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偏癱病人早期，常因為昏迷、意識不清、患側完全癱瘓而臥床不動，伴隨而來的可能是褥瘡、肺炎、關節僵硬和肌肉攣縮等併發症。所以早期物理治療的介入可以讓病人及家屬學會如何將病人的肢體擺在適當的姿勢，以避免併發症的產生。

Hemiplegics often lie become bedridden because of coma, loss of consciousness, and complete paralysis of the diseased side that occurs during the early stages of short. As a result, bedsores, pneumonia, stiff joints, muscle contractures, and other complications may develop. Therefore, the main purpose of early physical therapy is to teach family members how to properly position the patient's extremities in order to prevent complications from developing.

所有的姿勢在病人感到不舒服時就必須改變，如果是意識不清楚的病人，至少每1-2小時要變換一次姿勢。

All positions must be changed when the patient experiences discomfort. For unconscious patients, the positions should be changed at least every 1-2 hours.

姿勢的擺位有哪些好處

What are the advantages of posture positioning

1. 避免褥瘡。

Prevents Avoids bedsores.

2. 避免姿勢不良造成的關節攣縮。

Prevents joint contractures due to poor posture.

3. 避免不當姿勢造成的不正常張力。

Prevents abnormal tension due to improper posture.

4. 避免不當的姿勢造成軟組織傷害或關節脫位。

Prevents soft tissue damage or joint dislocation due to improper posture.

床上的姿勢擺位

Posture positioning in bed

1. 平躺

Lying flat

頭頸部些微前傾，患側上肢的手肘伸直，從肩膀下墊一枕頭，患側的下肢膝蓋自然伸直，臀部及大腿下墊一枕頭，避免大腿外轉。

The head and neck should be raised slightly and the elbow of the paralyzed upper extremity should be straightened. Place a pillow under the shoulders to facilitate the diseased lower extremity to naturally straighten. Place one pillow under the hip and one under the thigh to prevent the thigh from turning outward.



2. 側躺：患側在下。

Lying on the side:
paralyzed side down.

頭頸部些微前傾，患側上肢肩膀呈90度，手肘伸直，手掌朝上，患側下肢髖關節伸直往後，膝關節微彎，健側下肢髖關節、膝關節彎曲約70-90度，下方墊枕頭讓病人放鬆。

The head and neck should lean slightly forward. Have the shoulder of the diseased upper extremity at a 90 degree angle, straighten the elbow, and have the palm face upward. The hip joint of the diseased lower extremity should be straightened and pulled back, with the knee bent slightly. The hip joint and knee of the sound side should be bent at a 70-90 degree angle, with a pillow placed underneath to allow the patient to relax.



3. 側躺：患側在上。

Lying on the side: diseased side up.

頭頸部些微前傾，患側上肢肩膀約呈90度，手肘伸直，手掌朝下，下方墊枕頭，患側下肢髖關節、膝關節約彎曲70-90度，下方墊枕頭，健側下肢髖關節、膝關節微彎。

The head and neck should lean slightly forward. The shoulder of the diseased upper extremity should be placed at an approximate 90 degree angle, with the elbow straightened and the palm faced down. A pillow should be placed underneath. The hip joint and knee of the diseased lower extremity should be bent at a 70-90 degree angle, with a pillow placed underneath. The hip joint and knee of the sound lower extremity should be bent slightly.



4. 床上坐姿 Sitting in bed

將床頭盡量搖高或背後墊枕頭，使身體可些微前傾，若膝關節肌肉太緊無法伸直，可在下方墊一枕頭讓膝微彎，患側手用餐桌支撐，或用枕頭墊高。

Raise the head of the bed up or place pillows behind the back to allow the body to lean slightly forward. If the muscles of the knees are too tight and the knees cannot straighten, a pillow can be placed below the knees to allow them to bend slightly. The arm of the diseased side should be supported by a table, or it should be elevated by a pillow.



輪椅上坐姿擺位

Sitting positioning in a wheelchair

臀部盡量坐至輪椅最末端，讓骨盆不後傾，患側手可用枕頭墊高在身體前側，雙腳平貼在踏板上。

The hip should be sat at the back of the seat in order to prevent the pelvis from tilting backward. The arm of the diseased side should be placed in front of the body and can be elevated by pillows. The feet should be flat on the foot-pads.



錯誤姿勢 Incorrect posture



正確姿勢—正面

Correct posture - front



正確姿勢—側面

Correct posture - side



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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偏癱患者的 姿勢擺位

Posture
positioning
of hemiplegics

中英文