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膝關節是人體相當重要的關節，不但負有傳達力量的功能，且提供人們所需複雜的運動技巧。人類每走一步，膝關節須承受約體重2.5倍之重量，如果不及早保養您的膝關節，最後就難逃膝關節炎之苦了！以下所介紹的居家運動有助於預防或減輕退化性關節炎所產生的症狀。不過，請您於初次參與運動前，應先請教醫師或物理治療師意見，選擇適合自身之運動選項後，再從事這類的運動。

The human knee is a vital joint that facilitates and allows ambulation and complex motor skills. The knee joint sustains up to 2.5 times the normal body weight within each step and may become susceptible to inflammation without proper care. The following at-home exercises will aid to prevent and ameliorate symptoms of osteoarthritis in the knee. Always seek professional and individualized counsel from your physician or physical therapist before committing to any daily regimen of physical therapy.

運動的目的

Purposes of Exercise

1. 避免不運動或不當的活動導致退化性關節炎惡化。

To prevent aggravation of the symptoms of osteoarthritis in the knee from sedentary living or immoderate exercise.

2. 降低關節僵硬，維持或增加關節的活動度。

To reduce joint stiffness by maintaining or increasing the range of motion of the knee joint.

3. 增加肌肉力量、避免肌肉萎縮。

To increase muscle strength and prevent muscle deterioration.

運動時的注意事項

Precautionary Measures

1. 選擇安全的環境。

Select a safe environment.

2. 除去會限制關節動作的衣物。

Eliminate obstructive clothing.

3. 運動前的熱身很重要，可用熱敷、洗熱水澡或先輕度活動後再開始運動。

It is important to warm up before exercising; options include the use of hot packs, a hot bath or shower, or gentle exercises.

4. 活動進行中，若有愈來愈痛的情形，應立即停止。

Always stop if increasing pain is felt during exercises.

5. 肌力訓練如有嚴重痠痛建議先減量運動，適應後再慢慢增加運動強度(增加沙包重量)。

If severe soreness is experienced during muscle strength training, decrease the intensity of the exercise, and then gradually increase the exercise intensity (e.g. increase weight loading) again when the muscle soreness is relieved.

運動項目 Exercises

1. 牽拉運動 Stretching exercises
進行牽拉運動時，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。

Strive for slow and controlled speed. Hold for 30 seconds at the point of mild pain and maximal

flexion. Repeat five times per session, three sessions a day.

■ 大腿前側肌群牽拉運動

Quadriceps Stretch

手扶椅子站立（如圖一），一手握住腳踝並儘可能往臀部壓（如圖二）。

Hold onto the back of a chair or counter top (Fig.1). The other hand holds the ankle and bends it as close to the hip as possible (Fig.2).



■ 小腿後側肌肉牽拉運動
Calf Muscles Stretch

面對牆一腳前一腳後站立（如圖五），後側腳將膝關節伸直且腳跟下壓貼緊地面，腰椎挺直前移（如圖六）。

Stand in front of a wall with one foot forward and one foot behind (Fig 5.). Lean forward with the hips and upper body remaining straight. The knee joint of the leg behind remains extended and the heel touches the floor (Fig. 6).





2. 肌力訓練

Strengthening Exercises

進行肌力訓練時，在達到最大角度時，停留5秒，每個動作每次做30下，每天3回。

Hold for five seconds at maximal flexion. Repeat 30 times per session, three sessions a day.

■ 大腿前側肌群肌力訓練

Strengthening the Quadriceps

坐於床邊讓腳懸垂，腳踝處綁上適量沙包（如圖七），練習膝關節伸直（如圖八）。

Sit on the edge of a bed with a weight strapped onto the ankle (Fig. 7).

Practice extending/stretching the knee-joint (Fig. 8).



■ 大腿後側肌群肌力訓練
Strengthening the
Hamstrings

一手扶椅子站立，腳踝處
綁上適量沙包，練習膝關
節彎曲（如圖九至圖十）。

Hold onto the back of
chair with an
appropriate weight
strapped onto the
ankle. Practice
bending the knee joint
toward the back (Fig.
9-10).



■ 小腿後側肌群肌力訓練

Strengthening the Calf Muscles

背對牆站立然後雙腳墊腳尖（如圖十一）。

Stand on tiptoes with the back against a wall (Fig.11).





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退化性 膝關節炎 的居家運動

At-home Exercises for Osteoarthritis of the Knee

中英文