

主动活动范围练习： 手腕、手肘、前臂和肩部

Active Range of Motion Exercises: Wrists, Elbows, Forearms, and Shoulders

Repeat these exercises ____ times, ____ times a day. Do only the exercises checked.

Do the exercises with:

- Both arms
- Right arm
- Left arm

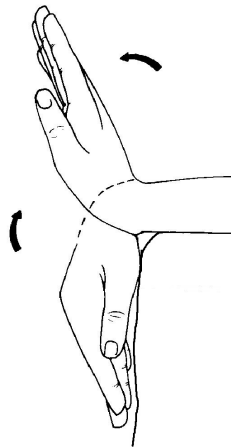
以下练习重复____次，每天____次。仅完成勾选的练习。

练习部位：

- 双臂
- 右臂
- 左臂

Wrists 1

Rest your arm on a table and hang your hand over the edge. Slowly bend your wrist up and down.

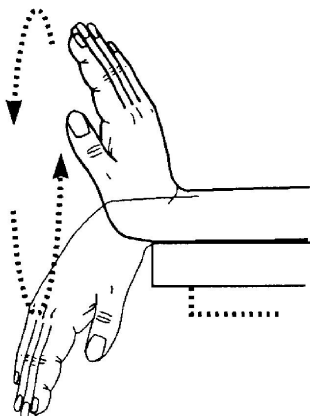


手腕1

将手臂放在桌上，使手悬垂在边缘。慢慢地上下弯曲您的手腕。

Wrists 2

Rest your arm on a table and hang your wrist over the edge. Move your wrist in circles to the right and to the left.

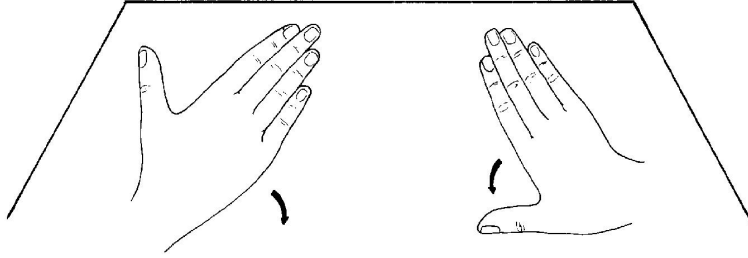


手腕2

将手臂放在桌上，使手腕悬垂在边缘。手腕向左右画圈。

□ Wrists 3

Put your arm with your hand, palm down, on the table. Move your hand toward the little finger side. Then move the hand toward the thumb side. Keep your arm still.

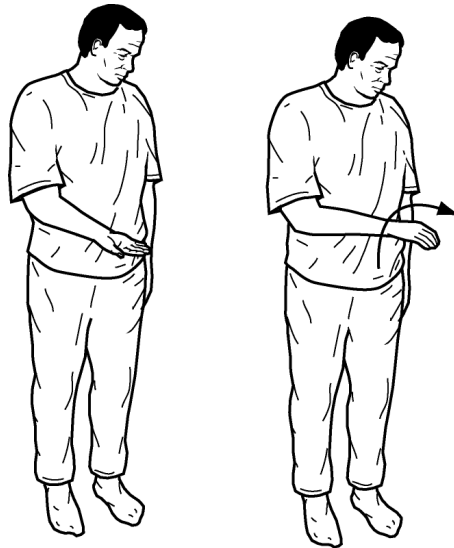


□ 手腕3

将手臂放在桌上，手掌朝下。将手向小指侧移动。然后将手向拇指侧移动。手臂保持不动。

□ Forearms

Place your arm at your side with elbow bent and tucked in at your side. Turn your hand so that the palm faces up to the ceiling. Now turn your hand so that the palm faces down to the floor.

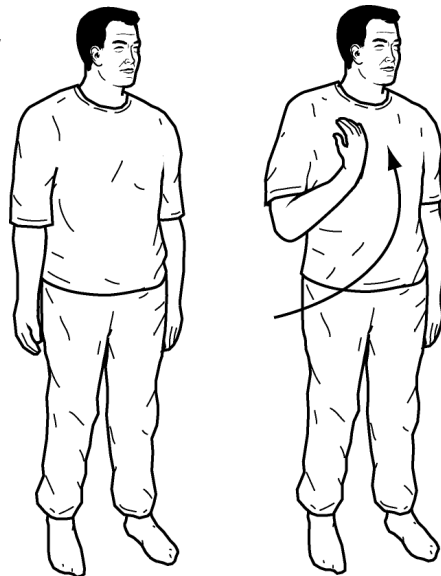


□ 前臂

将手臂放在身体侧面，手肘弯曲并在身侧抬起。转动您的手，使手掌向上朝向天花板。现在转动您的手，使手掌向下朝向地板。

□ Elbows

Place your arm down at your side with elbow straight. Bend the elbow and bring your hand up to touch your shoulder.

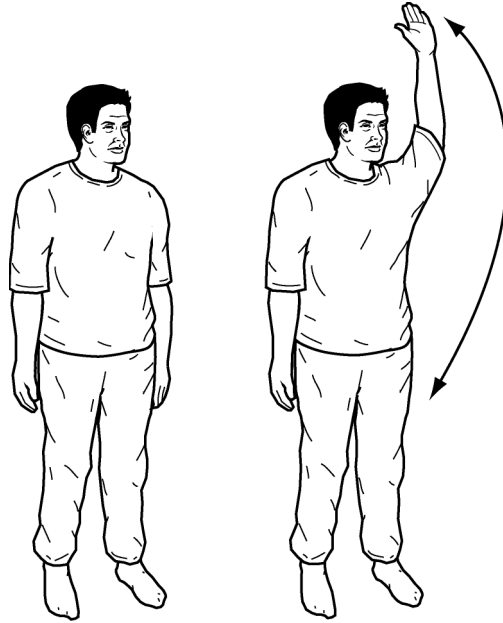


□ 手肘

将手臂下垂放在身体侧面，手肘伸直。弯曲手肘，使您的手向上触碰肩部。

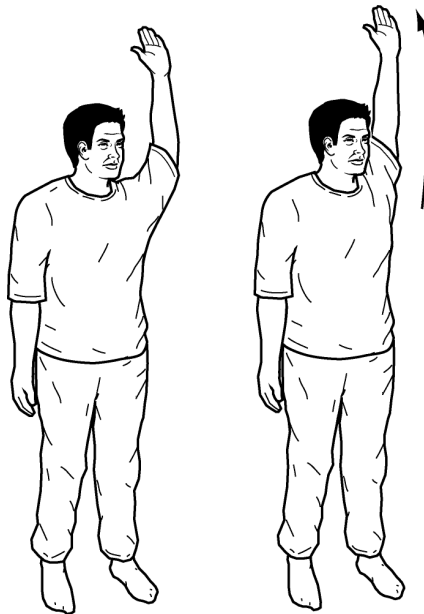
☐ Shoulders 1

Place your arm at your side, palm turned in. Keep your elbow straight, and raise the arm up in front of your body and up toward the ceiling. Gently stretch your arm up then bring it down.



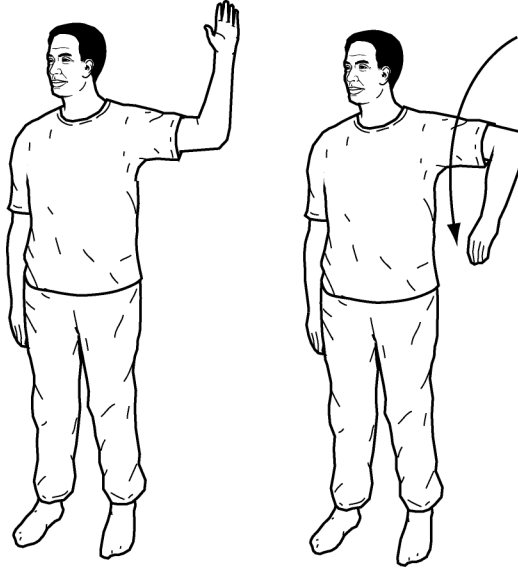
☐ 肩部1

将手臂放在身体侧面，手掌朝内。使手肘保持伸直姿势，将手臂朝身体正面向上抬起，并举直朝向天花板。轻轻地向上伸展手臂，然后放下。



□ Shoulder 2

With your arm at your side, palm facing in, raise your arm straight out to shoulder height. Bending the elbow, raise your hand up toward the ceiling, then down toward the floor.

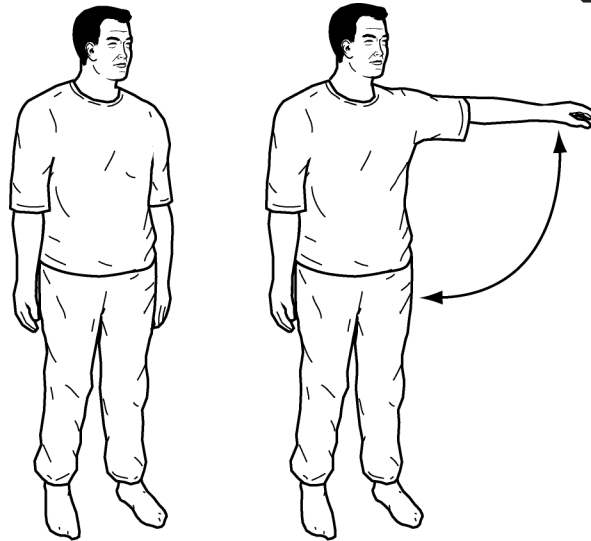


□ 肩部2

将手臂放在身体侧面，手掌朝内，然后将手臂向外抬起，与肩部齐平。弯曲手肘，将手向上抬起至朝向天花板，然后向下朝向地板。

□ Shoulder 3

With your arm at your side, palm facing in, raise your arm straight out to the side, to shoulder height. Lower your arm to starting position.



□ 肩部3

将手臂放在身体侧面，手掌朝内，然后将手臂向外侧抬起，与肩部齐平。将手臂放下至起始位置。