercises immediately if pain or resistance are observed.
 2. The helper should hold the patient's body parts close to economize efforts.
 3. Encourage active movements in patients who display partial activity.
 4. The passive range of motion exercises listed below can only be performed after direct instructions from a physical therapist.



被動關節運動

Passive range of motion exercises.

1. 上肢運動：

Upper extremity exercises:

■ 肩部動作

Shoulder exercises

◎上舉：動作盡量到耳旁。

Shoulder elevation: Raise the arm up as high as ear level.



◎旋轉：

把病人的上臂擺在肩外展90度及手肘彎曲90度下執行下列動作，如圖1-4。

Shoulder rotation:
Position the patient's upper arm with 90° shoulder abduction and 90° elbow flexion. Follow the motions displayed in figures 1 through 4.





◎拉背：

抬高手臂移至對側肩部。

Shoulder row: Raise the upper arm towards the opposite shoulder.



◎繞圈運動：

結合了肩關節各個方向的動作，先貼著床舖往外打開過頭，然後再將手帶往對側肩膀，延著對側身體，慢慢放回來，順時針及逆時針方向各一次。

Circling exercise:

This exercise combines shoulder movements in all directions. First, abduct the arm along the bed over the level of head. Next, bring the hand to the opposite shoulder and slowly bring the arm back along the other side of the body. This sequence should be performed clockwise and counterclockwise.





◎前臂內旋及外旋。

Forearm pronation and supination:



■ 腕部及手部運動

Wrist and hand exercises

◎腕關節：

使手掌向前後左右四個方向運動。

Wrist joint: Move the palm in four directions (forwards, backwards, right, and left).



◎指關節：

使手指向手背伸展和向手掌彎曲。

Finger joints: Extend fingers toward the back of the hand and flex fingers toward the palm.



◎大拇指：

將大拇指輕輕壓向小姆指，
然後打開大拇指。

Thumb: Gently flex the
thumb towards the small
finger and then extend
the thumb.



2. 下肢運動：

Lower extremity exercises:

■ 髖關節運動

Hip joint exercises

◎ 彎曲和伸直：

抬起小腿，彎曲膝部並往肚子方向推。

Flexion and extension:
Lift the lower leg, flex the knee, and push the knee towards the abdomen.



◎旋轉：

同時彎曲髖關節與膝關節，
往內側和外側旋轉。

Rotation: Flex the hip
and knee joints
simultaneously and
rotate them internally
and externally.



◎外展和內收運動：

輕輕抬起下肢稍微離開床面，同時執行者向後跨一小步，再回到原來的姿勢。

Abduction and adduction exercises: Gently raise one leg away from the bed. The helper should move backwards for one small step and then return to the original position, while holding the extremity.



■ 腳踝和腳趾運動

Ankle and toe exercises

◎向腳底加壓，使腳踝伸展。

Flex the ankle by
pressing the sole.



◎腳趾的伸展。

Toe extension





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敬祝您

身體健康 平安吉祥

臥床病人的 被動關節運動

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