

Department of  
Physiotherapy

# Assisted Joint Range of Motion and Stretching Exercises



# CONTENT PAGE 内容

## Halaman Kandungan

INTRODUCTION/ 简介/ PENDAHULUAN.....	3
GENERAL INSTRTUCIONS/ 运动须知/ ARAHAN AM.....	4
<b>A) SHOULDER EXERCISES/ 手臂运动/ SENAMAN BAHU</b>	
1. Lifting Arm Up/ 手臂举高/ Turun-naik tangan.....	5 – 6
2. Moving Arm Sideways/ 手臂侧伸/ Turun-naik tangan.....	7
3. Lifting Arm Across Chest/ 手臂向内弯/ Gerakan tangan menyeberangi badan.....	8
4. Rotating the Arm/ 手臂转动/ Pusingan bahu.....	9 – 10
<b>B) ELBOW EXERCISES/ 手肘运动/ SENAMAN SIKU</b>	
5. Bending and Straightening/ 手腕弯伸/ Bengkok/lurus siku..	10 – 12
6. Turning the Forearm/ 前臂转动/ Pusingan lengan .....	13
<b>C) WRIST AND FINGER EXERCISES/ 手腕运动/ SENAMAN PERGELANGAN TANGAN DAN JARI</b>	
7. Bending and Straightening the Wrist/ 手腕弯伸/ Turun/ Naik tapak tangan.....	14
8. Bending and Straightening the Fingers/ 手指弯伸/ Bengkok/ Lurus jari-jari.....	15 – 16
<b>D) HIP AND KNEE EXERCISES/ 腿部运动/SENAMAN KAKI</b>	
9. Bending the Hip and Knee/ 腿部弯伸/ Bengkok/ Lurus kaki.....	17 – 18
10. Moving the Leg Out Sideways/ 腿部向外侧伸/ Pergerakkan kaki ke tepi.....	19

# CONTENT PAGE 内容 Halaman Kandungan

## D) HIP AND KNEE EXERCISES/ 腿部运动/ SENAMAN KAKI

11. Rotating the Leg/ 腿部转动/ Pusingan kaki.....	20
12. Hamstring Stretch/ 伸展后腿肌肉/ Memanjangkan otot-otot pelipat lutut.....	21 – 22
13. Bending the Hip Backwards/ 侧卧，腿往后伸 Gerakkan kaki ke belakang.....	23 – 24
14. Trunk Exercises/ 腰部转动/ Pusingan badan.....	25

## E) ANKLE AND TOE EXERCISES/ 脚部运动/ SENAMAN PERGELANGAN KAKI DAN JARI

15. Bending the Ankle/ 脚部伸展/ Naik/ Turun tapak kaki.....	26 – 27
16. Bending the Toes/ 脚趾运动/ Bengkok/Lurus Jari kaki.....	28
17. Turning the Foot/ 脚部转动/ Pusingan tapak kaki keluar dan ke dalam.....	29

# INTRODUCTION/ 简介/ PENDAHULUAN

## Joint Range of Motion and Stretching Exercises/ 关节伸展性运动/ Senaman Dan Pergerakan Pada Sendi

Doing regular joint range of motion and stretching exercises will help to:

1. maintain normal joint movements and muscle length;
2. prevent joint stiffness and muscle tightness.

Joint stiffness and muscle tightness may disrupt your bodily functions and daily activities.

病人经常做关节伸展性运动会帮助：

1. 保持关节灵活；
2. 预防关节及肌肉僵硬。

关节及肌肉僵硬会妨碍日常作息及活动。

Senaman dan pergerakan pada sendi-sendi pesakit di luar waktu terapi adalah penting kerana ia akan:

1. membantu memelihara pergerakan sendi-sendi pesakit dan.
2. mengelakkan kekejangan dan ketegangan otot.

Jika otot-otot dan sendi-sendi kaku atau tegang, ia akan menyusahkan pergerakan dan kehidupan biasa pesakit.

# INTRODUCTION/ 简介/ PENDAHULUAN

## General Instructions/ 运动须知/ Arahan Am

### For all exercises:

1. Do not force the movement. The movements should not cause excessive pain to the patient.
2. Support the patient's joints to prevent excessive motion.
3. Move the patient's joints slowly. Avoid fast or abrupt motions.

### 在做所有的动作时：

1. 动作应该顺畅，不应该造成过量的疼痛。
2. 支撑运动者的关节以避免过量的动作。
3. 动作必须缓慢，避免迅速或突然的动作。

### Untuk semua latihan:

1. Jangan memaksa diri semasa membuat senaman. Semua senaman ini tidak sepatutnya membawa kesakitan.
2. Sokong anggota badan pesakit untuk mengelakkan pergerakan berlebihan.
3. Semua gerakan/senaman haruslah dibuat dengan perlahan-lahan dan elakkan gerakan yang cepat.

# A) SHOULDER EXERCISES/ 手臂运动/ SENAMAN BAHU

## (1) Lifting Arm Up/ 手臂举高/ Turun-naik tangan (ke hadapan)

1. Start with the patient lying face up.
2. Hold the patient's elbow with one hand and his/her wrist with the other.
3. Slowly lift the patient's arm upwards towards his/her head.
4. Then slowly lower the patient's arm back down.

Repeat \_\_\_\_\_ times.

1. 从病人仰卧开始。
2. 一只手握紧着病人的手肘，另一只手握紧着病人的手腕。
3. 慢慢把病人的手臂举起到头部。
4. 然后，慢慢把病人的手臂放回原位。

重复以上动作 \_\_\_\_\_ 次。

1. Biarkan pesakit baring memandang atas.
2. Sokong siku pesakit dengan satu tangan dan pergelangan tangan pesakit dengan tangan anda yang lain.
3. Naikkan seluruh tangan pesakit perlahan-lahan sehingga ke tepi telinganya.
4. Kemudian, perlahan-lahan turunkan tangan pesakit.

Ulang \_\_\_\_\_ kali.

## (1) Lifting Arm Up/ 手臂举高/ Turun-naik tangan (ke hadapan)



# A) SHOULDER EXERCISES/ 手臂运动/ SENAMAN BAHU

## (2) Moving Arm Sideways/ 手臂侧伸/ Turun-naik tangan (ke tepi)

1. Hold the patient's elbow and wrist and stretch his/her arm out sideways while keeping their elbow relaxed.
2. With the patient's palm facing upwards, move the arm out to the side before bringing it closer to his/her head. Then return their arm back to the starting position.

Repeat \_\_\_\_\_ times.

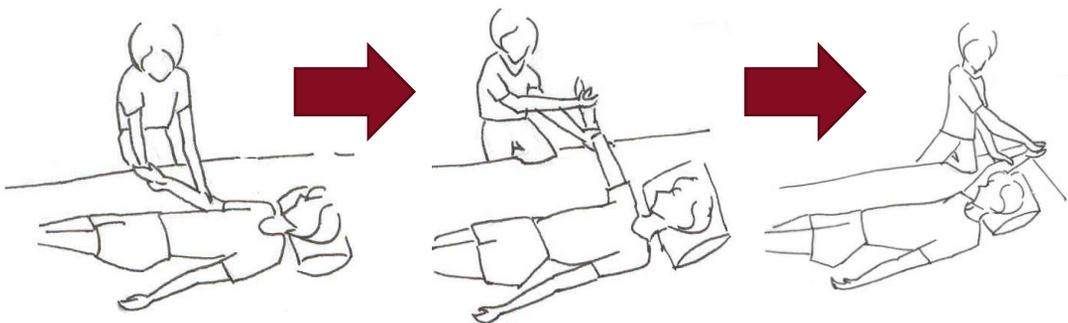
1. 手肘伸直或弯着，把手臂从身旁举高。
2. 把手肘举高至病人的耳边。然后，慢慢把病人的手臂放回原位。

重复以上动作 \_\_\_\_\_ 次。

1. Pastikan siku pesakit lurus, kemudian naikkan seluruh tangan pesakit perlahan-lahan ke tepi .
2. Naikkan tangan pesakit sehingga ke arah telinganya, dan pastikan sikunya lurus dan tapak tangan pesakit menghadap kepalanya.

Ulang \_\_\_\_\_ kali.

## (2) Moving Arm Sideways/ 手臂侧伸/ Turun-naik tangan (ke tepi)



# A) SHOULDER EXERCISES/ 手臂运动/ SENAMAN BAHU

## (3) Lifting Arm Across Chest/ 手臂向内弯/ Gerakan tangan menyeberangi badan

1. Stretch the patient's arm out to the side, with his/her palm facing up.
2. Then bring their arm across the patient's body towards the opposite shoulder.

Repeat \_\_\_\_\_ times.

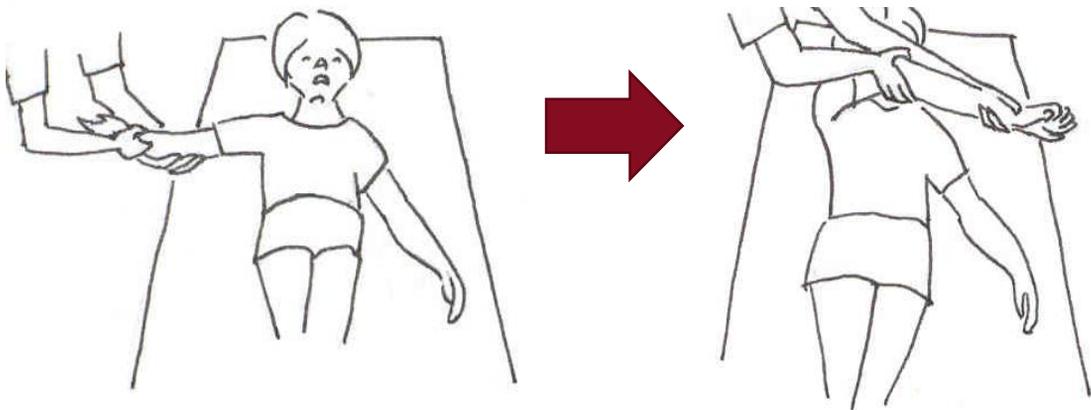
1. 把病人的手臂往外伸直，手掌向上。
2. 然后把病人的手臂横举至另一边的肩膀。

重复以上动作 \_\_\_\_\_ 次。

1. Rengangkan lengan pesakit ke tepi, tapak tangan menghadap ke atas.
2. Kemudian bawa lengan melintasi badan pesakit ke arah bahu bertentangan.

Ulang \_\_\_\_\_ kali.

## (3) Lifting Arm Across Chest/ 手臂向内弯/ Gerakan tangan menyeberangi badan



# A) SHOULDER EXERCISES/ 手臂运动/ SENAMAN BAHU

## (4) Rotating the Arm/ 手臂向内弯/ Gerakan tangan menyeberangi badan



1. Start with the patient lying face up and arm stretched out to the side.
2. Bend the patient's elbow at a 90-degree angle, such that his/her fingers are pointing upwards towards the ceiling.
3. Hold the patient's elbow and wrist.
4. Gently rotate from the elbow, so that the patient's hand moves downwards towards his/her feet, then upwards towards his/her head.

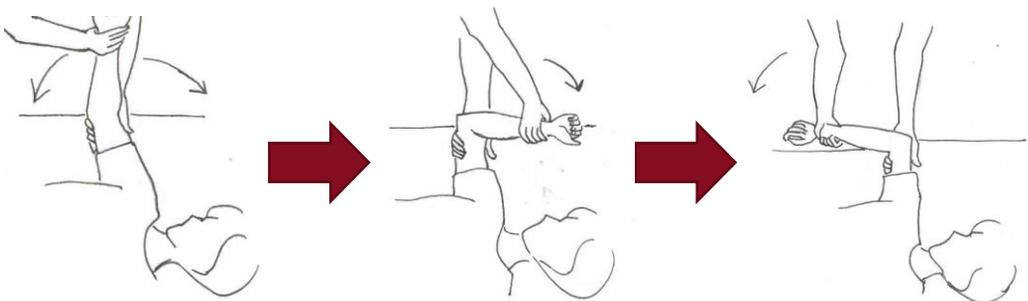
Repeat \_\_\_\_\_ times.

1. 从病人仰卧开始,把病人的手臂往外伸直。
  2. 把手肘弯曲至九十度,手掌向上。
  3. 一只手握紧着病人的肘部,另一只手握着病人的手腕。
  4. 慢慢把前臂上下转动。转下时,病人的手心必须指朝着脚,转上时,必须指朝着头。
- 重复以上动作 \_\_\_\_\_ 次。

1. Pesakit baring memandang atas.
2. Bengkokkan siku pesakit ke 90 darjah supaya tangan pesakit mengarah atas.
3. Pegang pergelangan tangan pesakit dengan satu tangan dan siku pesakit dengan tangan yang lain.
4. Perlahan-lahan turunkan tangan pesakit ke bawah dan kemudian ke atas.

Ulang \_\_\_\_\_ kali.

## (4) Rotating the Arm/ 手臂转动/ Pusingan bahu



## B) ELBOW EXERCISES/ 手肘运动/ SENAMAN SIKU

### (5) Bending and Straightening/ 手肘弯伸/ Bengkok/lurus siku

1. Start with the patient lying face up and arm straightened beside his/her body.
2. Hold the patient's elbow and wrist.
3. Bend the patient's elbow to bring his/her hand as close as possible towards their face.
4. Slowly straighten the elbow back to the starting position.

Repeat \_\_\_\_\_ times.

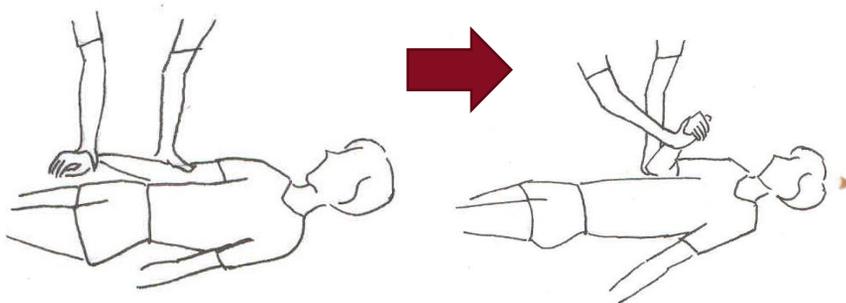
1. 从病人仰卧开始, 将手臂侧放在身边。
2. 一只手握紧着病人的手肘, 另一只手握紧病人的手腕。
3. 然后, 尽量把手肘。
4. 慢慢把手肘伸直。

重复以上动作 \_\_\_\_\_ 次。

1. Mula dengan pesakit baring memandang atas, dan biarkan satu tangannya lurus di tepi badannya.
2. Sokong pergelangan tangan pesakit dengan satu tangan dan siku pesakit dengan tangan yang lain.
3. Bengkokkan siku pesakit sejauh yang mungkin.
4. Kemudian luruskan siku dengan perlahan-lahan.

Ulang \_\_\_\_\_ kali.

### (5) Bending and Straightening Elbow/ 手肘弯伸/ Bengkok/lurus siku



## B) ELBOW EXERCISES/ 手肘运动/ SENAMAN SIKU

### (6) Turning the Forearm/ 前臂转动/ Pusingan lengan



1. Start with the patient lying face up and elbow bent at a 90-degree angle, such that his/her fingers are pointing upwards towards the ceiling.
2. Hold the patient's elbow and wrist.
3. Rotate the patient's forearm so that the palm faces his/her face, and then rotate it back to the starting position.

Repeat \_\_\_\_\_ times.

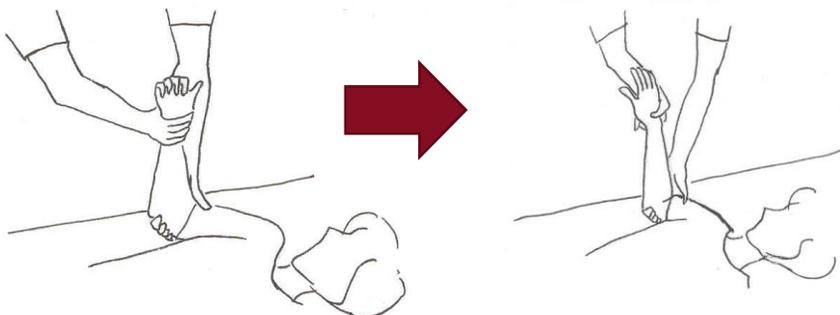
1. 从病人仰卧开始,把手肘弯曲至九十度。
2. 一只手握紧着病人的手肘,另一只手以拇指和食指握紧病人的手腕。
3. 慢慢把病人的掌心转向病人的脸。再把掌心转离病人的脸。

重复以上动作 \_\_\_\_\_ 次。

1. Bengkokkan siku pesakit ke 90 darjah.
2. Pegang siku pesakit dengan satu tangan anda, dan pegang pergelangan tangannya dengan tangan yang lain.
3. Pusing seluruh tangan dan lengan pesakit supaya tapak tangan menghadap muka pesakit dan kemudian jauh darinya.

Ulang \_\_\_\_\_kali.

### (6) Turning the Forearm/ 前臂转动/ Pusingan lengan



## C) WRIST AND FINGER EXERCISES/ 手腕运动/ SENAMAN PERGELANGAN TANGAN DAN JARI

### (7) Bending and Straightening the Wrist/ 手腕弯伸/ Turun / Naik tapak tangan



1. Start with the patient lying face up.
2. Bend the patient's elbow at a 90-degree angle, such that his/her fingers are pointing upwards towards the ceiling.
3. Hold the patient's forearm and wrist.
4. Bend the patient's wrist forward and backwards.

Repeat \_\_\_\_\_ times.

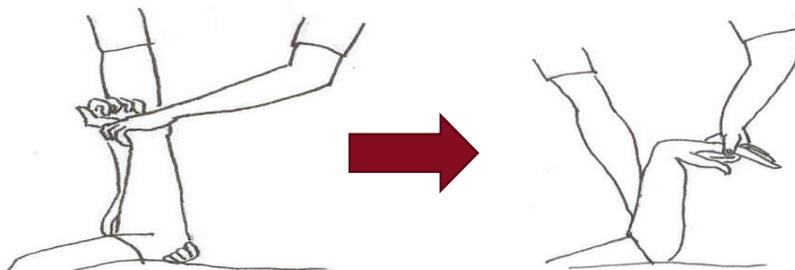
1. 从病人仰卧开始。
2. 把手肘弯曲至九十度, 手掌向上
3. 一只手握紧病人的手肘, 另一只手以拇指和食指握紧病人的手腕。
4. 慢慢把病人的手掌向前后摆动, 弯曲病人的手腕

重复以上动作 \_\_\_\_\_ 次。

1. Mula dengan pesakit baring memandang atas.
2. Bengkokkan siku pesakit 90 darjah, supaya tangan hus menunjuk ke atas ke arah siling.
3. Pegang lengan pesakit dengan satu tangan dan tangannya dengan tangan anda yang lain.
4. Turun dan naikkan tapak tangan pesakit, dengan membengkokkan pergelangan tangan pesakit.

Ulang \_\_\_\_\_ kali.

### (7) Bending and Straightening the Wrist/ 手腕弯伸 / Turun / Naik tapak tangan



## C) WRIST AND FINGER EXERCISES/ 手腕运动/ SENAMAN PERGELANGAN TANGAN DAN JARI

### (8) Bending and Straightening the Fingers/ 手指弯伸/ Bengkok / Lurus jari-jari



1. Support the patient's wrist with one hand.
2. Use the other hand to straighten out the patient's fingers and spread them apart.
3. Fold the patient's fingers into a fist.

Repeat \_\_\_\_\_ times.

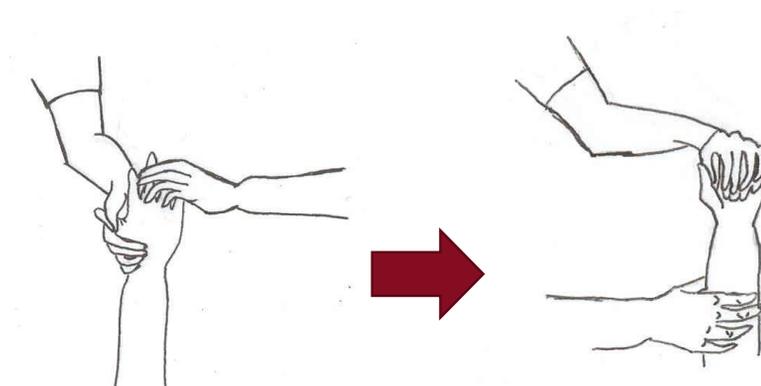
1. 握紧病人的手腕。
2. 把病人的手指伸直，并把手指张开。
3. 接着，把病人手指弯下，形成拳头。

重复以上动作 \_\_\_\_\_ 次。

1. Pegang pergelangan pesakit dengan satu tangan dan jari-jarinya dengan tangan anda yang lain.
2. Bengkokkan jari-jari pesakit supaya membuat satu genggam.
3. Kemudian luruskan jari-jari pesakit dan jarangkan mereka.

Ulang \_\_\_\_\_ kali.

### (8) Bending and Straightening the Fingers/ 手指弯伸/ Bengkok / Lurus jari-jari



## D) HIP AND KNEE EXERCISES/ 腿部运动/ SENAMAN KAKI

### (9) Bending the Hip and Knee/ 腿部弯伸/ Bengkok/ Lurus kaki



1. Start with the patient lying face up.
2. Support the patient's knee and heel from below.
3. Lift the patient's leg up towards his/her chest, while bending it at their hip and knee.
4. Straighten the patient's leg into a relaxed position.

Repeat \_\_\_\_\_ times.

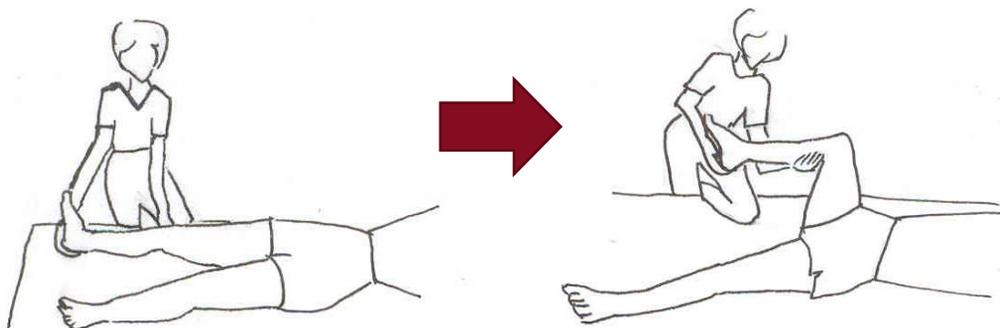
1. 从病人仰卧开始。
2. 一只手握紧着病人的膝盖部，另一只手握紧着病人的脚踝。
3. 慢慢把腿提高至病人的腹部，弯曲病人的臀部和膝盖。
4. 再慢慢把腿伸直。

重复以上动作 \_\_\_\_\_ 次。

1. Mula dengan pesakit baring memandang atas.
2. Letak satu tangan di bawah lutut pesakit dan tangan yang lain di bawah tumit pesakit.
3. Bengkokkan kaki pesakit ke arah dada.
4. Kemudian luruskan kaki pesakit.

Ulang \_\_\_\_\_ kali.

### (9) Bending the Hip and Knee/ 腿部弯伸/ Bengkok / Lurus kaki



## D) HIP AND KNEE EXERCISES/ 腿部运动/ SENAMAN KAKI

### (10) Moving the Leg out sideways/ 腿部向外侧伸/ Pergerakan kaki ke tepi



1. Start with the patient lying face up.
2. Hold the patient's knee and heel.
3. While keeping the patient's leg straight, move it out to the side until you feel a resistance.
4. Move the patient's leg back to the original position.

Repeat \_\_\_\_\_ times.

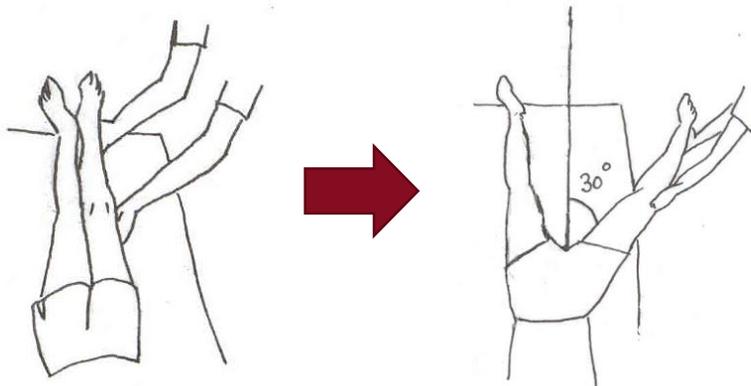
1. 从病人仰卧开始。
2. 保持腿伸直线，慢慢把它往身体外侧边拉开直到您感觉到阻碍。
3. 然后，把腿放回原位。

重复以上动作 \_\_\_\_\_ 次。

1. Mula dengan pesakit baring memandang atas.
2. Dengan kaki pesakit lurus, gerakkan kaki itu ke tepi.
3. Kemudian rapatkan kaki pesakit semula.

Ulang \_\_\_\_\_ kali.

### (10) Moving the Leg Out Sideway/ 腿部向外侧伸/ Pergerakan kaki ke tepi



## D) HIP AND KNEE EXERCISES/ 腿部运动/ SENAMAN KAKI

### (11) Rotating the Leg/ 腿部转动/ Pusingan kaki



1. While keeping the patient's leg straight, place one hand slightly above the patient's ankle, and the other hand above their knee cap (do not apply pressure onto the knee cap).
2. Rotate the patient's leg so that the toes point inwards, towards the other leg.
3. Then rotate his/her leg so the toes point outwards, away from the body.

Repeat \_\_\_\_\_ times.

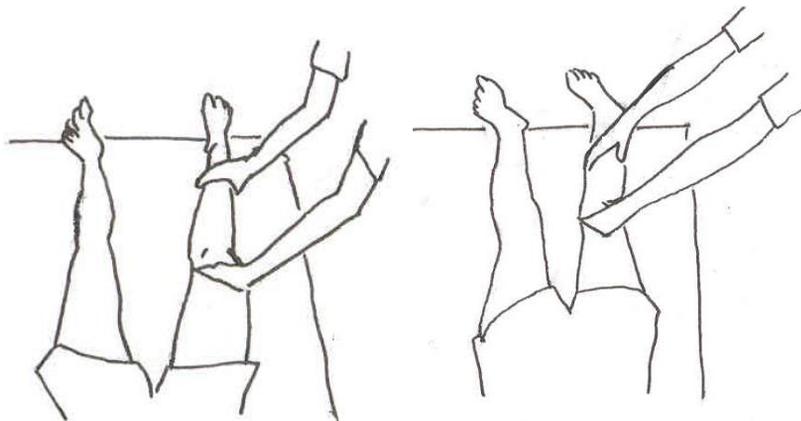
1. 把病人的腿伸直，一只手放在大腿，另一只手放在离脚踝约四寸处膝盖以下。
2. 慢慢把腿向内转，直到脚趾指向另一只脚。
3. 把腿向外转，直到脚趾指向身体之外。

重复以上动作 \_\_\_\_\_ 次。

1. Dengan kaki pesakit lurus, pegang lutut dan pergelangan kaki pesakit.
2. Pusingkan seluruh kaki pesakit ke dalam supaya jari-jari kaki mengarah kaki pesakit yang lain.
3. Kemudian pusingkan kaki pesakit keluar supaya mengarah luar.

Ulang \_\_\_\_\_ kali.

### (11) Rotating the Leg/ 腿部转动/ Pusingan kaki



## D) HIP AND KNEE EXERCISES/ 腿部运动/ SENAMAN KAKI

### (12) Hamstring Stretch/ 伸展后腿肌肉/ Memanjangkan otot-otot pelipat lutut



1. Start with the patient lying face up with both legs straightened.
2. Hold the patient's ankle with one hand and place the other hand just above his/her knee cap (do not apply pressure onto the knee cap) as shown on the next page.
3. Keeping the patient's leg straight, lift his/her leg up as far as possible.
4. You may place the patient's ankle on your shoulder, then reposition both your hands just above his/her knee cap.
5. Lean forward to lift the patient's leg higher into a stretch. The patient should feel a stretch behind his/her thigh. Stop when you meet a resistance or when the patient complains of slight pain.
6. Make sure that the patient does not lift up his/her buttocks during this stretch. Hold for 10 seconds, then lower the patient's leg and relax.

Repeat \_\_\_\_\_ times.

1. 从病人仰卧开始，脚伸直。
  2. 一只手握紧脚踝，另一只手放在膝盖以上的大腿（请不要压着膝盖）。
  3. 脚保持直线，将病人的腿尽量提高。
  4. 您可将病人的脚踝放在您的肩上，然后把双手按在大腿上。
  5. 将您的身体向前移，把病人的腿再提高。病人应该感觉到大腿后的肌肉伸展。当您感觉肌肉的紧绷或病人感觉到痛时，停下来。
  6. 确保病人腹臀部伸展时，没有升起。保持姿势十秒，然后放松，把病人的腿放下。
- 重复以上动作 \_\_\_\_\_ 次。

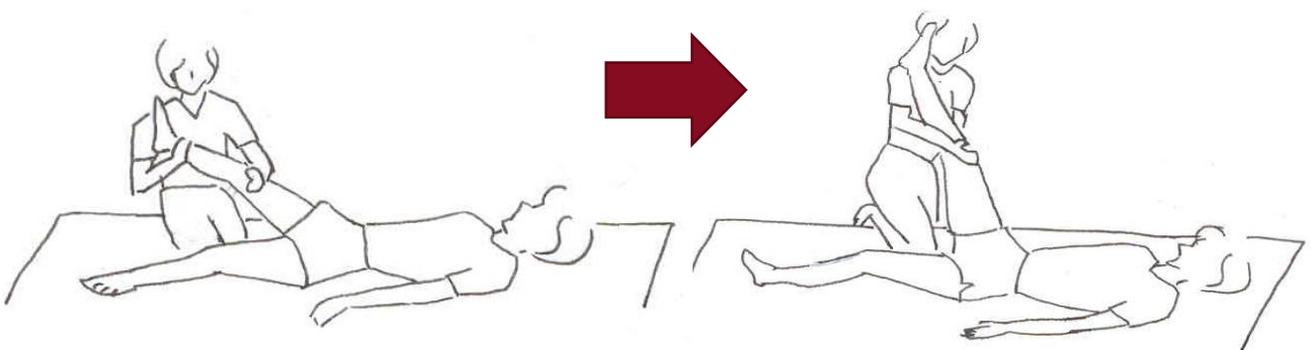
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## D) HIP AND KNEE EXERCISES/ 腿部运动/ SENAMAN KAKI

1. Pesakit baring lurus memandang atas.
2. Pegang pergelangan kaki pesakit dan letakkan tangan anda yang lain di atas lutut pesakit.
3. Naikkan seluruh kaki pesakit sejauh mungkin, pastikan lutut pesakit lurus.
4. Anda boleh letak kaki pesakit di atas bahu anda, dan pegang kakinya dengan kedua-dua tangan anda di atas lutut pesakit.
5. Gerakkan badan anda ke depan supaya kaki pesakit dinaikkan lebih tinggi dan menyebabkan otot-otot di belakang paha pesakit menjadi tegang. Berhenti apabila anda merasai sesuatu rintangan, atau pesakit berasa sakit.
6. Tahan selama 10 saat, kemudian turunkan kaki pesakit dan rehat.

Ulang \_\_\_\_\_kali.

### (12) Hamstring Stretch/ 伸展后腿肌肉/ Memanjangkan otot-otot pelipat lutut



## D) HIP AND KNEE EXERCISES/ 腿部运动/ SENAMAN KAKI

### (12) Hamstring Stretch/ 伸展后腿肌肉/ Memanjangkan otot-otot pelipat lutut



1. Start with the patient lying on his/her side as shown on the next page.
2. Support the patient's leg by holding his/her calf with one hand.
3. Place your other hand on the patient's hip.
4. Bend the patient's knee slightly at a 90-degree angle.
5. Push the patient's leg backwards until you meet resistance.
6. Make sure that the patient's body remains straight and that only their leg moves backwards.

Repeat \_\_\_\_\_ times.

1. 从病人侧卧开始。
2. 用一只手支撑着病人的小腿。
3. 用另一只手按住病人的臀部。
4. 将病人的膝盖弯约九十度。
5. 慢慢把腿往后伸展，直到您感觉到阻碍。
6. 确保病人的身体保持侧卧，只有腿往后伸。

重复以上动作 \_\_\_\_\_ 次。

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## D) HIP AND KNEE EXERCISES/ 腿部运动/ SENAMAN KAKI

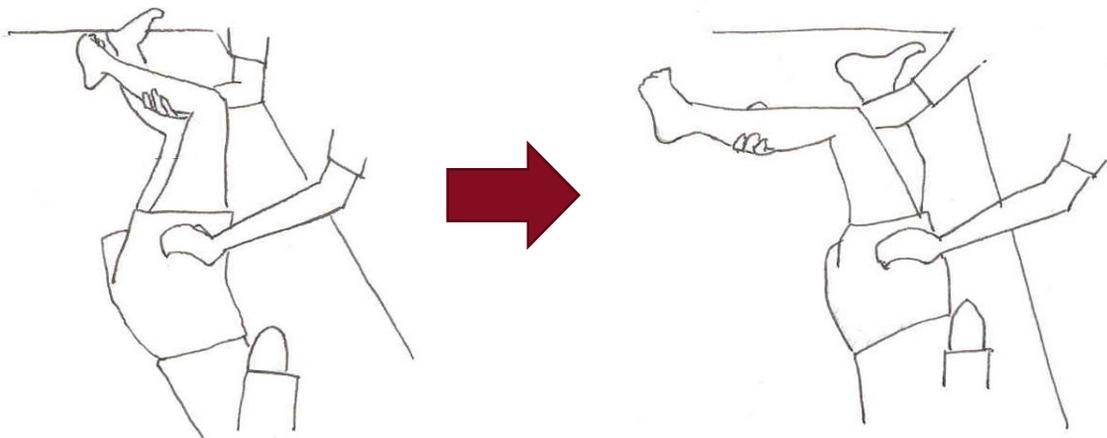
(13) **Bending the Hip Backwards/ 侧卧，腿往后伸/**  
**Gerakkan kaki ke belakang**



1. Pesakit baring secara mengiring ke tepi.
2. Sokong kaki pesakit dengan memegang betisnya.
3. Letakkan tangan anda yang lain di atas punggung pesakit.
4. Bengkokkan kaki pesakit pada lututnya.
5. Gerakkan kaki pesakit ke belakang sehingga anda merasai sesuatu rintangan/ ketegangan.
6. Pastikan badan pesakit tetap di hadapan dan hanya kaki pesakit sahaja yang digerakkan ke belakang.

Ulang \_\_\_\_\_ kali.

(13) Bending the Hip Backwards/ 侧卧，腿往后伸/ Gerakkan kaki ke belakang



## D) HIP AND KNEE EXERCISES/ 腿部运动/ SENAMAN KAKI

### (14) Trunk Exercises/ 腰部转动/ Pusingan badan



1. Bend both the patient's legs at their hips and knees, and place his/her feet flat on the bed.
2. Support the patient's knees and slowly move them from side to side, until you meet resistance.

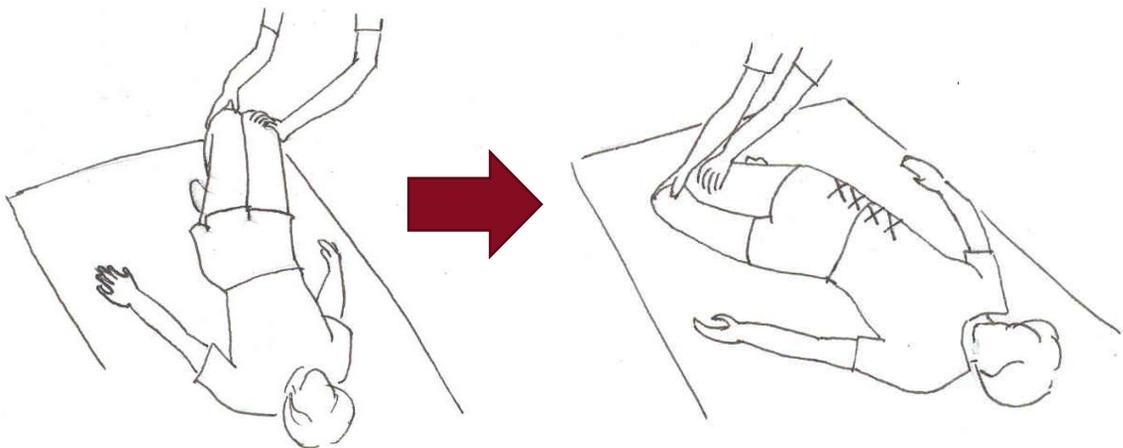
Repeat \_\_\_\_\_ times.

1. 将病人腰和膝盖弯起， 双脚平放在床上。
  2. 支撑着病人的膝盖， 慢慢的左右摆动直到您感觉到阻碍。
- 重复以上动作 \_\_\_\_\_ 次。

1. Bengkokkan kedua-dua kaki pesakit dan tempatkan kedua-dua tapak kaki di atas katil.
2. Pegang kedua-dua lutut pesakit dan perlahan-lahan gerakkan mereka dari satu sisi ke sisi yang lain.

Ulang \_\_\_\_\_ kali.

### (14) Trunk Exercise/ 腰部转动/ Pusingan badan



## E) ANKLE AND TOES EXERCISES/ 脚部运动/ SENAMAN PERGELANGAN KAKI DAN JARI

### (15) Bending the Ankle/ 脚部伸展/ Naik / Turun tapak kaki

1. Start with the patient lying face up.
2. While holding the patient's heel with one hand and supporting the area above his/her ankle with the other, rest the sole of their foot against your forearm as shown on the next page.
3. Using your wrist and forearm, point the patient's toes towards his/her head.
4. The patient should feel the stretch in his/her calf.  
Hold for \_\_\_\_\_ seconds.
5. Relax the stretch.

Repeat \_\_\_\_\_ times.

1. 从病人仰卧开始。
2. 一只手握紧病人的脚踝，将病人的脚底靠在您的前臂。
3. 用您的手腕和前臂，将病人的脚趾往头方向弯上。
4. 病人应该感觉到小腿肌肉伸展。
5. 然后放松。

重复以上动作 \_\_\_\_\_ 次。

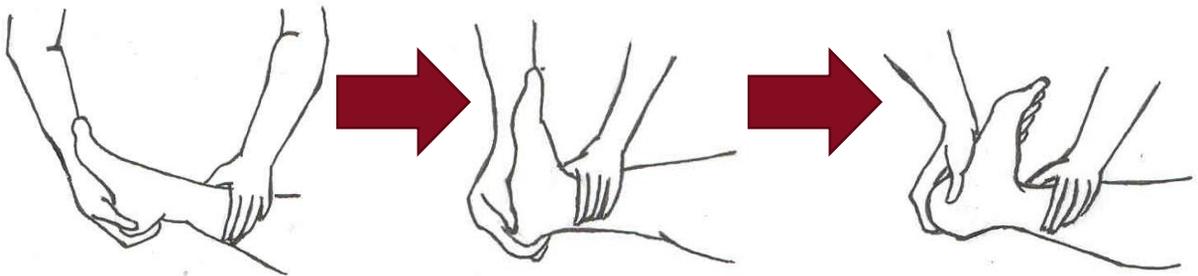
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## E) ANKLE AND TOES EXERCISES/ 脚部运动/ SENAMAN PERGELANGAN KAKI DAN JARI

1. Mula dengan pesakit baring memandang atas.
2. Pegang tumit kaki pesakit dan permukaan tapak kaki.
3. Tarik tapak kaki pesakit ke atas dengan menggunakan pergelangan tangan dan lengan anda.
4. Tahan selama\_\_\_\_\_detik.
5. Rehatkan tangan anda.

Ulang \_\_\_\_\_kali.

### (14) Trunk Exercise/ 腰部转动/ Pusingan badan



## E) ANKLE AND TOES EXERCISES/ 脚部运动/ SENAMAN PERGELANGAN KAKI DAN JARI

### (16) Bending the Toes/ 脚趾运动/ Bengkok / Lurus Jari kaki



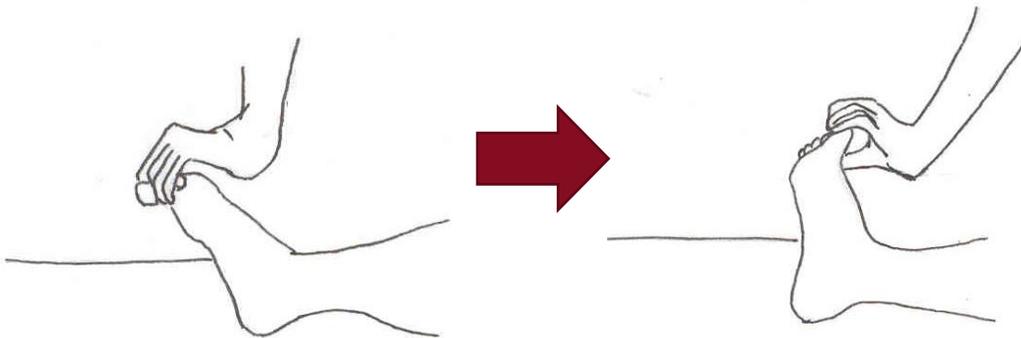
1. Hold onto the patient's toes with one hand.
2. Curl the patient's toes downwards and upwards.

Repeat \_\_\_\_\_ times.

1. 用一只手握着病人的脚趾。
  2. 把病人的脚趾弯向脚底, 然后将脚趾伸直推向上。
- 重复以上动作 \_\_\_\_\_ 次。

1. Pegang tapak kaki pesakit dan jari-jarinya.
  2. Bengkokkan jari-jari kaki pesakit ke bawah dan kemudian ke atas.
- Ulang \_\_\_\_\_ kali.

### (16) Bending the Toes/ 脚趾运动/ Bengkok/Lurus jari kaki



## E) ANKLE AND TOES EXERCISES/ 脚部运动/ SENAMAN PERGELANGAN KAKI DAN JARI

### (17) Turning the Foot/ 脚部转动/ Pusingan tapak kaki keluar dan ke dalam



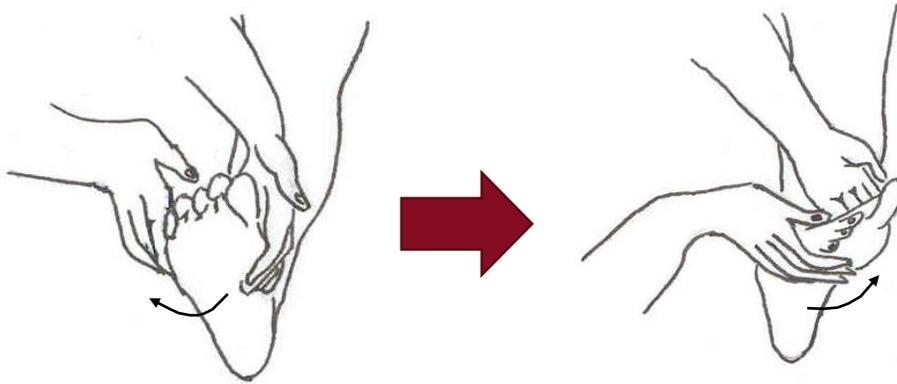
1. Hold both sides of the patient's foot with your hands.
2. Turn the patient's foot inwards towards the other leg, and outwards away from the body.

Repeat \_\_\_\_\_ times.

1. 用手握着病人脚部的左右侧。
  2. 将把病人的脚左右摆动。
- 重复以上动作 \_\_\_\_\_ 次。

1. Pegang kedua tepi tapak kaki pesakit dengan tangan anda.
  2. Pusingkan tapak kaki pesakit ke luar dan kemudian pusingkannya ke dalam.
- Ulang \_\_\_\_\_ kali.

### (17) Turning the Foot/ 脚部转动/ Pusingan tapak kaki keluar dan dalam



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TTSH Medical Centre, Level B1  
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