

Reminder

The home-based exercise introduced here can help you prevent or reduce neck-shoulder pain. When you start exercising for the first time, you should ask your physician or physical therapist to choose an appropriate exercise for you.

Purpose

- 1.Reduce stiffness in local muscles.
- 2.Increase active range of motion of shoulder and neck joints; increase muscle strength and endurance to improve daily functioning such as sleep quality and work efficiency.

愛的小叮嚀

以下所介紹的居家運動有助於預防或減輕肩頸疼痛。初次參與運動前，需請教醫師或物理治療師後，選擇適合的治療性運動項目。

目的

1. 減緩局部肌肉僵硬不適。
2. 增加肩頸關節活動度，增加肌肉的力量及耐受性，改善日常生活功能，例如：睡眠品質及工作效率。

Principles

1. Dress in loose-fitting clothing.
2. Do the stretch exercise slowly and when you feel a slight pain, hold that angle for 30 seconds. Repeat every movement 5 times per cycle, 3 cycles per day.
3. Do muscle strength training 30 times per cycle, 3 cycles per day.
4. If you feel pain or discomfort during exercise, please stop exercising immediately.

原則

1. 穿著寬鬆的服裝。
2. 牽引運動進行時，速度要緩慢，在達到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。
3. 進行肌力訓練一天3回，每個動作各做30下。
4. 活動進行中，如有疼痛不適的情形，應立即停止。

Exercise explanation

1. Posture adjustment :

- Sitting posture: Look to the front and hold chin down. When viewed from the side, the earlobe should be in a straight line with the shoulder (Figure 1). When you stand up, you should hold your chin down and draw the abdomen in (Figure 2).



Figure 1



Figure 2

運動說明

1. 姿勢的調整：

■ 坐姿

眼看前方時，收下巴，從側面觀耳垂應與肩膀連成一直線（圖1）。
站立時應收下巴、縮小腹（圖2）。



圖 1



圖 2

2. Stretch exercise:

- Lateral cervical muscle stretch:
Sit on a chair, looking to the front with one hand holding the chair and the other hand pulling the head in the opposite direction. Hold for 30 seconds and then go back to the original position (Figure 3).



Figure 3

2. 伸展運動：

■ 頸部側邊肌群伸展

採坐姿，眼睛直視前方，一手抓住椅墊做固定，另一手將頭往反方向拉，維持30秒後，回到原來姿勢(圖3)。



圖 3

■ Posterior cervical muscle stretch:
Sit on a chair, clasp hands behind the head (Figure 4) and then press the head forward. Stretch as much as possible and hold that position for 30 seconds and then go back to the original position (Figure 5).



Figure 4

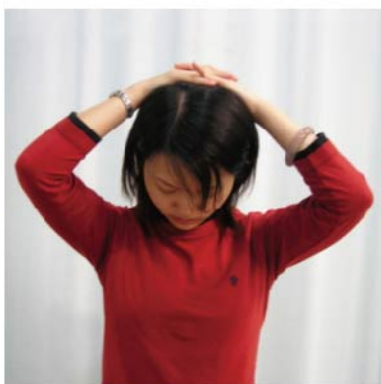


Figure 5

■ 後頸肌肉群伸展運動

採坐姿，雙手交叉置於頭部後方（圖4），將頭往前下壓，伸展至極限，維持30秒後，再回到原來姿勢（圖5）。



圖 4

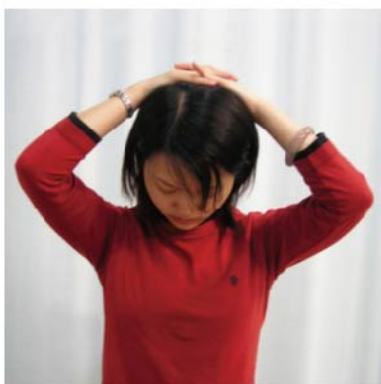


圖 5

■ Scapula stretch:

With hands crossed over the chest (Figure 6), press the body downward, separating the two scapulae as far as possible (Figure 7) for 30 seconds and then go back to the original position.



Figure 6



Figure 7



■ 肩胛伸展運動

雙手交叉做抱胸運動(圖6)，身體下壓，使兩肩胛骨盡量分離(圖7)，維持30秒，再回到原來姿勢。



圖 6



圖 7



■ Chest expansion exercise:

Stand with one foot behind the other in front of a wall. Hold the elbow joints at 90 degrees and lean against the wall (Figure 8). Lean the body forward until the shoulders stretch taut and hold that position for 30 seconds and then go back to the original position.



Figure 8

■ 擴胸運動

雙腳一前一後站於牆角正前方，肩膀手肘呈90度靠在牆壁（圖8），身體前傾，直到肩膀有緊繃感，維持30秒後，回到原來姿勢。



圖 8

3. Muscle strength training :

- Name: anterior, posterior and lateral cervical muscle training. Posture: sitting position. Keep the head in the middle position. Movement: a hand gives pressure from the front, back, left and right but the head remains stationery in the middle position (Figure 9~10).



Figure 9



Figure 10

3. 肌力訓練：

- 名稱：頸部前、後、側邊肌群訓練
- 姿勢：坐姿，頭部保持正中位置。
- 動作：手分別在前、後、左、右給予阻力，給予阻力的同時頭部依然保持正中位置，沒有歪斜(圖9~10)。



圖 9



圖 10

- Name: shoulder exercise.
Posture: clasp hands behind the waist.
Movement: shoulders move backward to move the scapulae closer to each other (Figure 11~12).



Figure 11



Figure 12

- **名稱：**肩膀後縮運動
- 姿勢：**雙手交握於腰部後方交握。
- 動作：**手臂用力後夾，使兩肩胛骨互相靠近(圖 1 0 ~ 1 1)。



圖 11



圖 12

Memorandum



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敬祝您

身體健康 平安吉祥

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Healthy & Peaceful

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肩頸疼痛的 居家運動

Home-based Exercises for Neck-shoulder Pain

中英文