

目 錄

什麼是五十肩 ----- P (2)

The 50-year-old shoulder
(wu shi jian).

舒展運動項目 ----- P (4)

Stretching exercises

- 1.毛巾操Towel exercise
- 2.鐘擺運動Pendulum exercise
- 3.爬牆運動Wall
hand-climbing exercise
- 4.肩關節內轉伸展運動
Internal rotation
stretching exercise of
the shoulder joints
- 5.肩關節外轉伸展運動
External rotation
stretching exercise of the
shoulder joints
- 6.擴胸運動Chest expansion
exercise
- 7.肩關節水平內收伸展運動
Horizontal adduction
stretching exercise of the
shoulder joints
- 8.肩胛後縮運動
Scapular retraction exercise



什麼是五十肩 The 50-year-old shoulder (wu shi jian).

五十肩正確疾病名稱為肩關節囊炎，是肩部軟組織及關節囊腔等受損，又稱冰凍肩，因較易發生於五十歲左右的人，又稱五十肩。

The term wu shi jian refers to shoulder adhesive capsulitis, and results from injuries to soft tissue, articular cavity or capsule injuries of the shoulder. It is also referred to as Frozen Shoulder Syndrome, and typically affects individuals 50 years of age or older.

常見症狀 Symptoms

肩膀酸痛，局部怕冷，夜晚疼痛加劇，且會向頸部及上肢擴散，當上肢不動或向下固定不動時，疼痛減輕或消失。

Clinical symptoms include shoulder pain, intolerance to cold, night pain, and radiating pain up the neck and down the arm. Patients

experience pain relief with the arm hanging down or if no upper limb movements occur.

原因 Cause

自發性原因不明，可能與急慢性外關節炎，肩關節脫臼，骨折，長期固定，韌帶受損，肌肉斷裂，肩關節退化，甚至於心肌梗塞或頸脊神經根炎等有關。

The cause of Idiopathic Frozen Shoulder is unknown. It might be related to acute or chronic arthritis, shoulder dislocations, fractures, long-term fixation, ligament injuries, muscle ruptures, shoulder osteoarthritis, myocardial infarctions, and cervical radiculitis.

治療 Treatment

在減輕疼痛恢復其關節的活動度，包括使用消炎止痛藥、關節內注射、物理治療、及肩關節伸展運動。

Treatment goals include pain relief and restoration of the full range of shoulder joint motion. Patients are treated with analgesics, intra-articular injection, physical therapy, and shoulder stretching exercises.

居家的運動 Home exercise

經常做下面的運動，有助於增加肩關節的活動度，且能恢復肩關節的功能。但初次參與運動前，請您先諮詢醫師或物理治療師後，再開始運動。

The exercises listed below may increase shoulder range of motion and restore shoulder joint function. Please consult your physician or physical therapist prior to initiating exercises.

◎運動注意事項

Exercise Key Points

1. 更換舒適的運動衣物。

Wear comfortable clothing.

2. 下列任何運動於進行中，若有愈來愈痛的情形，應立即停止。

Discontinue exercises immediately if pain worsens during exercise.

3. 舒展運動項目進行時，速度要緩慢，在達到引起些微疼痛的最大角度時，停留30秒，每個動作每次做5下，每天3回。

Perform stretching exercises slowly and hold for 30 seconds at the largest angle which causes slight pain. Each movement should be repeated 5 times per session with 3 daily sessions.

4. 進行肌力訓練運動項目時，每個動作每次做30下，每天3回。請依據手臂的力量調整肌力訓練所需的瓶子或沙包重量。

Strengthening exercises should be performed 30 times per session with 3 daily sessions. Adjust bottle and sandbag weights used for strengthening exercises according to individual arm strengths.

5. 五十肩的運動必須持之以恆，即使治療後疼痛或活動受限的症狀已經恢復

，仍應每天運動，以維持肩關節良好的活動度，並減少復發的機會。Patients should continue exercises even after pain resolution and improvements in the shoulder range of motion. Daily exercises should be continued in order to maintain a good range of motion and to reduce relapse rates.

舒展運動項目 Stretching exercises

- 1.毛巾操 Towel
手握毛巾輪
流上下交互
於背部。



Hold a towel at each end with your hand, and use the right hand to pull the left arm toward the lower back. Change hands and repeat.

- 2.鐘擺運動 Pendulum exercise
平躺於床上，患側上肢自然下垂，
手綁沙包或拿重物（保特瓶），做

前後、左右、順逆時鐘的甩動或轉圈。

Lie on the belly on a bed and allow the affected upper limb to drop naturally over the edge of the bed. The affected limb is weighted with a sandbag or a heavy object. Move the arm forward, backward, and side to side. Perform both clockwise and counterclockwise rotations.



3. 爬牆運動

Wall hand-climbing exercise



正面（或側面）向牆，以手指爬牆，並隨手指爬高而將身體貼近牆壁

然後慢慢放下。

Face or flank a wall. Use fingers to raise the arm up as far as possible. Place body close to the wall during climbing and then place the arm down upon exercise completion.

4.肩關節內轉伸展運動

Internal rotation stretching exercise of the shoulder joints



坐於椅子上，患側手置於身後，並盡可能向上摸至對側肩胛骨處，利用身體重量向後壓手臂。

Sit in a chair and place the affected arm behind the back bent at a 90 degree angle. Touch the hand upward as close as possible to the opposite scapula and use body weight to press the hand backward.

5. 肩關節外轉伸展運動

External rotation stretching exercise of the shoulder joints.



站於牆邊，手肘彎曲接近身體，腳一前一後站立，手貼牆面身體往前移。

Stand with the side to wall and bend the elbow close to the body at a 90 degree angle with the palm against the wall. Keep hips at a 90 degree flexion, and gently lunge the body forward.

6. 擴胸運動

Chest expansion exercise



腳一前一後站於牆角，手臂張開貼牆壁，身體前傾接近牆面。

Stand facing a corner with one foot behind the other. Open and separate arms and place them on the walls with palms facing the wall. Keep upper arms parallel with the floor, and lean the body close to the wall.

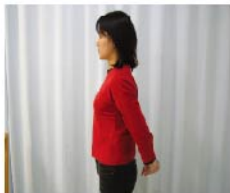
7. 肩關節水平內收伸展運動

Horizontal adduction stretching exercise of the shoulder joints



患手摸對側肩膀，另一手握住患側手肘並往身體內側加壓。

The hand of the affected side touches the opposite shoulder with the arm bent. The other hand holds the elbow of the affected side. Push the elbow towards the body.



雙手交握於背後，手肘伸直，身體往前挺直，使兩邊肩胛骨內緣相互靠近，甚至夾緊。

Straighten arms and hold hands together behind the back. Hold the body upright and pull the scapulas as close together as possible.

◎肌力訓練運動項目

Muscle strengthening exercises

1. 肩關節屈曲肌力訓練

Strengthening exercise of the shoulder flexors



手握沙罐，手肘伸直往上抬舉至最高點，再慢慢放下。

Hold dumbbell in hand on the affected side. Raise the arm in elbow extension as high as

possible. Slowly return to the starting position.

2. 肩關節伸直肌力訓練

Strengthening exercise of the shoulder extensors



手握沙罐，手肘伸直往後抬至最高點，再慢慢放下。

Hold dumbbell in hand on the affected side. Slowly extend arm backward to the highest possible point and slowly return arm to the starting position.

3. 肩關節內轉肌力訓練

Strengthening exercise of the shoulder internal rotators



側躺於床上，患手在下並握住沙罐，往上抬舉至最高點，再慢慢放下。

Lie on the affected side on a bed and hold a dumbbell in the hand of the affected side. Extend the arm directly in front of the body and raise the affected hand to the highest point. Slowly return to the starting position.

4. 肩關節外轉肌力訓練

Strengthening exercise of the shoulder external rotators



側躺於床上，患手在上並握住沙罐，往上抬舉至最高點，再慢慢放下。

Lie on the healthy side on a bed and hold a dumbbell in the hand on the affected side. Extend the affected arm in front of the body and elevate the hand to the highest point. Slowly return to starting position.

Memorandum









佛教大林慈濟醫院
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身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教慈濟醫療財團法人

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E8R2876667-03

五十肩 的居家運動

Home Exercises for Frozen Shoulder



中英文