

使用腹直肌皮瓣重建乳房手術之前和之後要做的運動

Pre and Post-Operative Exercises after Breast Reconstruction with TRAM Flap

Pre-operative Exercises:	手術前的運動：
<p>It is as important to prepare physically as it is to prepare mentally for your surgery. The time you invest before surgery will shorten your recovery time. The stronger, more flexible and more active you are before surgery, the more reserve you will have to draw upon when you are inactive during surgical recovery. All laying down exercises can be done on the floor or the bed. Use a chair without arms for sitting exercises. Walking should be done with comfortable shoes and clothing.</p> <p>Learn and practice diaphragmatic breathing and relaxation. Start doing a little extra walking before your surgery. Try all the exercises indicated for your particular surgery. It is important to see what you can do pre-surgery, since returning to that same level is your post-surgery goal. You might find some of the exer-</p>	<p>在手術前準備身心進入最佳狀態很是重要，因為你所投入的時間將會縮短你復原所需的時間。手術前你如果能更強壯、更靈活、更活躍，你將會有更多儲備去彌補手術後活動不足的問題。所有躺臥類型的練習可以在地板上或床上進行。用沒有扶手的椅子來做坐類型的練習。走路練習應該穿著舒適的鞋和服裝來做。</p> <p>學習用橫膈膜做呼吸和放鬆。在做手術前要多走一些路。盡力試做一些特別為你手術設計的運動。查看你手術前做運動的能力是十分重要的，因為手術後回到同一水平便是你的目標。你會發現一些運動並不如你想像中那麼易做。以</p>

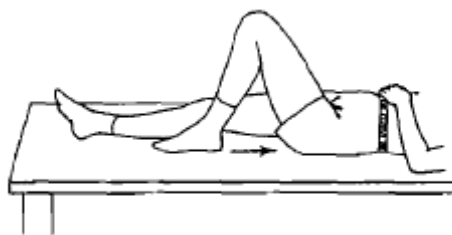
<p>cises are not as easy as they look. It is not unusual to lose some motion in your shoulders as you age, but remember you can improve with practice.</p>	<p>你的年齡，肩膀活動能力減低雖不是不正常，但記住運動卻可以改善情況。</p>
<p>Walking:</p> <p>Speed is not important. In the hospital, start with walking to the bathroom, then out into the hall and gradually one lap of the floor. The goal is to walk one floor lap 5 times a day before being discharged. At home, start with a 10-minute walk a day outside, and then increase by 1 minute until doing 30 minutes. If you can, start walking on flat ground and then progress to hills.</p>	<p>散步：</p> <p>走路的速度並不重要。在醫院裡，先練習開始走路上洗手間，然後出走廊，進而在病房層樓行一圈。目標是您可以在離院前每天5次在病房層樓行一圈。回家裡後，每天在屋外先步行10分鐘。然後每天增加1分鐘，直到30分鐘為止。如果可以，開始時先在平坦的路上走，然後慢慢步行上山。</p>
<p>Relaxation:</p> <p>A number of techniques can help you learn to relax. Listed in the appendix are suggestions that can help with body awareness, pain and stress. The techniques in which a muscle is tightened before being relaxed don't work well after surgery. Find a tape that directs your breathing, imagery and body awareness and does it with pleasant music and vocal directions.</p> <p>Start by just listening to a tape to get familiar with it, then put yourself in the most comfortable position. Tell your family not to disturb you. Use the tape as a road map to learn to take care of your body. This will not be easy at first,</p>	<p>全身放鬆：</p> <p>許多技巧可以幫助你放鬆。附錄中列有可以助您對意識、痛苦和壓力有所認識的建議，。於手術後在放鬆前先收緊肌肉是不適用的。找一盒磁帶，聽旖旎的音樂和歌聲以幫助你呼吸、冥想和意識到身體。</p> <p>開始時首先要聽熟磁帶，然後擺出自己最舒服的位置。告訴你的家人不要打擾你。利用磁帶作路引學習照顧自己的身體。起初時，</p>

<p>but that is normal. Initially, it may be hard to quiet yourself, but practice will make it easier. Practice at least once a day.</p>	<p>你會發現這並不容易，但那是正常的。你可能難以平靜自己，但練習多些便會更容易掌握。每天練習至少一次。</p>
<p>Diaphragmatic Breathing:</p> <p>Begin by lying down on your bed or the floor and progress to sitting in a chair. Place one hand on your diaphragm and the other on your upper chest. Breathe in and feel your lower hand rise and your upper hand stay still. Exhale and feel your lower hand go down. Breathe in through your nose to the count of 4 and out through your mouth to the count of 4. Do not hold your breath. Repeat for 1 song on the radio or a relaxation tape.</p>	<p>橫膈膜呼吸</p> <p>先在床或地板上，並再一步躺著在椅子上。把一隻手放在橫膈膜，另一隻手放在胸部。吸氣，感覺你的下方的手緩緩升起和你上方的手仍然停留在原位。呼氣，會感覺你下方的手降下。通過鼻子吸氣，數4次；用嘴呼吸，數4次。不要屏住呼吸。重複做出以上步驟，維持約聽一首歌的時間。</p>
<p>Pelvic Clock 做盆骨時鐘：</p> <div data-bbox="483 1207 1120 1507" data-label="Image"> </div> <p>Lie on your back with your knees bent and your feet flat. Picture your lower back and buttocks on a face of a clock. Twelve o'clock is up toward the belly button, 6 o'clock is toward the tailbone, 3 o'clock is under the left buttock muscle, and 9 o'clock is under the right buttock.</p> <p>先躺下，雙膝彎曲，雙腳放平。用你的下背部及臀部順時鐘畫圈。12時的位置在肚臍；6時的位置是尾骨；3時在左臀部的肌肉；和9時在右臀部的肌肉。首先，從</p>	

Start by rocking slowly and continually across the clock from 12 to 6. Then, try rocking from 3 to 9. Try doing a full circle. Play with the movements, but do not repeat any that create pain. Do not hold any position. Feel all the ways you can move your pelvis. Practice for 1 song on the radio or relaxation tape.

12 到 6 時慢慢地前後搖擺；然後嘗試從 3 到 9 時左右搖擺出一個完整的圓。繼續擺動，但痛楚的動作不要重複。不要停留在任何位置。盡量擺動你的盆骨。練習約聽一首歌的時間。

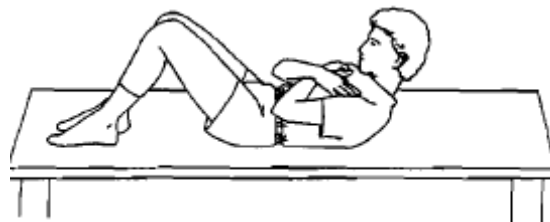
Foot Slide - Lower Abdominal 腳滑動至腹部：



Start with the posterior pelvic tilt but with your legs straight. Alternate sliding one foot to bend leg. Return to start position. Repeat with your other leg. Your back needs to remain flat. Progress to 2-foot slide. Repeat 5-10 times.

後盆骨傾斜，但你的腳要伸直。交替滑動一隻腳直至彎曲。返回到開始位置，另一條腿重複同一個動作。你的背部必須保持平穩。直至雙腳都能做到。重複 5-10 次。

Stomach Crunches 仰臥起坐：



Lie on your back, with your knees bent and your feet on the floor. Cross your hands behind your head. Slowly raise your trunk, leading with your chest, until your shoulder blades clear the floor. Do not pull on your head or neck. Hold for 5 counts and repeat 5-10 times.

仰面躺下，雙膝彎曲，雙腳放在地板上。用你的雙手放在頭後。慢慢抬起頭來，直至由胸部直到肩胛骨均不貼在地板為止。不要拉你的頭部或頸部。保持5秒，重複5-10次。

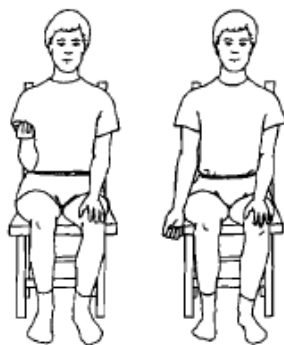
Diagonal Crunches 斜仰臥起坐：



Lie on your back, with your knees bent and your feet on the floor. Cross your arms over your chest. Slowly raise your trunk with your right shoulder aimed towards your left knee. Hold 5 count and repeat on opposite side. Repeat 5 times on both sides.

仰面躺下，雙膝彎曲，雙腳放在地板上。在胸前交叉雙臂。慢慢用右肩膀向左膝方向抬起身來，。數5秒並在另一側重複動作。各側重複5次。

Bicep Arm Curls 彎舉手臂的二頭肌：



Bicep Arm Curls :

Sit in a kitchen chair with your arm hanging down. Slowly bend your elbow until your hand is close to touching your shoulder. Return your hand to your side. Repeat 10 times each side.

彎舉手臂的二頭肌：

坐在廚房的椅子上，手臂垂下來。慢慢彎曲肘部，直到手靠近或觸及到肩膀。手再回到原來位置。每隻手重複 10 次。

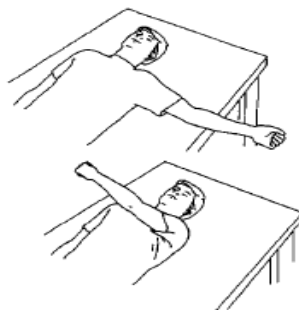
Tricep Elbow Straightening 伸展手肘的三頭肌：



Hold your arm near your side and lean over the side of the table with your non-surgical side lightly supporting your trunk. Slowly bend and straighten and bend your elbow, but do not allow your shoulder to move. Repeat 10 times.

保持你的手臂靠近你，並在沒做手術的一邊俯身在桌子側，輕輕地支撐著身體。慢慢地彎曲和伸直手肘，但不要讓肩膀向上移動。重複 10 次。

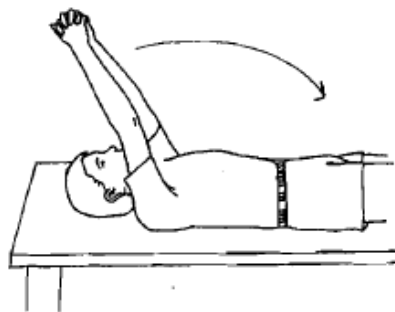
Flies 飛翔：



Lie with your arms at 90-degree angles from your side. Bring your hand up above your chest and then across towards your other shoulder. Start with no weight. You can do both arms at once. Repeat 10 times.

躺在你的雙臂從你身邊 90 度角。把你的手，跨過你胸部的上面到另一肩膀。開始時不要手拿重量。您可以雙臂一起做。重複 10 次。

Overhead Pull Downs 過頭上下拉：



Lie on your back with your knees bent. Bring your arms up over your head, keeping your arms close to your ears. Bring your arms down towards your stomach and then return them to above your head. Start with no weight. Repeat 10 times.

躺下，雙膝彎曲。把手臂向上舉過頭頂，並保持手臂貼近耳朵。把雙臂下拉至胃部，然後再回到頭頂。由手沒有拿著重量開始。重複 10 次。

Post-Operative Exercises:	手術後的運動：
<p>Pacing is key to recovery after any surgery. Fatigue is normal at first. Surgery will slow you down and frustrate you because the body is using its energy to heal. Remember the tortoise and the hare story; "slow and steady wins the race" back to full functional recovery. Take the things you need to do for yourself and your family and break them down into small parts. Do part of a chore and take a "mini time out" between each part. A "time out" can be as simple as a 2-5 minute rest on the bed or a cup of tea in the kitchen. Do not try to do everything all at once. This may only lead to you having to rest in bed all day.</p> <p>Goal setting to get back to your pre-surgical functioning is important. Once you have the idea of pacing, it is natural to set small goals as you work toward larger more functional goals. Assess what you can't do at this point, and then build a strategy to reach your goal. Make sure you have a way of knowing when you have reached the goal. For example, you like to wear over the head tops and you can't lift your surgical arm that high because of tightness and pain.</p>	<p>按你的體能做運動是手術後復元的關鍵。最初時，感覺疲累是正常的。因為身體的能量正用在復元，手術會令你腳步放慢而有挫敗的感覺。記著龜兔賽跑的故事：「雖緩慢但持久地步行會贏得比賽」以完滿恢復身體的功能。將你需要為自己和家人做的事分成幾個小部份去完成。做完每部份差事便作小休。「小休」就是譬如可以在床上休息 2-5 分鐘或在廚房享受一杯茶。不要一下子做完所有東西。這可能會使你做完後要在床上休息一整天。</p> <p>身體恢復到手術前的狀態是一個非常重要的目標。如果你了解按你的體能一步步地做運動的做法，你便自然而然的可建立和完成由小目標至大目標的各項功能。評估自己有甚麼活動無法做，然後建立策略以達到自己活動的目標。確保你會有方法知道你已達到目標的。例如，你要穿過頭的上衣但因胸肌緊</p>

Now set the goal of being able to dress over the head without assistance. Practice the exercises that look most like the activity. Try each morning and night to dress using your arm. When you reach your goal, try to expand it, by, for example, getting a towel off the top shelf in the linen closet. You can be working on a number of small goals at the same time. The final goal is to have no limitations because of tightness, pain or weakness.

Pain can be scary and debilitating, especially if you do not understand it. It is normal to have post-surgical discomfort or pain requiring treatment. This should start to resolve by the time you are discharged to go home. Most of the time you will have medication to assist with pain control. Don't be afraid to take it as prescribed, as it can help to increase your activities with less discomfort. Increasing activity will help with general pain control. Pain can make the muscles tighten and immobilize the painful area-this is a normal protection to allow healing. However, muscle tightness can lead to slower blood flow to the muscles and tissues that need to heal. This can lead to a secondary kind of pain that can last longer than the surgical pain. Try relaxation techniques, small arm

和疼痛而不能抬起做了手術那邊的手臂，那麼你現在便可定下目標，就是訓練自己能在沒有幫助下把衣服過頭穿上。試把訓練當作運動般練習，每天早晚都嘗試抬高手臂學穿衣服。當你達到目標後，就可將目標逐步擴大。例如，把毛巾從壁櫥頂格拿下來。你也可以有幾個目標同時進行。最終的目標是沒有因肌肉扯緊、疼痛或無力而有所限制。

特別是當你不了解時，痛楚可能令你害怕和不想動。這是做手術或治療後常見的。到你可以出院回家時這痛楚便已應開始減少。大多數時候，有藥可以幫你止痛。不要害怕使用這些止痛藥，因為它可以幫助減少你的不適以令你能多做一些活動。活動一般也會有助於減少痛楚。痛楚會使肌肉收緊並令你不想動疼痛部位，這是幫助復元的正常自保。然而，肌肉收緊會導致血液流動較慢到達需要癒合的肌肉和組織。這可能導致較比手術所帶來的痛更長時間的第二類痛楚。試用鬆弛身體的技巧，或用手臂做不會

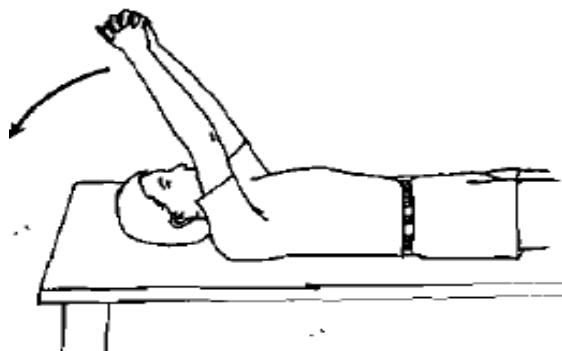
<p>movements without creating more pain, and using the arm within its pain-free range of motion.</p> <p>Follow all precautions your surgeon has given you. It is OK to allow yourself to feel a little discomfort, but do not do any activity or exercise that causes pain. You should discuss pain, numbness, or tingling in the lower arm or hand with your health care provider.</p>	<p>痛的小量活動，並用手臂在它不痛的範圍之內做一些活動。</p> <p>要遵循所有醫生所說的預防措施。有一點點不舒服是正常的，但不要做一些會令你痛的活動或運動。你應該與你的醫護人員參酌傷口疼痛，麻木或刺痛等問題。</p>
<p>Stretching Exercises:</p> <p>Muscles and other soft tissues that have been operated on or have not been moved through their normal range of motion will get tight or shorten. This is normal and it can be reversed with a little time and effort spent slowly stretching the tissue to its normal length.</p> <p>Stretches may be done to discomfort, but not to pain. The longer the position is held the better. Gravity, as a stretching force, is most effective and is best combined with diaphragmatic breathing. Tell the tissues to relax and let go with every exhale.</p>	<p>伸展運動：</p> <p>如果肌肉和軟組織曾做過外科手術而未曾有做正常的活動，肌肉就會變得越來越緊和收縮，這是正常的反應。你如果花時間和功夫做伸展運動，肌肉便可以回復正常。</p> <p>如果你感到不適，可以做伸展運動，但如果你是覺得痛便不能做。將同一個位置保持得越久效果便會越好。重垂力是一個最有效的拉伸力，與橫隔膜呼吸一同做便更好。每完成一組動作都要呼氣和讓肌肉組織放鬆。</p>
<p>Exercises to do while in the hospital</p> <p>Begin with:</p> <ul style="list-style-type: none"> • Walking • Relaxation • Diaphragmatic Breathing 	<p>在醫院可做的運動：</p> <p>首先做：</p> <ul style="list-style-type: none"> • 散步 • 放鬆 • 用橫膈膜呼吸

(See above for descriptions)

(請參看以上說明)

Add these additional exercises 然後加入以下的運動：

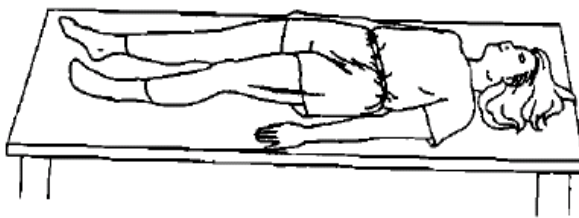
Self-Shoulder Flexion 自我做肩關節屈曲：



Clasp your hands in front of you or hold on to a cane. Lift your arms over your head keeping your elbows straight. Try to reach the floor behind your head. Hold for 10 counts. Repeat 5-10 times.

緊握你的手在自己前方，或緊緊抓住拐杖。抬起你的手臂至頭上，保持你的肘部伸直。嘗試觸及在頭後面的地板。數 10 秒。重複 5-10 次。

Lying Flat Chest And Stomach Stretch 平躺胸部和腹部伸展：



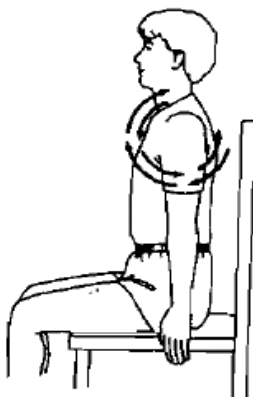
Lie flat on your bed or the floor, and keep your legs straight. Use pillows under your head and knees for comfort to start. Remove the pillows as tolerated with a gentle stretch. Discomfort is OK at this point. The goal is to not have

躺在床上或地板上，伸直雙腿。開始時放枕頭在你的頭和膝蓋下讓你感覺舒適。隨後，在你可以忍受的情況下移去枕頭，這會增加輕微的伸展。這時，感覺到一點不

any pillows under your head or knees. Practice for 1 song on the radio or the relaxation tape.

適是正常的。你的目標是可以在你的頭或膝蓋沒有枕頭。做此練習大約一首歌曲的時間。

Shoulder Circle 肩膊轉圈運動：



Roll your shoulder forward and backward slowly. Try and make the circles as round as you can without forcing any movement. The lower and backward parts of the circle are the hardest.

緩緩向前和向後搖動你的肩膊。嘗試不強行地做肩膊打圈的動作。轉肩膊越低和向後的動作是最難的。每個方向重複5次。

Repeat 5 times each direction.

1 Week Post Surgery

Continue with:

- Walking
- Relaxation
- Diaphragmatic Breathing
- Self Shoulder Flexion
- Lying Flat Chest and Stomach Stretch
- Shoulder Circles

(See above for explanations)

手術後一週

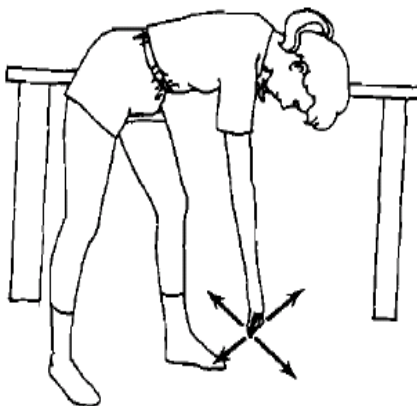
繼續：

- 散步
- 放鬆
- 用橫膈膜呼吸
- 自我肩關節屈曲
- 平躺胸部和腹部伸展
- 肩膊打圈

(請參看以上說明)

Add these additional exercises 可添加以下運動:

Shoulder Pendulum 肩膊搖擺:



Bend at your waist with your surgical side hand hanging down and your other arm supporting your upper body on table. Relax your arm completely until it feels "heavy." Swing your arm forward and backward, back and forth across the body, and in circles. Repeat 5 - 10 times each direction.

彎曲你的腰部、動了手術那邊的手垂下來，而你另一隻手用桌子支撐你的上半身。完全放鬆你的手臂，直到感覺「重量」。前後搖擺你的手臂和打圈子。每個方向重複5-10次。

2 Weeks Post-Surgery

Continue with:

- Walking
 - Relaxation
 - Diaphragmatic Breathing
 - Self Shoulder Flexion
 - Lying Flat Chest and Stomach Stretch
 - Shoulder Circles
 - Shoulder Pendulum
- (See above for explanations)

Add these additional exercises:

Self-Massage:

All tissue that has been injured goes through stages of healing. As the healing process continues, it is not unusual for the tissues to get tight and inflexible. Surgical scars, no matter where they are, can be a problem. They tend to bind to the layers of soft tissue under them. However, you can decrease this binding and mobilize the scar(s) by simply moving the tissue and massaging the area.

You can begin self-massage when your dressing is off and your incisions are without scabs. If one area is healing slowly, you can still massage other parts of the scar or the rest of the breast. Be very gentle over the scar since it is more fragile than other skin.

Begin by lying on your back and picturing your breast area as a face of a clock. Use a

手術兩週後

繼續：

- 散步
- 放鬆
- 橫膈膜呼吸
- 自肩關節屈曲
- 平躺胸部和腹部伸展
- 肩膊圓
- 肩膊搖擺（請參看以上說明）

可添加以下運動：

自我按摩：

所有曾受傷的組織都會經過癒合階段。當這癒合過程繼續時，肌肉組織拉緊和不靈活是常見的。他們通常會與軟組織層融合拉緊，無論何處的手術疤痕都可能造成這些問題。但是您可以簡單的移動組織或者按摩疤痕位置以減少這些部位拉緊。

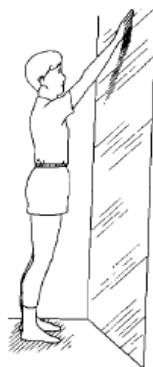
當你取下傷口敷料而傷口沒有結焦時，你可以開始自我做按摩。如果某一範圍癒合慢，你仍然可以按摩疤痕，或乳房的其他部分。按疤痕時要非常輕手，因為它比其他的皮膚更容易破裂。

假如你想像躺下來的乳房是一

hand cream so that your fingers slide over the skin. Touch your breast and see how the tissues move. When you find an area that feels not as mobile, make a mental note of the clock number. Start the massage with gentle stroking and circles. Go deeper into the tissue as tolerated. DO NOT CAUSE PAIN. The other surgical scars also need massage. Start slowly and then go deeper. Stroke in the direction of the scar and then across. Eventually you will be able to lift and roll the scar between your fingers. Keep adding more lotion as needed. Massage for 1 song, 3 times a day. You can spend the whole song on one area, but make sure all problem areas are massaged at least once a day.

個時鐘的表面。用一些護手霜讓你的手指能滑動於皮膚表面。觸摸你的乳房，看看乳房組織如何移動。當你感覺到某部份不能移動時，記下該位置的時鐘數字。開始撫摸和打圈按摩那部份，再輕輕用力按入那部份組織深一點，但**不要弄痛楚傷口**。其他手術疤痕也需要按摩。開始時慢慢地按，然後可按深一點。先順著疤痕方向按，然後打橫按，直至你可以用手指將傷疤拿高和滾動於手指之間。如果有需要可繼續加多些護手霜。每日3次按摩一首歌曲的時間。你可以花整首歌的時間在一個位置上按摩，但是要確保每天都在有問題的位置按摩至少一次。

Shoulder Flexion· Finger Wall Walk 肩膀關節屈曲，鍛煉手指在牆上走：



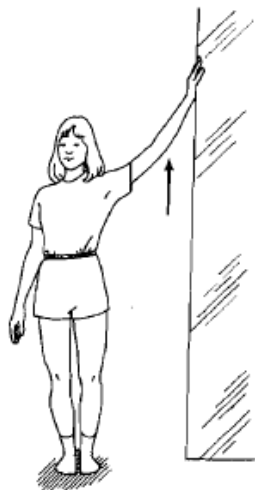
Shoulder Flexion· Finger Wall Walk :

Stand facing the wall. Walk the fingers of your surgical hand up the wall. Step closer to the wall as needed. Mark your progress with a pencil on the wall and challenge yourself to go a little higher each day. Slowly lower your arm using your other hand until you can use your shoulder muscles as a break against gravity. Repeat 5 times.

肩膀關節屈曲，鍛煉手指在牆上走：

面壁而立。將施手術那邊的手指放在牆上。按需要可行近牆一步。用鉛筆記下你能觸及的高度，然後每天挑戰自己，看看是否能觸到高一點的位置。另一隻手臂慢慢放下，直到你可以用你的肩膀肌肉對抗地心吸力。重複5次。

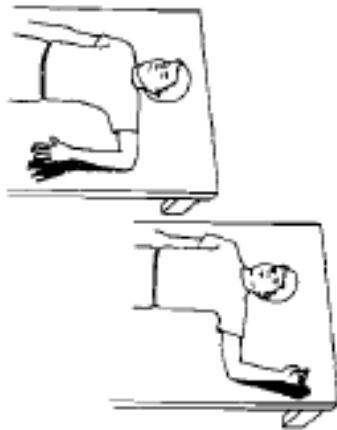
Shoulder Abduction. Finger Wall Walk 肩關節外展，手指在牆走：



Stand with your surgical side to the wall. Walk your fingers up the wall. Step into the wall as needed. Mark your progress with a pencil on the wall and challenge yourself to go a little higher each day. Slowly lower your arm using the other hand until you can use your shoulder muscles as a break against gravity. Repeat 5 times.

放施了手術那邊的手在牆上。手指走在牆上。如有需要，可行入一步。用鉛筆記錄進度，然後每天挑戰自己，看看是否能觸到高一點的位置。另一隻手臂慢慢放下，直到你可以用你的肩膀肌肉對抗地心吸力。重複5次。

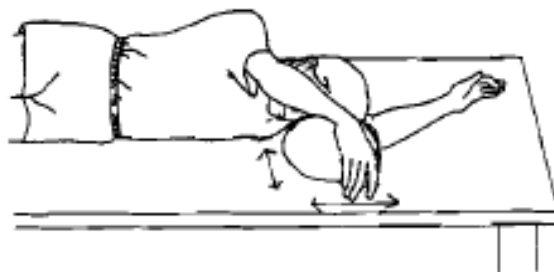
Internal And External Shoulder Rotation 內外轉動肩膀：



Lie on your back with your knees bent for comfort. Move your arm out away from body as far as tolerated. Ninety degrees is the goal. Let the palm of your hand fall towards the bed or floor until it touches (90 degrees). Hold for 10 counts. Return to start. Repeat 5 times. Now let the back of your hand fall towards the bed or floor without lifting your back or shoulder. It will not touch the bed or floor (70 degrees). Hold for 10 count. Return to start. Repeat 5 times.

先躺下，將雙膝彎曲至舒適位置。將你的手臂盡量遠離身體。目標是要達到 90 度。讓你的手掌心放在床上或地板上，直到它觸及（90 度）。數 10 下。返回到開始的位置。重複 5 次。現在，讓你的手背放在床上或地板上而不會抬起你的背部或肩膀，而不會觸及床或地板（70 度）。維持 10 下。回到開始的位置，重複 5 次。

Ball Rolling. Combined Shoulder Movement 滾球，結合肩膀活動：



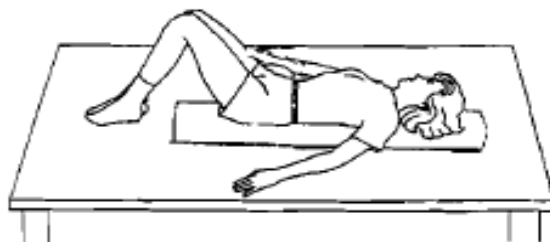
Ball Rolling. Combined Shoulder Movement :

Lie on your non-surgical side. Use pillows to support your head and between your knees for comfort. Place your hand or wrist on a softball and relax your arm completely. The ball can be placed even with your waist, bust line and above your head. Roll the ball slowly out away from body and back, up and down, and in circles. Feel your shoulder blade working, along with your shoulder, and a small amount of elbow movement. Explore these movements for 1 song on the radio.

滾球，結合肩膀活動：

躺在沒有做過手術那一側身。用枕頭支撐頭部和膝蓋之間。把你的手或手腕放在一個軟球上，並完全放鬆你的手臂。球可以放於腰間、胸部至到頭部。讓球緩緩遠離身體和背部，由上而下打圈。你會感覺肩胛骨和肩膀的活動，以及少量的肘部運動。用聽一首歌的時間去做這運動。

Roller Chest Stretch 滾軸伸展胸部：



Roll up blankets or large towels to make a roller 36" long and greater than 6" in diameter. Lie down on the length of the roller with your knees bent.

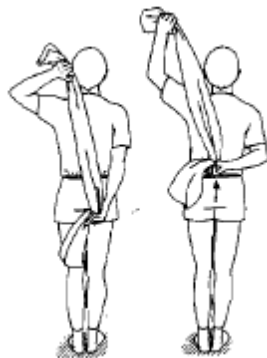
Keep your head on the roller. Move your arms away from your side, but still in contact with the floor. Feel a stretch in your upper chest and shoulder region. The goal is to stretch 90 degrees from the side. Hold for 1 song on the

將被子或大浴巾捲出一條約 36 吋長和大過 6 吋直徑的滾軸。用身體直躺於滾軸上，並雙膝彎曲。

讓你的頭保持在滾軸上。將你的雙臂遠離你的身邊，但仍與地面或床面接觸。你會感覺正在伸展你的上胸部和肩部。目標是從側面伸展 90 度。維持聽一首歌的時間。

radio or relaxation tape.

Hand Behind Back Towel Stretch 手在背後拉毛巾:

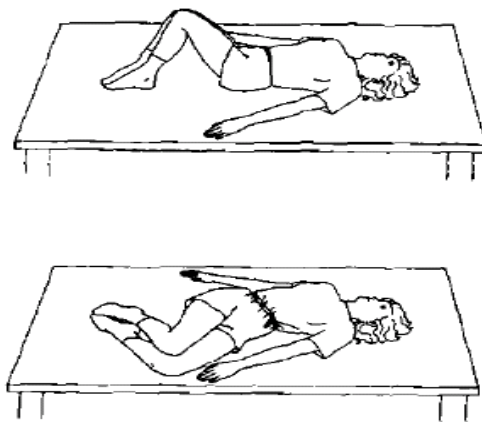


Grasp a towel behind your back with your surgical side being the lower hand. Gently pull your lower hand up your back. Hold for 10 count. Repeat 5 times.

在背後抓住毛巾，施了手術那邊的手要在較低的位置。輕力在背部向上拉。保持此位置數 10 下，重複 5 次。

<p>3 Weeks Post-Surgery</p> <p>Continue with:</p> <ul style="list-style-type: none">• Walking• Relaxation• Diaphragmatic Breathing• Self-Shoulder Flexion• Lying Flat Chest and Stomach Stretch• Shoulder Circles• Shoulder Pendulum• Self-Massage• Shoulder Flexion-Finger Wall Walk (actively, now without assistance, reach up to your mark)• Shoulder Abduction-Finger Wall Walk (actively, now without assistance, reach up to your mark)• Internal and External Shoulder Rotation• Ball Rolling Combined Shoulder Movement• Roller Chest Stretch• Hand Behind Back Towel Stretch <p>(See above for explanations)</p>	<p>手術後 3 週</p> <p>繼續：</p> <ul style="list-style-type: none">• 散步• 放鬆身體• 做橫膈膜呼吸• 自我做肩關節屈曲• 平躺胸部和腹部伸展• 肩打圓• 肩擺動• 自我按摩• 肩膀關節屈曲，手指在牆走（積極做，在沒有幫助下提高記錄）• 肩關節外展，手指在牆走（積極做，在沒有幫助下手指觸到記錄了標記）• 內外轉動肩膀• 滾球，結合肩膀活動• 滾軸伸展胸部• 手在背後拉毛巾 <p>(可看上面的說明)</p>
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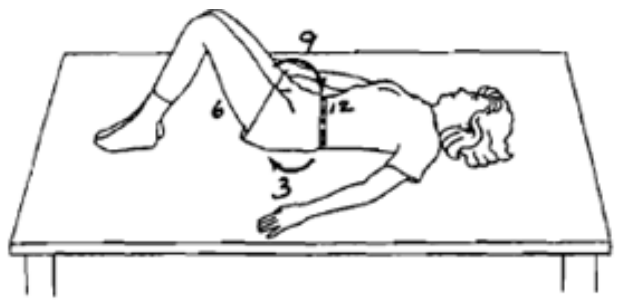
Trunk Rotation 軀幹旋轉



Lie on your back with your knees bent and your feet flat. Let your knees fall to one side. Use your hand to control the fall of your knees and return them to the middle if needed. Hold for 10 counts. Return to the starting position. Repeat on the other side. Repeat 5 times.

仰面躺下，雙膝彎曲，雙腳平。讓你的膝蓋在身體的旁邊放低。如有需要，可用你的手來控制你雙膝蓋放低的速度，亦可用手將膝蓋放回到中位。數10下。回到起始位置。重複身體的另一邊。重複做5次。

Pelvic Clock 做盆骨時鐘：



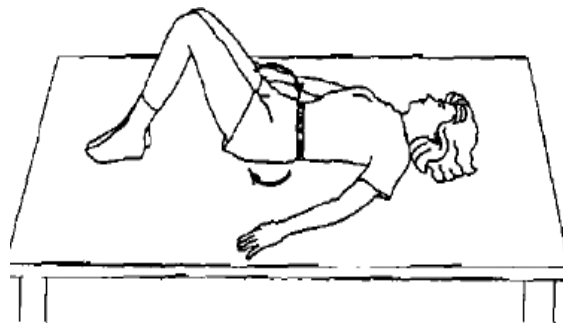
Lie on your back with your knees bent and your feet flat. Picture your lower back and

先躺下，雙膝彎曲，雙腳放平。用你的下背部及臀部順時鐘畫

buttocks on a face of a clock. Twelve o'clock is up toward the belly button, 6 o'clock is toward the tailbone, 3 o'clock is under the left buttock muscle, and 9 o'clock is under the right buttock. Start by rocking slowly and continually across the clock from 12 to 6. Then, try rocking from 3 to 9. Try doing a full circle. Play with the movements, but do not repeat any that create pain. Do not hold any position. Feel all the ways you can move your pelvis. Practice for 1 song on the radio or relaxation tape.

圈。12 時的位置在肚臍；6 時的位置是尾骨；3 時在左臀部的肌肉；和 9 時在右臀部的肌肉。首先，從 12 到 6 時慢慢地前後搖擺；然後嘗試從 3 到 9 時左右搖擺出一個完整的圓。繼續擺動，但痛楚的動作不要重複。不要停留在任何位置。盡量擺動你的盆骨。練習約聽一首歌的時間。

Pelvic Tilt 做推升盆骨運動：



Lie on your back with your knees bent and your feet on the floor. Tighten your lower abdominal muscles by pulling your belly button up and towards your ribs. Your stomach and lower back will flatten. DO NOT hold your breath. Hold this position for 10 counts. Repeat 5-10 times.

先躺下，雙膝彎曲，雙腳平放在地板上。將你的肚臍向肋骨上拉來收緊你下腹部的肌肉，這會拉平你的胃部 and 腰部。不要屏住呼吸。保持這個姿勢數 10 下的時間。重複 5-10 次。

<p>6 Weeks Post-Surgery</p> <p>Continue with:</p> <ul style="list-style-type: none">• Walking• Relaxation• Diaphragmatic Breathing• Self-Shoulder Flexion• Lying Flat Chest and Stomach Stretch• Shoulder Circles• Shoulder Pendulum• Self-Massage• Shoulder Flexion-Finger Wall Walk (actively, now without assistance, reach up to your mark)• Shoulder Abduction-Finger Wall Walk (actively, now without assistance, reach up to your mark)• Internal and External Shoulder Rotation• Ball Rolling Combined Shoulder Movement• Roller Chest Stretch• Hand Behind Back Towel Stretch <p>(See above for explanations)</p>	<p>手術後 6 週</p> <p>繼續：</p> <ul style="list-style-type: none">• 散步• 放鬆身體• 做橫膈膜呼吸• 自我做肩關節屈曲• 平躺胸部和腹部伸展• 肩打圓• 肩擺動• 自我按摩• 肩膀關節屈曲，手指在牆走（積極做，在沒有幫助下提高記錄）• 肩關節外展，手指在牆走（積極做，在沒有幫助下手指觸到記錄了標記）• 內外轉動肩膀• 滾球，結合肩膀活動• 滾軸伸展胸部• 手在背後拉毛巾 <p>(可看上面的說明)</p>
<p>Add these additional exercises:</p> <p>Strengthening Exercises:</p> <p>It is normal for muscles to become weak while they are inactive. It is also normal for them to get stronger as you slowly work to-</p>	<p>添加以下這些額外的運動：</p> <p>加強體力的鍛煉：</p> <p>沒有活動的肌肉變得虛弱是正常的。你慢慢地每天朝著自己的</p>

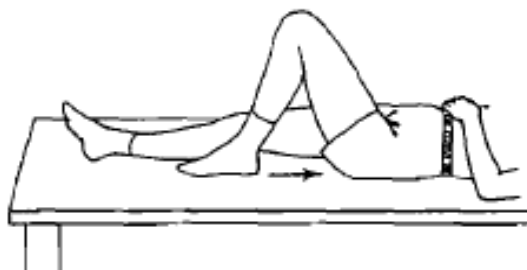
wards your goal each day. You can load muscles by isolating specific muscles and contracting them against a resistance. The body itself can be resistant when you move against gravity. Otherwise, you can use a lightweight or a rubber band called a theraband. Even a strip of a bicycle inner tube can be used. A bicycle repair shop will give you a free one. Start with a 1 pound weight or a full soup can. Beach sand in ziplock bags works well if you need more weight. The number of repetitions can be increased to 15-20 as tolerated; this helps with muscle endurance.

Do the exercises as shown. If there is pain, stop and try it with little or no resistance. Pain and exercise are not synonymous. Slowly increase the resistance or the number of times you repeat the movement. Doing the exercises 2-3 times a day is sufficient. The muscle strength is built during the rest periods between exercise sessions. Working a muscle to total fatigue does not make it stronger and, actually can hurt the muscles.

目標活動而令肌肉變得強壯，這也是正常的。您可以使用阻力令個別一組的肌肉收縮。身體本身的重量也可以成為阻力。不然的話，您可以使用一個輕量級或一個稱為 theraband 的運動橡皮筋。甚至一條自行車的內胎都可以使用來做阻力。自行車修理店會可以給你一條免費的內胎。開始時拿一磅重的物件或一罐湯即可。如果你需要增加重量，放沙在自封膠袋的效果很好。在身體可以忍受的情況下，重複做運動的次數可以增至 15-20 次；這有助於建立肌肉的耐力。

做如圖所示的練習。如果覺得痛，便嘗試做很少或沒有阻力的運動。做的運動是不應該給你疼痛的。緩慢增加你的運動阻力或和重複做運動的次數。每天做 2-3 次練習就足夠了。肌肉的強度是在做運動之間的休息時間建成的。令肌肉過勞是不能使它更強而有力，相反，其實這可以傷害肌肉。

Foot Slide - Lower Abdominal 腳滑動至腹部：



Start with the posterior pelvic tilt but with your legs straight. Alternate sliding one foot to bend leg. Return to start position. Repeat with your other leg. Your back needs to remain flat. Progress to 2-foot slide. Repeat 5-10 times.

後盆骨傾斜，但你的腳要伸直。交替滑動一隻腳直至彎曲。返回到開始位置，另一條腿重複同一個動作。你的背部必須保持平穩。直至雙腳都能做到。重複 5-10 次。

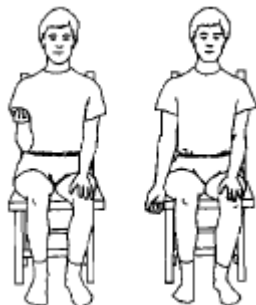
Shoulder strengthening

You should have a good return of your shoulder motion before starting to add resistance to the limb. Go slowly and try to make the muscles work smoothly. They may have to re-learn how to work again, but with patience and practice they will. If you cannot do the exercise through the available range of motion, then you have too much weight or resistance. Do the exercise without weight and try the stretching exercises against. Lighten it up! Pacing is important in regaining strength.

加強肩膀：

你應該等肩膀的活動能力開始變好然後才給肢體做添加阻力的鍛煉。慢慢來，盡量使肌肉順暢地活動。肌肉可能要重新學習如何活動，但你只要有耐心做就會成功。如果你在應該是正常的活動範圍內都動不了，那麼你可能拿重量太多或阻力太大。那就做運動時不要拿重量，並嘗試做伸展運動。減輕運動的負擔吧！按你的體能一步步地做對恢復體力很是重要。

Bicep Arm Curls 彎舉手臂的二頭肌：



Sit in a kitchen chair with your arm hanging down. Slowly bend your elbow until your hand is close to touching your shoulder. Return your hand to your side. Repeat 10 times for each side.

坐在廚房的椅子上，手臂垂下來。慢慢彎曲肘部，直到手靠近或觸及到肩膀。手再回到原來位置。每一側重複 10 次。

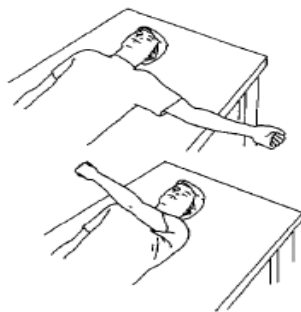
Tricep Elbow Straightening 伸展手臂的三頭肌：



Hold your arm near your side and lean over the side of the table with your non-surgical side lightly supporting your trunk. Slowly bend and straighten and bend your elbow, but do not allow your shoulder to move. Repeat 10 times.

保持你的手臂靠近你，並在沒做手術的一邊俯身在桌子側，輕輕地支撐著身體。慢慢地彎曲和伸直肘部，但不要讓肩膀向上移動。重複 10 次。

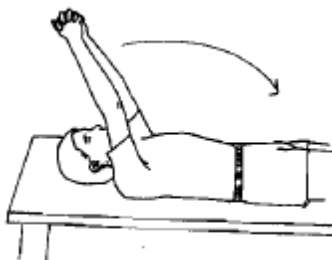
Flies 飛翔：



Lie with your arms at 90-degree angles from your side. Bring your hand up above your chest and then across towards your other shoulder. Start with no weight. You can do both arms at once. Repeat 10 times.

躺在你的雙臂從你身邊 90 度角。把你的手，跨過你胸部的上面到另一肩膀。開始時不要手拿重量。您可以雙臂一起做。重複 10 次。

Overhead Pull Downs 過頭上下拉：



Lie on your back with your knees bent. Bring your arms up over your head, keeping your arms close to your ears. Bring your arms down towards your stomach and then return them to above your head. Start with no weight. Repeat 10 times.

躺下，雙膝彎曲。把手臂向上舉過頭頂，並保持手臂貼近耳朵。把雙臂下拉至胃部，然後再回到頭頂。由手沒有拿著重量開始。重複 10 次。