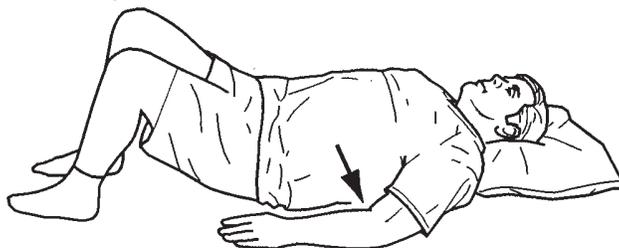


# 背部强化练习

## Exercises to Strengthen Your Back

### □ Tighten tummy (Transverse abdominis)

1. Relax on your back with your knees bent. Breathe in and out.
2. Breathe out and pull your tummy in.
3. Breathe and hold your tummy in for 10 seconds.
4. Relax and then repeat 10 times.

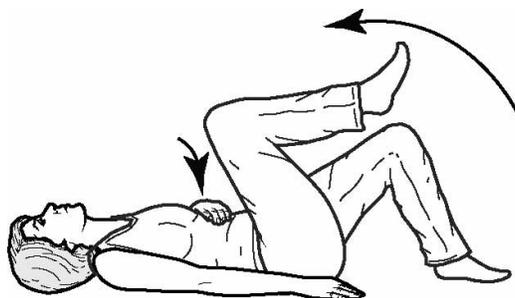


### □ 收紧腹部 (腹横肌)

1. 膝盖弯曲，仰卧放松。吸气，呼气。
2. 呼气并收腹。
3. 呼吸，保持收腹10秒钟。
4. 放松，然后重复10次。

### □ Bent knee fall outs

1. Lie on your back with your knees bent. Breathe in and out.
2. Breathe out and tighten your tummy to support your back. You may want to rest your hand on your tummy to remind you to keep it pulled in.
3. Keep breathing, but keep your tummy tight and lift one leg with your knee bent, so your knee is facing the ceiling.
4. Lift the other leg slowly to the same position and hold for 5 to 10 seconds.
5. Then lower one foot to the floor and then the other.
6. Relax and repeat 10 times.

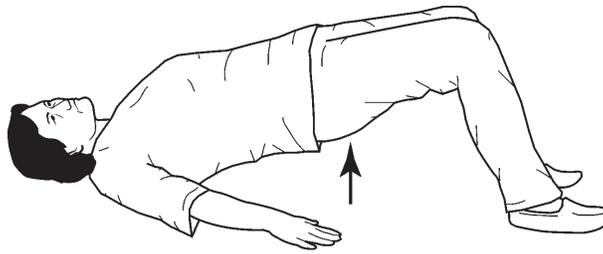


### □ 屈膝抬腿

1. 屈膝仰面躺下。吸气，呼气。
2. 呼气，收紧腹部以支撑背部。可以将手放在腹部，提醒自己保持腹部收紧。
3. 保持呼吸，保持腹部收紧并抬起一只腿，膝盖弯曲，使膝盖面朝天花板。
4. 缓慢抬起另一只腿到相同位置，保持5-10秒钟。
5. 然后将一只脚放在地上，放下另一只脚。
6. 放松，重复10次。

## □ Bridging

1. Lie on your back with your knees bent and arms at your sides. Breathe in and out.
2. Breathe out and tighten your tummy to support your back.
3. Keep breathing and keep your tummy tight and lift your buttocks off of the floor.
4. Hold and then lower your buttocks to the floor.
5. Repeat 10 times.

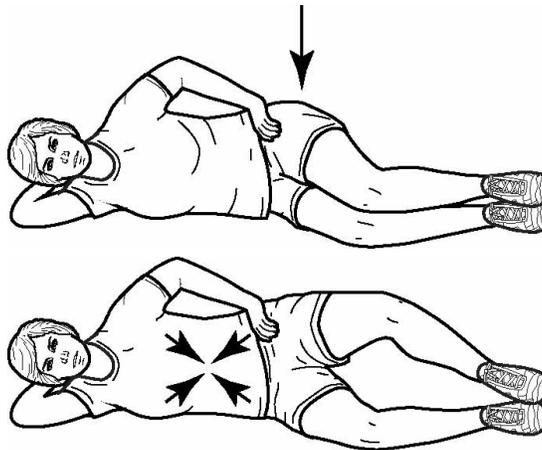


## □ 拱桥

1. 屈膝仰面躺下，双臂放在两侧。吸气，呼气。
2. 呼气，收紧腹部以支撑背部。
3. 保持呼吸，保持腹部收紧，抬起臀部，离开地面。
4. 保持姿势，然后使臀部回到地面。
5. 重复10次。

## □ Side clam (Hip abduction and external rotation on side)

1. Lie on your side with your hips, knees, and feet straight over each other, and your knees bent 45 to 60 degrees. Support your head with your arm.
2. Pull in your tummy and straighten your spine while you keep your breathing relaxed.
3. Keep your feet touching and slowly lift the top knee towards the ceiling. Do not let your hips roll back.
4. Hold for 5 to 10 seconds and then lower the leg.
5. Repeat 10 times. Then roll to the other side, and do this exercise again.

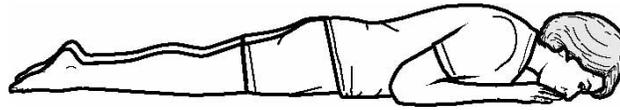


## □ 侧躺开合（臀部外展和单侧外部旋转）

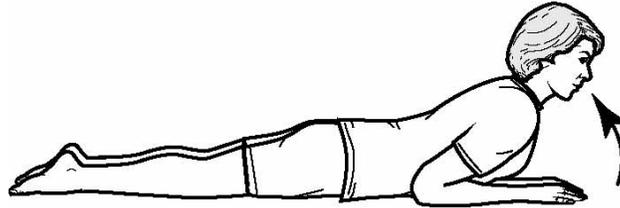
1. 侧躺，臀部、膝盖和脚相互并拢，膝盖弯曲45-60度。用一只手臂支撑头部。
2. 收腹，挺直脊柱，保持呼吸，放松。
3. 保持脚部接触，缓慢朝天花板抬起上面的膝盖。臀部不可向后退。
4. 保持5-10秒钟，然后放下腿部。
5. 重复10次。然后换到另一侧，再做此练习。

## □ Elbow press up (Lumbar extension)

1. Lie face down with your legs out straight behind you. Your arms should be at your sides with your elbows bent and your hands by your face.



2. Push up to your elbows, but keep your hips on the floor.
3. Hold and then lower back down.
4. Repeat 10 times.

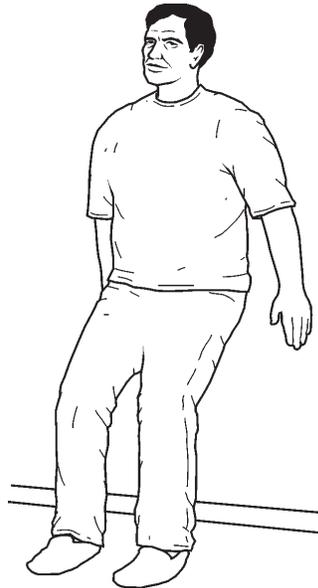


## □ 肘部俯卧撑 (腰椎伸展)

1. 面朝下躺下，双腿向后伸直。双臂位于双侧，肘部弯曲，手掌放在面部旁边。
2. 向上撑起手肘，保持臀部贴近地面。
3. 保持姿势，然后落下。
4. 重复10次。

## □ Wall slide (Quarter squat)

1. Stand with your back against the wall and your feet shoulder width apart.
2. Slide down the wall until your knees are bent 30 to 45 degrees. Do not bend your knee deep enough to cause pain.
3. Hold for 5 to 10 seconds and then straighten your knees to push you back up.
4. Relax and then repeat 10 times.



## □ 滑墙（微蹲）

1. 背部贴墙站立，腿与肩同宽。
2. 沿墙下滑，直到膝盖弯曲30-45度。不要过度屈膝，以免疼痛。
3. 保持5-10秒，然后伸直膝盖，向上推起背部。
4. 放松，然后重复10次。