

腿部主动活动范围

Active Leg Range of Motion

Do these exercises on your back
_____ times, _____ times a day.

仰卧状态下完成以下练习_____次，
每天_____次。

☐ Ankle Pumps

Move your foot up and down as if pushing down or letting up on a gas pedal in a car.

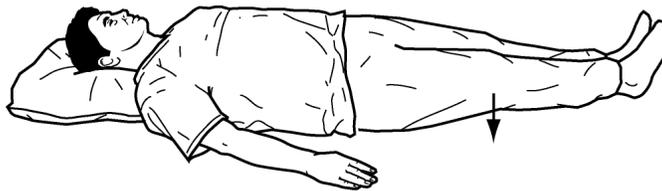


☐ 脚踝踩动

模仿开车时踩下或松开油门的动作，上下活动您的脚。

☐ Quad Sets

Lie on your back with your legs straight and toes pointed toward the ceiling. Tighten your thigh muscles and push your knee down to the bed. Hold for 5 seconds and release.

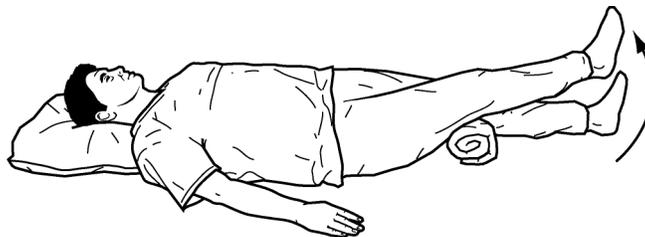


☐ 股四头肌动作组合

呈仰卧姿态，双腿伸直，脚趾朝向天花板。收紧大腿肌肉，下压膝盖直至床面。保持5秒钟，然后放松。

☐ Short Arc Quads

Place a large can or rolled towel under your knee. Straighten your knee and leg. Hold _____ seconds.

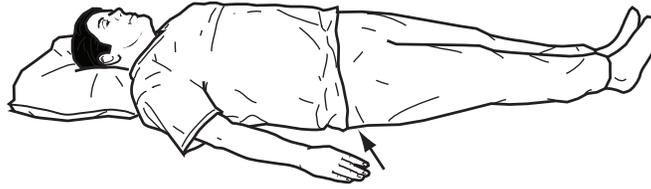


☐ 短弧股四头肌动作

在膝盖下方放置大罐头或卷曲的毛巾。伸直膝盖和腿。保持_____秒。

□ Gluteal Sets

Squeeze your buttocks together. Hold for 5 seconds and release.

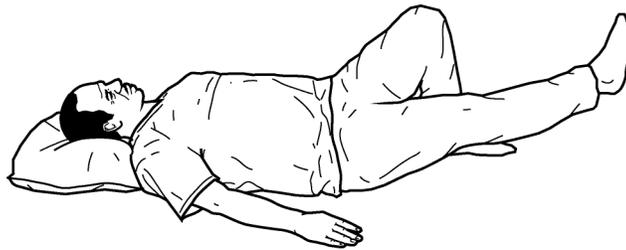


□ 臀肌动作组

收紧臀部。保持5秒后放松。

□ Straight Leg Raise

Lift your leg toward the ceiling while keeping your knee straight. Bend the opposite knee.

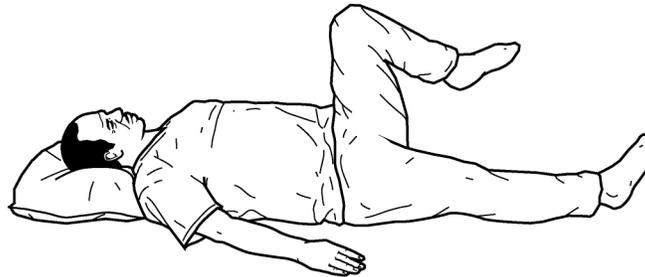


□ 直腿抬升

保持膝盖伸直，将腿抬向天花板。弯曲另一条腿的膝盖。

□ Hip and Knee Bending

Bring your leg in towards your chest, bending the knee and hip. You also can do this exercise sitting.

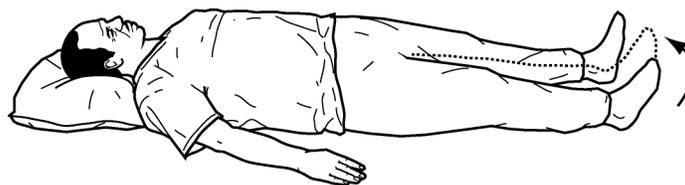


□ 臀膝弯曲

将腿抬向胸部，弯曲膝盖和臀部。您还可以以坐姿完成此练习。

□ Hip Rotation

Roll your leg in towards your other leg and then back out.

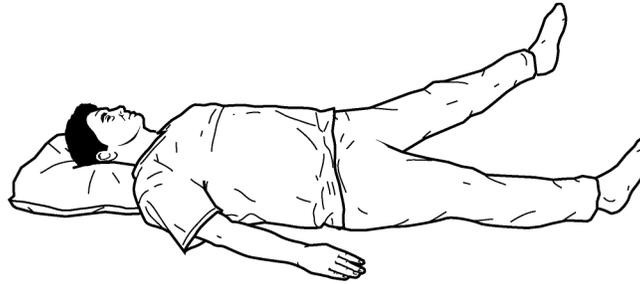


□ 臀部转动

将腿向另一条腿转动，然后收回。

□ Hip Outward and Inward

Move your leg out to the side and then back, keeping your knee straight and pointed towards the ceiling.

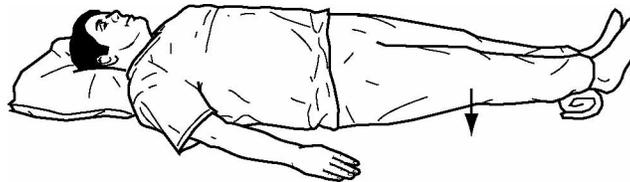


□ 臀部内外伸展

将您的腿向侧面伸展，然后收回，在此过程中保持膝盖挺直并朝向天花板。

□ Knee Push

Put a towel roll under your ankle and push your knee down into the bed.



□ 膝盖下压

将卷曲的毛巾放在脚踝下方，下压膝盖直至床面。