

Department of
Physiotherapy

Exercise Manual for People with Parkinson's
(帕金森患者的运动手册)



Introduction 引言

In this book, you will find exercises to improve your flexibility, strength, balance and endurance. Please consult your physiotherapist on which exercises are suitable for you.

在小册子里，您可以找到一些改善关节柔韧性、强化运动肌力，提升平衡协调性及运动耐力。请咨询您的物理治疗师，了解哪些运动适合您。

Role of Physical Activity in Parkinson's Disease

Parkinson's disease is a progressive disorder that affects the body's nervous system. A person with Parkinson's disease gradually loses the ability to control their body movements. Engaging in regular exercise has been shown to:

- delay the progression of Parkinson's
- slow down the decline of bodily functions

Hence, it is important to start on an exercise program early to improve or maintain your strength, joint muscle flexibility, balance and fitness levels!

帕金森病中运动的作用

帕金森氏病是一种影响人体神经系统的进行性疾病。患有帕金森氏病的人会逐渐失去控制肢体动作的能力。定期做适量的运动能够：

- 延缓疾病的进展
- 减速身体机能的下降

因此及早开始运动训练计划是非常重要的。它能增强或维持您的力量，关节灵活度，平衡感和体能水准。

Introduction 引言

Tips for Safe Exercising at Home:

- Obtain clearance from your medical doctor before starting any exercise programme, especially if you have any existing cardiac conditions such as coronary artery disease, heart failure, angina and arrhythmia.
- Exercises should be performed in a safe environment where:
 - the floor is dry and clean
 - the place is well-lit
 - there are no loose rugs or carpets on the floor
 - there are no loose wires and other tripping hazards
- Find a time in the day when it is the easiest to move and exercise, which is usually half to one hour after you have taken your Parkinson's medications
- If you have difficulty balancing with certain exercises, ensure that your caregiver is with you or alternatively you can use a grab bar, railing or wall for support.
- If you start to feel sick or feel excessive pain while exercising, please stop and consult your physiotherapist.

家居运动安全小提示：

- 若您现有任何与心脏有关的病情，如冠心病，心脏衰竭，心绞痛和心律失常，在开始运动前，请先得到您医生的允许。
- 运动该在安全的环境下进行：
 - 地面干燥清洁
 - 地方光线充足
 - 地上没有松散的地毯
 - 地上没有松散的电线和容易导致绊倒的危险物
- 选择一天当中，最容易移动和锻炼的时间。这通常是在您服用帕金森药的半小时到一小时后。
- 如果在做某种运动时难以找到平衡点，请确保您的看护者正在您身旁或使用扶手，栏杆或墙壁来支撑自己。
- 若在运动途中开始感觉不适，请停止运动，立即咨询您的物理治疗师。

Introduction 引言

Rated Perceived Exertion Scale (RPE)

This is a simple way for you to measure your exercise intensity. It is recommended to exercise at a moderate intensity (4 – 6).

额定感知劳累量表

以下是测量您运动强度是的简单方法。建议大家做中强度(4– 6)的运动。

Exercise Intensity 运动强度 (1 – 10)	Description 描述	
10	Extremely hard activity <ul style="list-style-type: none">• Out of breath• Unable to talk	极度辛苦的活动 <ul style="list-style-type: none">• 喘气• 无法说话
9	Very hard activity <ul style="list-style-type: none">• Out of breath• Can only speak one word at a time	非常辛苦的活动 <ul style="list-style-type: none">• 喘气• 只能一次说一个字
7-8	Hard activity <ul style="list-style-type: none">• Out of breath• Can speak one or two sentences	辛苦的活动 <ul style="list-style-type: none">• 喘气• 能讲一到两个句子
4-6	Moderate activity (recommended) <ul style="list-style-type: none">• Can continue a conversation	适度的活动 <ul style="list-style-type: none">• 还能继续对话
2-3	Light activity <ul style="list-style-type: none">• Breathing is easy	轻微的活动 <ul style="list-style-type: none">• 容易呼吸
1	No activity	无活动

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Flexibility Exercises 柔韧性运动

Face Stretches 脸部伸展运动

1. Face Stretches 脸部伸展运动

- Raise your eyebrows
 - Make a frown with your face
 - Make a wide smile
 - Repeat each stretch for 10 times
-
- 挑起双眉
 - 再皱眉头
 - 然后露齿微笑
 - 重复这个动作十次



1. Starting neutral expression
起始表情



2. Raise your eyebrows
挑高眉毛



3. Make a frown
皱眉



4. Smile widely
张大嘴巴露齿

Flexibility Exercises 柔韧性运动

Head and Neck Stretches 头与颈部运动

2. Head and Neck Stretches 头与颈部运动

a. Head Rotation/ 头部转动伸展

- Turn your head slowly to the right then to the left as much as you can
- Hold each position for five counts
- Repeat this for 10 times
- 头部先慢慢转向右边伸展，然后再转向左边伸展
- 伸展姿势维持五秒
- 重复这个动作十次



b. Head Side Tilt/ 头部倾斜伸展

- Looking forward, tilt your head towards your right shoulder and hold for five counts
- Then tilt your head towards your left shoulder and hold for five counts
- Repeat this for 10 times
- 向前看，将头部向右肩慢慢倾斜，并维持姿势五秒
- 然后将头部向左肩慢慢倾斜，并维持姿势五秒
- 重复这个动作十次



Flexibility Exercises 柔韧性运动

Head and Neck Stretches 头与颈部运动

c. Head Forward and Backward Tilt/ 头部往前与后倾斜运动

- Close your mouth and bring your chin towards your chest
- Then slowly look up towards the ceiling
- Repeat this for 10 times
- 嘴巴合起，把头部慢慢地往前倾斜，直到下巴贴近胸前
- 然后慢慢抬头直到您眼睛看向天花板
- 重复这个动作十次



d. Chin Tuck/ 收下巴运动

- Look straight ahead
- Tuck your chin in and hold for five seconds then relax
- Repeat this for 10 times
- 向前看
- 把下巴往后缩。维持此姿势五秒后再放松
- 重复这个动作十次



Flexibility Exercises 柔韧性运动

Upper Limb Stretches 上肢伸展

3. Upper Limb Stretches 上肢伸展

Note: Maintain an upright posture when performing these exercises!

注释：在做上肢伸展时，请保持直立的姿势。

a. Arm Lift / 双臂抬高

- Begin in a standing or seated position
- Clasp both your hands together in front of you and raise them upwards as far as you can
- Repeat this for 10 times

- 从站立或坐立姿势开始
- 双手在您前方握紧并尽可能能力地向上提高
- 重复这个动作十次



Starting position
起始姿势

Flexibility Exercises 柔韧性运动

Upper Limb Stretches 上肢伸展

b. Scapular Retraction/ 肩胛骨收缩运动

- Begin in a standing or seated position, with your feet comfortably apart
- Place your hands behind your head and tuck in your chin gently, keeping your back as upright as you can
- Pull your elbows back while squeezing your shoulder blades together and maintain an upright posture throughout this exercise
- Hold this position for five counts then relax
- Repeat this for 10 times

- 从站立或坐立姿势开始，双脚微开
- 双手放在后脑勺，把下巴轻轻的往后缩。尽量把背挺直
- 把手肘往后拉，同时把肩胛骨向后收缩拉紧，在整个动作过程中保持直立的姿势
- 维持姿势五秒，再放松
- 重复 这动作十次



Front View
正面图



Starting position
起始姿势



Flexibility Exercises 柔韧性运动

Upper Limb Stretches 上肢伸展

c. Wrist Extension Stretch/ 手腕伸肌伸展

- Straighten your left arm in front of you with your palm facing the floor
 - Use your right hand to push your wrist downwards until a stretch is felt in your forearm
 - Hold for 30 counts and repeat this for five times
 - Repeat this exercise on your right hand
-
- 把左手往前伸直，手掌心朝地
 - 用右手按下左手背直到手腕有拉扯感
 - 维持姿势三十秒，重复这动作五次
 - 用右手重复以上动作



Starting position
起始姿势

Flexibility Exercises 柔韧性运动

Upper Limb Stretches 上肢伸展

d. Hand Flip/ 翻转手掌

- Start with your palms facing upwards and keep your forearms as straight as possible
 - Next, flip your palms over so that they are facing downwards
 - Repeat this for 10 times
 - Next, keep one palm facing upwards and keep the other facing down
 - Alternate your palms between facing upwards and downwards
 - Repeat this for 10 times
-
- 从手掌朝上开始，并尽量把前臂伸直
 - 再翻转手掌到掌心朝下
 - 重复这动作十次
 - 然后，将一只手掌心朝上，另一只朝下
 - 手掌交替翻转
 - 重复这动作十次

Starting position
起始姿势



Starting position
起始姿势



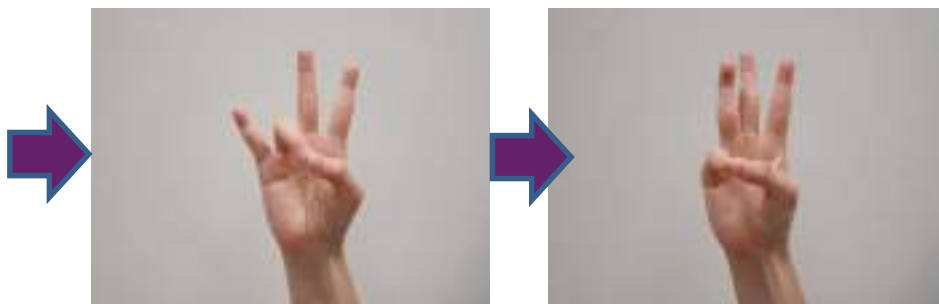
Flexibility Exercises 柔韧性运动

Upper Limb Stretches 上肢伸展

e. Thumb Opposition Stretch/ 大拇指伸张

- Start with your fingers wide open
 - Bring your thumb to the tip of each finger then back to your starting position
 - Increase the speed when you feel more comfortable
 - Repeat this for 10 times
-
- 从手指张开开始
 - 将拇指指尖触碰每个指尖，再回到起始位置
 - 当您熟悉动作后，可尝试慢慢增加动作速度
 - 重复这动作十次

Starting position
起始姿势



Flexibility Exercises 柔韧性运动

Lower Limb Stretches 下肢伸展

4. Lower Limb Stretches 下肢伸展

a. Seated Hamstring Stretch/ 坐姿大腿后肌拉伸

- Sit on a chair and place one heel forward and keep your other foot flat on the ground
 - Keeping your back straight, lean forward from your hips until you feel a stretch at the back of your thigh
 - Hold this position for 30 counts then relax
 - Repeat this for five times on each leg
-
- 坐在椅子上，把脚跟往前移，将另一只脚平放在地上
 - 保持背部挺直并从臀部向前倾，直到大腿后肌有伸展感
 - 维持姿势三十秒，再放松
 - 各脚重复动作五次



Starting position
起始姿势

Flexibility Exercises 柔韧性运动

Lower Limb Stretches 下肢伸展

b. Calf Stretch, Standing Against a Wall/ 靠墙壁小腿伸展

- Standing with a wall or support in front of you, place one foot forward and two hands on the wall or support
 - Lunge forward while keeping your back leg straight and your heels on the floor
 - You will feel a stretch at the back of your calf
 - Hold this position for 30 counts then relax
 - Repeat this for five times on each leg
-
- 站在墙壁或固定物前，将一只脚放前面，双手支撑墙面或支撑物
 - 保持后腿伸直，慢慢往前倾，脚跟贴地
 - 您会感觉小腿后肌有伸展感
 - 保持姿势三十秒，再放松
 - 各脚重复动作五次



Starting position
起始姿势

Flexibility Exercises 柔韧性运动

Trunk Stretches 躯干伸展运动

5. Trunk Stretches 躯干伸展运动

a. Bow and Arrow/ 拉弓射箭动作

- Begin in a seated position with your arms raised in front of you
- Pull your left arm back as if you are drawing a bow and repeat this for 10 times
- Repeat this with your right arm for 10 times
- 从坐姿开始，把双手抬高到胸前
- 左手肘往后拉，如拉弓似的，并重复动作十次
- 用右手重复相同动作十次



Starting position
起始姿势

Flexibility Exercises 柔韧性运动

Trunk Stretches 躯干伸展运动

b. Open Book/ 翻书运动

- Lie on your right or left side with your knees bent and hands together straight in front of you
- Keeping your lower back straight, bring the top arm upwards and backwards until you feel a comfortable stretch across your chest
- Keep your eyes looking towards the hand of your top arm as you turn
- Hold this position for 10 seconds then bring your hands back together to the starting position
- Repeat this for 10 times
- Then repeat on the other side
- 从左边/右边侧躺开始，膝盖弯曲，将手臂往前打直
- 保持下背部挺直，将上方的手往上提，便往后延伸，直到胸口有拉扯感（如翻开书的动作）
- 转身过程中，眼睛专注在往外伸展的手
- 保持姿势十秒，然后慢慢地回到起始姿势
- 重复这动作十次
- 用另一只手重复这个动作



Starting position
起始姿势



Flexibility Exercises 柔韧性运动

Trunk Stretches 躯干伸展运动

c. Rowing Exercise/ 划桨动作

- Keep your arms straightened throughout this exercise
 - Begin in a seated position while holding a stick horizontally in front of your chest with both hands
 - Lift the stick up with your right hand and swerve the stick diagonally downwards across to the left as if you are rowing a boat
 - Repeat the above step with your left hand, swerving the stick towards your right
 - Repeat this for 10 times
-
- 整个动作过程中，保持双臂伸直
 - 从坐姿开始，双手在胸前横着握棍子。
 - 用右手举起棍子并将棍子从边右划下左边，如划船动作。
 - 用左手重复以上动作，从左边划下右边。
 - 重复这动作十次

Starting position
起始姿势



Flexibility Exercises 柔韧性运动

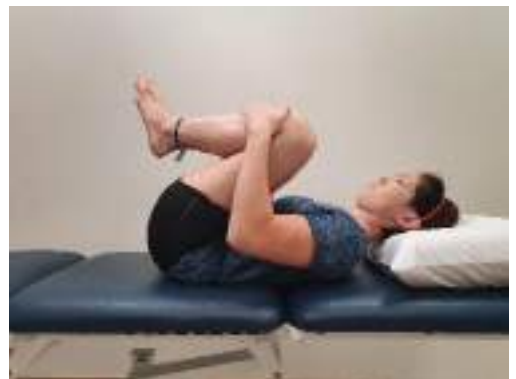
Trunk Stretches 躯干伸展运动

d. Knee Hugs/ 卧姿抱膝动作

- Lie flat on your back
 - Pull both your knees towards your chest until you feel a comfortable stretch in your lower back
 - Hold this position for 10 seconds
 - Repeat this for 10 times
-
- 平躺在您的背上
 - 将双腿膝盖向胸口弯曲，直到下背部有拉扯感
 - 保持姿势十秒
 - 重复这动作十次



Starting position
起始姿势



Flexibility Exercises 柔韧性运动

Trunk Stretches 躯干伸展运动

e. Knee Rolls/ 膝盖扭转

- Lie flat on your back. Bend both knees and place your feet flat on the surface beneath you
- Keeping your back flat and feet together, rotate your knees to the left and right
- Hold each side for 10 seconds
- Repeat this for 10 times

- 平躺在您的背上。双腿膝盖弯曲, 将双脚平放在表面上
- 保持背部平躺, 双脚并拢, 将膝盖向两边扭转
- 各边保持姿势十秒
- 重复这动作十次



Starting position
起始姿势



Flexibility Exercises 柔韧性运动

Posture Exercises 姿势训练

6. Posture Exercises 姿势训练

a. Standing Against The Wall With Shoulder Abduction Exercise/ 靠墙站立

式肩膀外展运动

- Stand with your back against a wall
 - Bring the back of your head, shoulders and buttocks backwards to touch the wall
 - With your thumb facing upwards, raise your left arm sideways along the wall as high as you can
 - As you raise your left arm, shift your weight onto your left leg and tiptoe on your right foot
 - Return to your starting position
 - Repeat this same action with your right arm
 - Repeat this exercise for 10 times
-
- 背部靠墙站立
 - 将后脑勺，肩部和臀部贴靠墙
 - 拇指朝上，将左手臂往左边伸直并慢慢往上伸展直到墙壁最高处
 - 左手臂外展时，踮起您的右足并把重心移至左脚
 - 慢慢回到起始姿势
 - 用右手重复以上动作
 - 重复这动作十次



Flexibility Exercises 柔韧性运动

Posture Exercises 姿势训练

b. Standing Lumbar Extension/站立式腰椎伸展

- Stand and lean your buttocks against a table top with your hands supporting you
 - Slowly lean your upper body backwards
 - Hold for five counts
 - Repeat this for 10 times
-
- 腹部靠桌边站立，用双手支撑自己
 - 慢慢把上肢往后伸展
 - 保持姿势五秒
 - 重复这动作十次



Starting position
起始姿势



Flexibility Exercises 柔韧性运动

Posture Exercises 姿势训练

c. Pelvic Tilt Exercise in Sitting/ 坐立式骨盆倾斜运动

- Sit upright on the edge of a stable chair with your feet shoulder-width apart
 - Arch your lower back to roll your hips forward and buttocks backward, and sit on your thigh bone
 - Hold this position for five counts
 - Then roll your hips backwards and buttocks forward into a slumped position
 - Repeat this for 10 times
-
- 坐在稳定的椅子边缘，双脚与肩同宽
 - 弯曲您的下背部，让您的腹部向前伸展，臀部向后伸展，让自己做在您的大腿骨上
 - 保持姿势五秒
 - 然后让腹部往后伸展，臀部向前伸展直到得到稍微驼背的姿势
 - 重复这动作十次



Starting position
起始姿势

Strengthening Exercises 肌力训练

Upper Limb Strengthening Exercises

上肢肌力训练

7. Upper Limb Strengthening Exercises

上肢肌力训练

a. Wall Push Up/ 推墙式俯卧撑

- Standing one foot away from a wall, place both your hands onto the wall at shoulder-width apart
- Keep your elbows close to your body
- While keeping your body straight, bend your elbows and bring your chest towards the wall
- Then push away from the wall by straightening your elbows
- Repeat this for 10 times



Starting position
起始姿势



- 站离墙壁一足距离，双手与肩同宽地放在墙上
- 保持肘部靠近身体
- 保持身体挺直同时，弯曲您的肘部，将您的胸部朝向墙壁
- 之后伸直肘部，把身体推离墙壁
- 重复这动作十次



Strengthening Exercises 肌力训练

Lower Limb Strengthening Exercises

下肢肌力训练

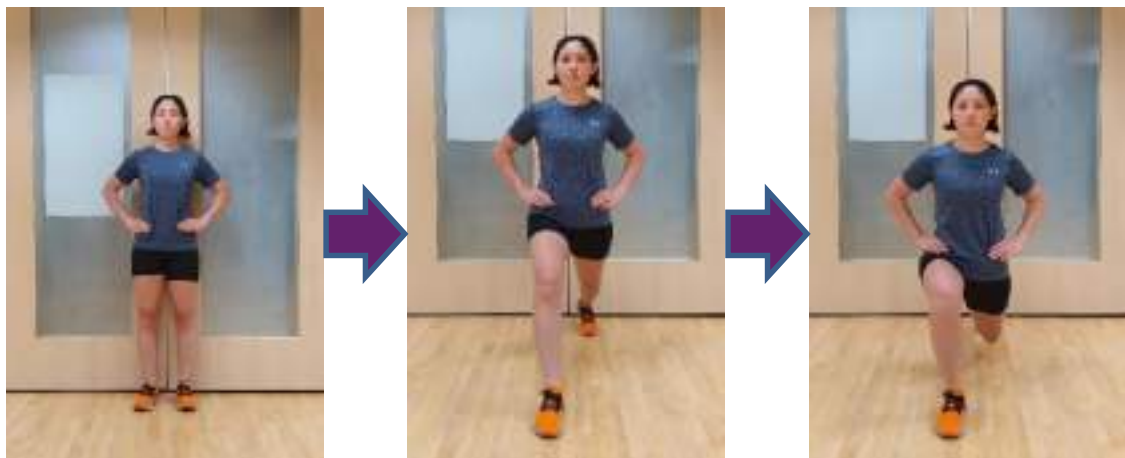
8. Lower Limb Strengthening Exercises

下肢肌力训练

Hold on to a firm support
握着稳固的物体

a. Forward Lunges /前弓步蹲

- Stand with your hands on your hips or place them by your sides
- Step forward with your right leg and slowly bend your knees while keeping your body upright
- Do not let your right knee go beyond your toes
- Return to your starting position
- Repeat this with the left leg
- Repeat this for 10 times
- 身体站立，把双手放在臀部或旁边
- 右脚往前跨步。保持背部挺直并慢慢弯曲膝盖蹲下。
- 确保右脚膝盖勿越过脚趾
- 慢慢回到起始姿势
- 用左脚重复以上动作
- 重复这动作十次



Starting position
起始姿势

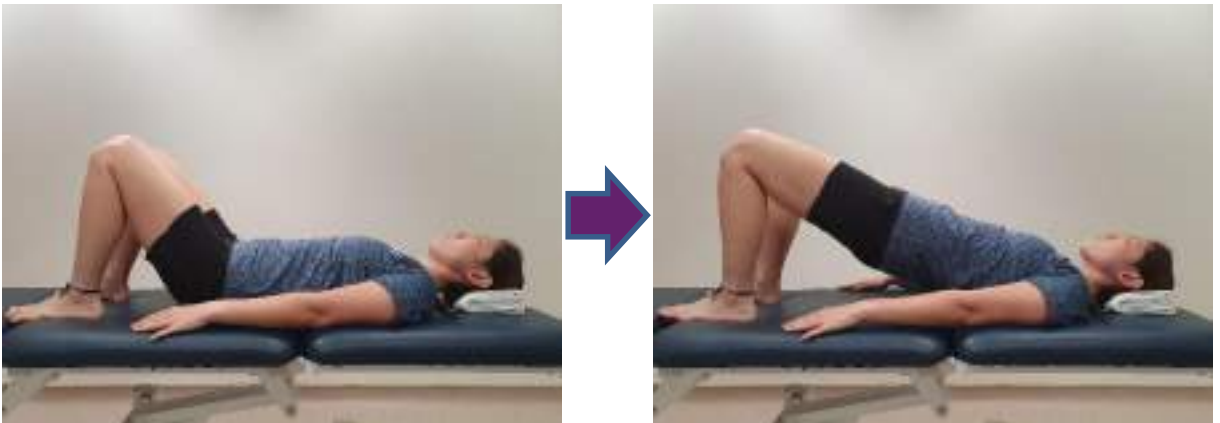
Strengthening Exercises 肌力训练

Lower Limb Strengthening Exercises

下肢肌力训练

b. Double Leg Bridging/ 双脚拱桥

- Lie flat on your back with both your knees bent and feet flat on the surface beneath you
 - Slowly raise your buttocks off the surface as high as you can
 - Hold for five counts then slowly lower your buttocks down back to the starting position
 - Repeat this exercise for 10 times
-
- 平躺在您的背上。双腿膝盖弯曲, 将双脚平放在表面上
 - 慢慢地把臀部尽可能抬高离开表面
 - 维持五秒, 然后缓缓地把臀部降落回到起始姿势
 - 重复这动作十次



Starting position
起始姿势

Strengthening Exercises 肌力训练

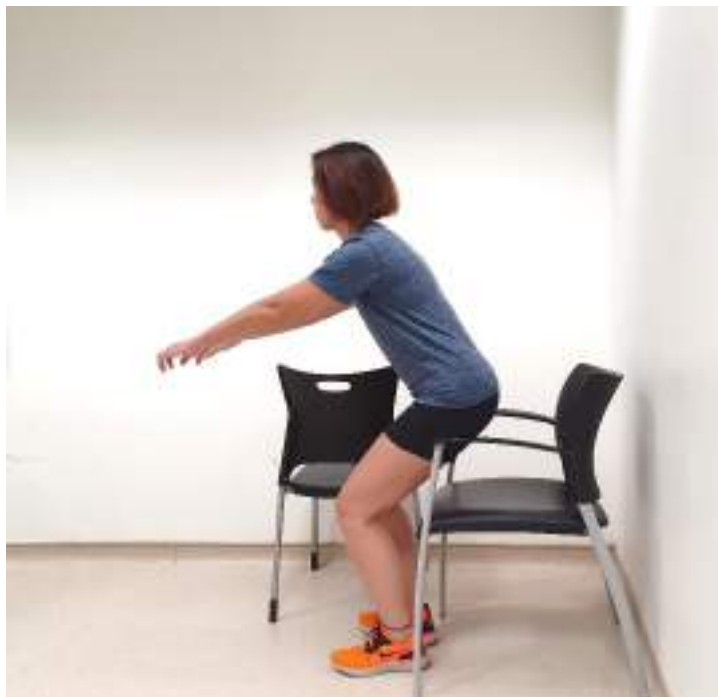
Lower Limb Strengthening Exercises

下肢肌力训练

c. Double Leg Squats/ 双脚半蹲

Hold on to a firm support
握着稳固的物体

- Hold onto a stable support if required
 - Stand with your feet shoulder-width apart
 - Lower yourself downwards into a squatting position and ensure that your knees do not go beyond your toes
 - Maintain an upright posture and keep you knees and toes pointing forward throughout this movement
 - Repeat this exercise for 10 times
-
- 如有需要，可用手扶持稳固的支撑物
 - 双脚分开与肩同宽的站着
 - 慢慢往下蹲并确保膝盖勿超过脚尖
 - 做动作的过程中，保持身体挺直，膝盖和脚趾向前方
 - 重复这动作十次



Strengthening Exercises 肌力训练

Lower Limb Strengthening Exercises

下肢肌力训练

d. Step Up and Down on Step/ 登阶与下阶运动

Hold on to a firm support
握着稳固的物体

- Stand close to a stable support if required
 - Lift and place your right leg onto a step
 - Shift your body weight onto your right leg and use the strength of your right leg to step up, such that your left leg lifts off the ground
 - Maintain an upright posture with your knees in line with your toes
 - Slowly step backwards and down onto your left leg
 - Repeat this exercise for 10 times
 - Repeat this with your left leg
-
- 如有需要，您可以站靠近稳固的支撑物
 - 右脚先踏上台阶
 - 把重心移到右脚并利用右腿的力量向上踩，使左腿抬离地面
 - 保持直立，膝盖与脚趾对齐
 - 慢慢往后退一步，左脚着地
 - 重复这动作十次
 - 用左脚重复以上动作



Strengthening Exercises 肌力训练

Truncal Strengthening Exercises 躯干肌力训练

9. Truncal Strengthening Exercises 躯干肌力训练

a. Wood Chopping Exercise/ 劈材运动

*You may do this exercise with a dumbbell or exercise band

- Begin in a sitting or standing position with your feet shoulder-width apart
- Hold both of your hands together and lift them above your right shoulder
- Keeping your elbows straight, twist your torso and bring your arms across your body so that your hands are on the outside of your left thigh
- Rise on your right toes as you twist
- Repeat this for 10 times
- Repeat this on your left side

*此运动可使用哑铃或阻力带

- 从坐姿或站姿开始，双腿与肩同宽
- 把双手合十紧扣，手臂抬到右肩上方
- 确保双肘伸直，扭转您的躯干，将手臂从右上方带到大腿外测的左下方
- 扭转躯干时，踮起右脚趾
- 重复这动作十次
- 在左侧重复以上动作



From right to left
右到左

Strengthening Exercises 肌力训练

Truncal Strengthening Exercises 躯干肌力训练

b. Reverse Wood Chopping Exercise/ 反向劈材运动

*You may do this exercise with a dumbbell or exercise band

- Begin in a sitting or standing position with your feet shoulder-width apart
- Hold both of your hands together and keep them outside of your right thigh
- Keeping your elbows straight, twist your torso and bring your arms across your body so that your hands are above your left shoulder
- Rise on your right toes as you twist
- Repeat this for 10 times
- Repeat this on your left side

*此运动可使用哑铃或阻力带

- 从坐姿或站姿开始，双腿与肩同宽
- 把双手在右大腿外侧合十紧扣
- 确保双肘伸直，扭转您的躯干，将手臂从左下方带到右肩右上方
- 扭转躯干时，踮起右脚趾
- 重复这动作十次
- 在左侧重复以上动作



From left to right
左到右



Strengthening Exercises 肌力训练

Truncal Strengthening Exercises 躯干肌力训练

c. Modified Sit-up in Chair/ 改良的坐立式仰卧起坐

- Begin by sitting comfortably in a chair while keeping your knees together and resting your shoulder blades on the backrest of the chair
 - Engage your abdominal muscles and lean your chest forward to sit up
 - Return to your starting position
 - Repeat this for 10 times
-
- 从舒适地坐在椅子上开始，双膝紧贴，将肩胛骨靠在椅子靠背上
 - 将腹部肌肉收缩，然后将胸部向前倾
 - 回到起始姿势
 - 重复这动作十次



Starting position
起始姿势

Strengthening Exercises 肌力训练

Truncal Strengthening Exercises 躯干肌力训练

d. Modified Russian Twist In Chair/ 改良的坐立式俄式扭动

- Begin by sitting comfortably in a chair with your arms crossed in front of your chest
 - Keeping your back straight, lean slightly forward, cross your arms across your chest
 - Twist your torso to your left and right
 - Repeat this for 10 times
-
- 从舒适地坐在椅子上开始
 - 保持背部挺直，然后稍微向前倾，双臂交叉在胸前
 - 将身体往左右边扭动
 - 重复这动作十次



Starting position
起始姿势

Strengthening Exercises 肌力训练

Truncal Strengthening Exercises 躯干肌力训练

e. Lateral Hip Lift/侧抬腿

- Sit tall with your feet comfortably apart
 - Shift your body weight onto your left thigh, then onto your right thigh
 - Repeat this for 10 times
-
- 挺胸，双脚舒适分开地坐着
 - 把身体重心慢慢移到左大腿，再移到右大腿
 - 重复这动作十次



Starting position
起始姿势

Strengthening Exercises 肌力训练

Balance Exercises 平衡练习

10. Balance Exercises 平衡练习

Hold on to a firm support
握着稳固的物体

a. Alternate Toe Tapping Exercise/踏步运动

- Begin in a standing position and stand in front of a step
- Place your left foot onto the platform lightly
- Then switch to your right foot on the platform and your left foot on the floor
- Repeat this for 10 times

- 从站立的姿势开始，站在台阶前方
- 左腿轻轻踏在台阶上
- 然后换右脚放在台阶上，左脚着地
- 重复这动作十次

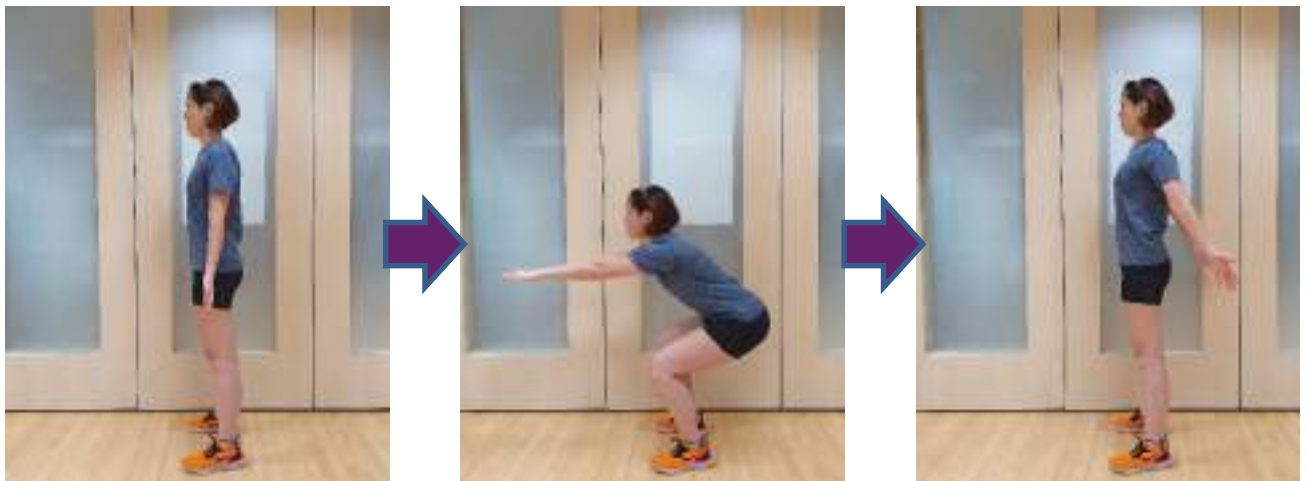


Strengthening Exercises 肌力训练

Balance Exercises 平衡练习

b. Squat and Rise into Chest Stretch/ 深蹲起身及胸部伸展

- Stand with your feet shoulder-width apart
 - Bend your knees and bring your hips backwards while raising your arms straight in front of you for balance
 - Stand up tall and swing your arms backwards while opening up your chest
 - Repeat this for 10 times
-
- 双脚与肩同宽站立
 - 把双膝弯曲，将臀部向后弯，双手往前方举起伸直以保持平衡
 - 起身后身体直立，双手往后伸出，伸展胸膛及手掌
 - 重复这动作十次

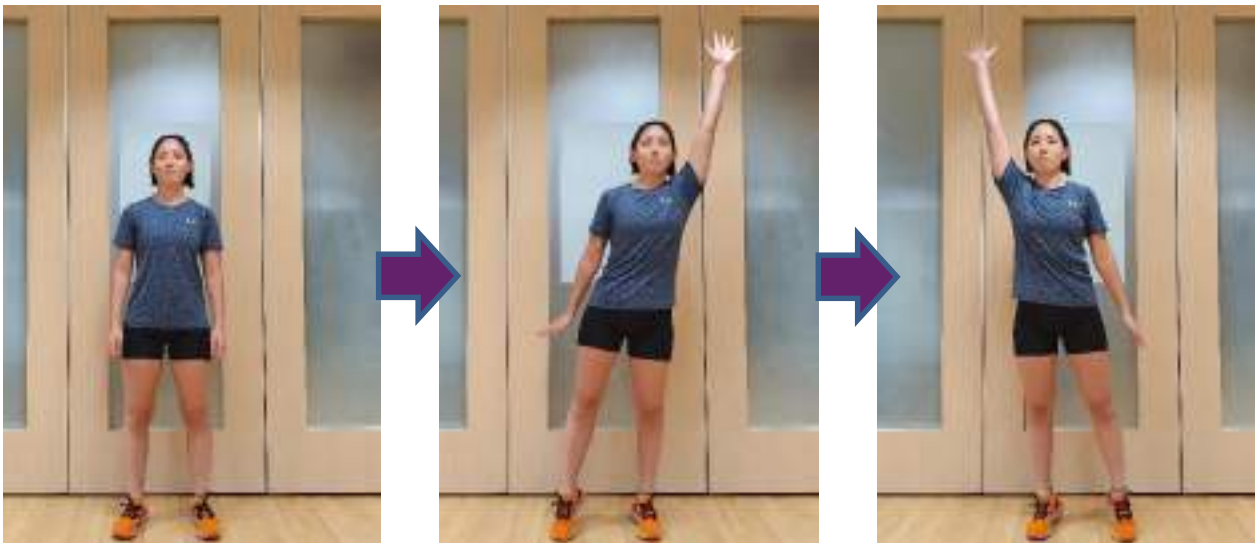


Strengthening Exercises 肌力训练

Balance Exercises 平衡练习

c. Weight-shifting with Alternate Arm Reaching / 重心转移与交替手臂伸张

- Stand with your feet shoulder-width apart
- Shift your body weight onto your left leg and reach up towards the ceiling with your left arm
- Then shift your weight onto your right leg and reach up towards the ceiling with your right arm
- Repeat this for 10 times
- 双脚与肩同宽站立
- 先将重心转移到左脚，并用左手及手指向天花板上伸张
- 然后再把重心转移到右脚，并用右手及手指向天花板上伸张
- 重复这动作十次



Strengthening Exercises 肌力训练

Balance Exercises 平衡练习

d. Stand to Twist/ 站立式胸椎旋转

- Stand with your feet shoulder-width apart and stretch out your arms to the sides to make a “T” shape position, with your palms facing forward
 - Twist your trunk or torso to the left while clapping your hands together
 - Return to the “T” shape position and face forward
 - Repeat on the other side
 - Repeat this for 10 times
-
- 双脚与肩同宽站立。双手伸展形成“T”字型姿势, 手心朝前
 - 将躯干扭转向右侧, 并把双手合拍
 - 然后回到“T”字型姿势, 面朝前
 - 在左侧重复以上动作
 - 重复这动作十次



Strengthening Exercises 肌力训练

Balance Exercises 平衡练习

e. Big Side Step with Rotation/ 侧边踏步

- Stand with your feet shoulder-width apart and place both your hands on your thighs
 - Take a big step outwards with your left leg while stretching both your arms out as far as possible
 - Return back to your starting position
 - Repeat this with your right leg
 - Repeat this for 10 times
-
- 双脚与肩同宽站立，双手摆放于大腿两侧
 - 左脚向侧边踏一大步，同时尽可能的伸展双臂
 - 回到起始位置
 - 右脚重复以上的动作
 - 重复这动作十次



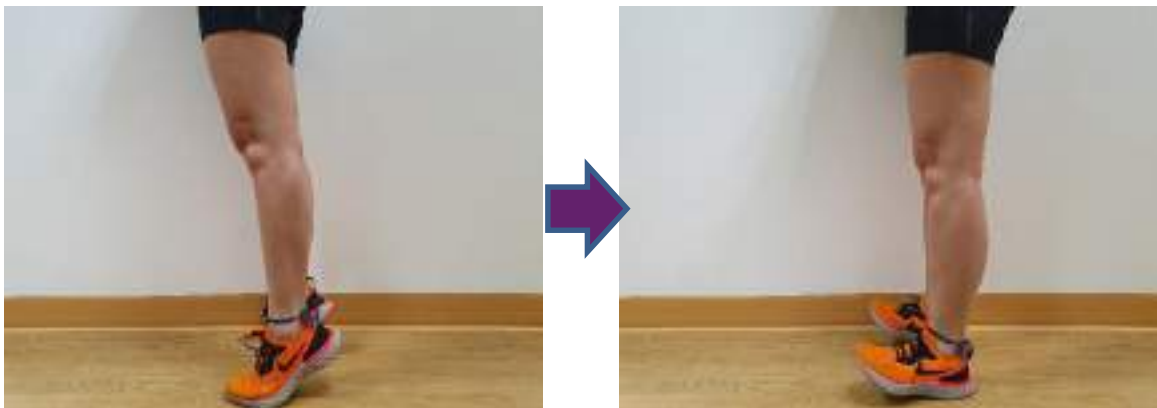
Strengthening Exercises 肌力训练

Balance Exercises 平衡练习

f. Heel to Toe/ 脚跟到脚趾运动

Hold on to a firm support
握着稳固的物体

- Stand upright and hold onto a stable support if required
 - Lift your heels off the ground and stand on your toes, and hold this position for five counts
 - Then rock back onto your heels and lift your toes off the ground
 - Hold this position for five counts and repeat this for 10 times
-
- 站直，如果有需要请握着稳重的固定物
 - 抬起双脚脚跟，踮着脚趾站立，维持姿势五秒
 - 接来，将脚跟降下着地，然后抬起您的脚趾离开地面
 - 维持姿势五秒，重复这动作十次

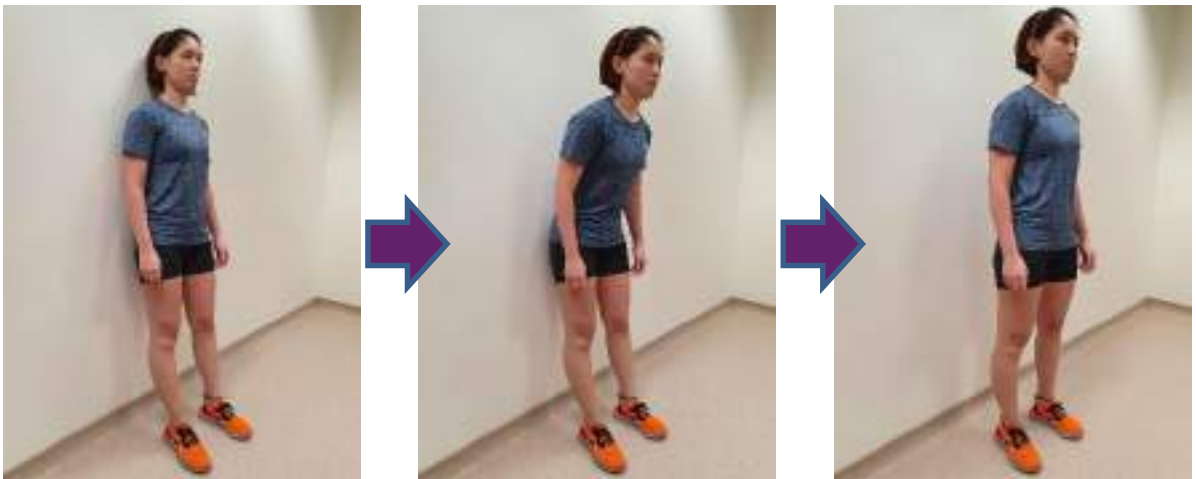


Strengthening Exercises 肌力训练

Balance Exercises 平衡练习

Hip Strategy Exercise/ 髋部策略运动

- Lean backwards against a wall, place both your feet two steps away from the wall
 - Bring your shoulders away from the wall, then followed by your hips
 - Stand and maintain your balance
 - Bend forward at your hips and slowly bring your buttocks to the wall to return to the starting position
 - Repeat this for 10 times
-
- 背靠墙，将双脚离墙面两步之远
 - 将您的肩膀倾前离开墙面，然后再把您的臀部使劲地倾前远离墙面
 - 站立并维持您的平衡
 - 再把您的臀部倾后回到墙面，回到起始位置
 - 重复这运动十次



Starting position
起始姿势

Strengthening Exercises 肌力训练

Balance Exercises 平衡练习

h. Ankle Strategy Exercise/ 足踝策略运动

- Lean your back against a wall with both feet one step away from the wall
 - Use your ankles to bring your shoulders and your hips away from the wall
 - Stand and maintain your balance
 - Bend forward at your hips and slowly bring your buttocks to the wall and return to the starting position
 - Repeat this for 10 times
-
- 背靠墙，双脚离墙面约一步之远
 - 从脚踝部发力倾前，将您的肩膀倾前离开墙面
 - 站立并维持平衡
 - 将臀部向前弯曲并慢慢带屁股到墙壁上，再返回起始位置
 - 重复这运动十次



Starting position
起始姿势

Strengthening Exercises 肌力训练

Balance Exercises 平衡练习

i. Clock Face Stepping Exercise/ 踏步策略运动 - 钟表盘踏步

- Imagine that you are standing in the middle of a clock face
 - Take a big step forward with your right leg towards 12 o'clock and transfer your bodyweight onto your right leg
 - Then shift your bodyweight back onto your left leg and return your right leg to the centre
 - Repeat this for 3 o'clock, 6 o'clock and 9 o'clock
 - Repeat this with your left leg
-
- 想象自己站立于钟表盘中间
 - 右脚先往前于12点钟方向跨步，同时把身体重心移向右脚
 - 然后把身体重心移向左脚，回到起始姿势
 - 然后依序往3点，6点及9点钟方向跨步
 - 用左脚重复以上动作



Starting position
起始姿势



12 o'clock



3 o'clock



6 o'clock



9 o'clock

Strengthening Exercises 肌力训练

Aerobic Exercise 有氧运动

11. Aerobic Exercise 有氧运动

Aerobic exercise is important for cardiovascular fitness, which increases your energy level and ability to deliver oxygen to your muscles. It is recommended to participate in moderate-intensity aerobic exercises for about **150 minutes per week**.

Some examples of aerobic exercises include brisk walking, cycling on a stationary bicycle or climbing the stairs.

有氧运动对心血管健康很重要，有助于提高能量水平和增加向肌肉输送氧气的的能力。推荐您每周进行150分钟的中等强度有氧运动。

有氧运动例子包括快步走，骑固定自行车或爬楼梯。

Techniques for Brisk Walking 健走技巧



Clinic B1C (Physiotherapy)
TTSH Medical Centre, Level B1

Contact:
6357 7000 (Central Hotline)



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