

肩部强化练习

Exercises to Strengthen Your Shoulder

- Do the exercises _____ times a day with:
 - Right arm
 - Left arm
 - Both arms
- Repeat each exercise _____ times.
- Hold each position for _____ seconds.
- If you prefer, the exercises done lying on a firm, sturdy table may also be done on the floor or on an exercise bench.

- 每天练习_____次：
 - 右臂
 - 左臂
 - 双臂
- 每项练习重复_____次。
- 保持每个姿势_____秒。
- 如果您愿意，这些在牢固台面上进行的练习也可在地面或健身椅上进行。

With rod or cane

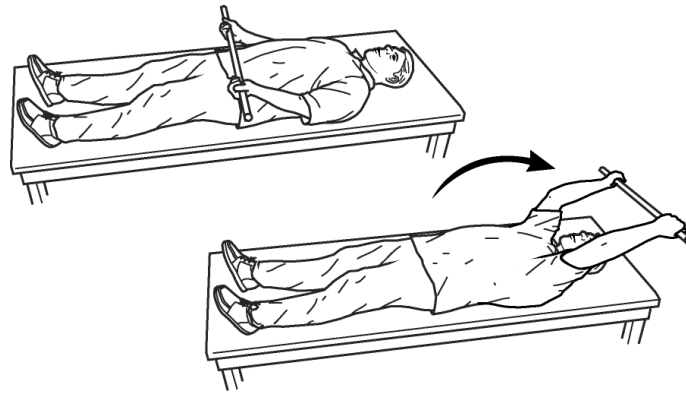
For each of the next three exercises, use a long dowel rod or cane.

- Lie on your back, holding the dowel with both hands from underneath.

Have elbows straight and the dowel resting across your legs.

Lift the dowel up over your head as far as you can.

Hold. Slowly lower the dowel back down and relax, then repeat.



借助杆或拐杖

以下三项练习都会用到长定位杆或手杖。

- 仰面躺下，双手从下面握住杆。

肘部放直，杆放在腿上。

抬起杆，最大限度越过头部。

保持姿势。缓慢放下杆，放松，然后重复动作。

- Lie on your back with your hands wrapped over the top of the dowel.

Have one arm slightly out from your body with the elbow bent 90 degrees.

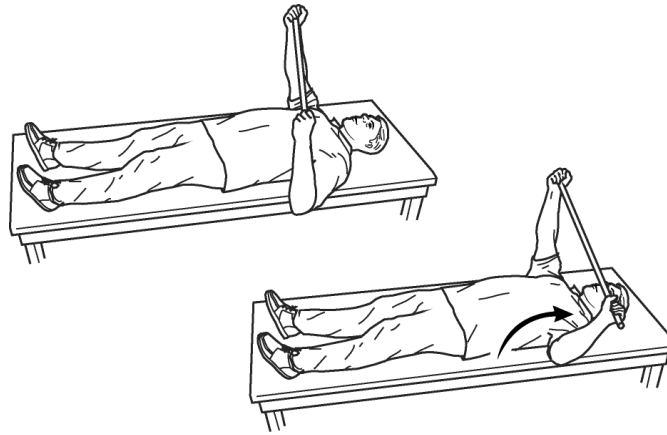
Using the other hand, push the dowel to move the hand up above the shoulder.

Hold. Bring the arm back down and relax. Repeat.

- Lie on your back with your hands wrapped over the top of the dowel.

Have one arm slightly out from your body with the elbow bent at 90 degrees. Using the other hand, push the dowel to move the hand down toward your waist.

Hold. Return the arm to the start position and relax. Repeat.



- 仰面躺下，双手握住杆的两端。

一只手臂轻轻离开身体，肘部弯曲90°。

用另一只手推动杆，让手向上移动，超过肩部位置。

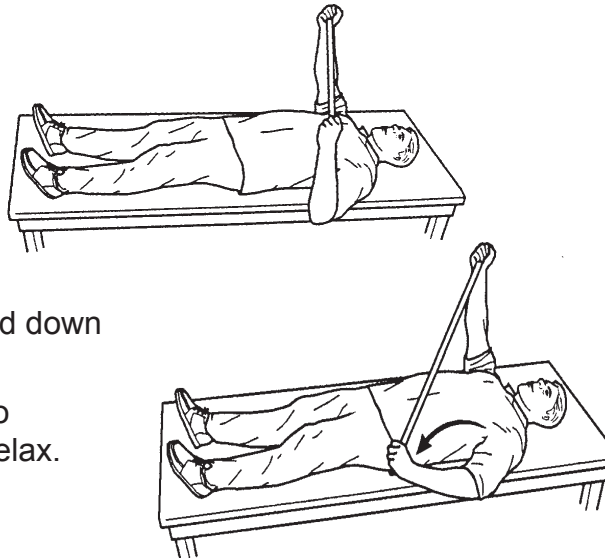
保持姿势。放下手臂，放松。重复动作。

- 仰面躺下，双手握住杆的两端。

一只手轻轻离开身体，肘部弯曲90°。

用另一只手推动杆，让手朝着腰部向下移动。

保持姿势。手臂回到起始位置，放松。重复动作。



Without rod or cane

Put the dowel rod or cane down for the next exercises. Your therapist may have you add light weights as your shoulder gets stronger.

- Lie on your side. Have your bottom arm stretched above your head.

Have your upper arm at your side with the elbow bent at 90 degrees, so the hand is on the floor or table.

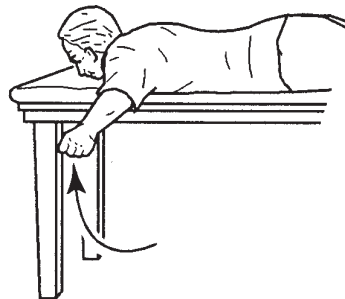
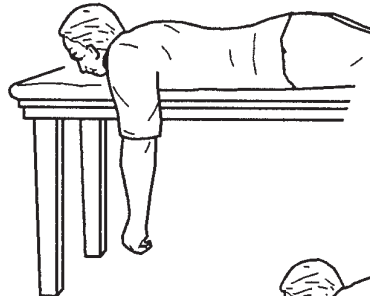
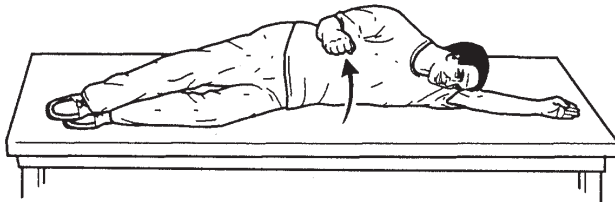
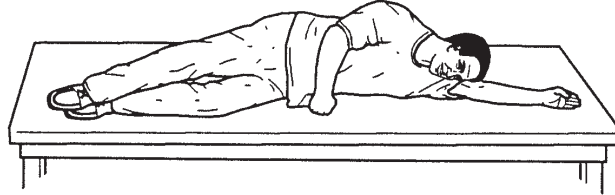
With the upper arm fixed at your side, raise your hand up to shoulder level.

Hold and then lower to starting point. Relax and repeat.

- Lie face down on a table or bench. Have one arm hanging straight down to the floor.

Lift your arm out to your side until it is parallel to the floor.

Hold and then slowly lower your arm. Relax and repeat.



不借助杆或手杖

放下定位杆或手杖，进行接下来的练习。当您的肩膀变得更强壮后，您的治疗师可能让您增加少许重量。

- 侧躺。将下侧手臂拉伸超过头部。

将上侧手臂放在身侧，肘部弯曲90°，使手部位于地面或台面上。

让上臂固定在身侧，抬手到达肩高。

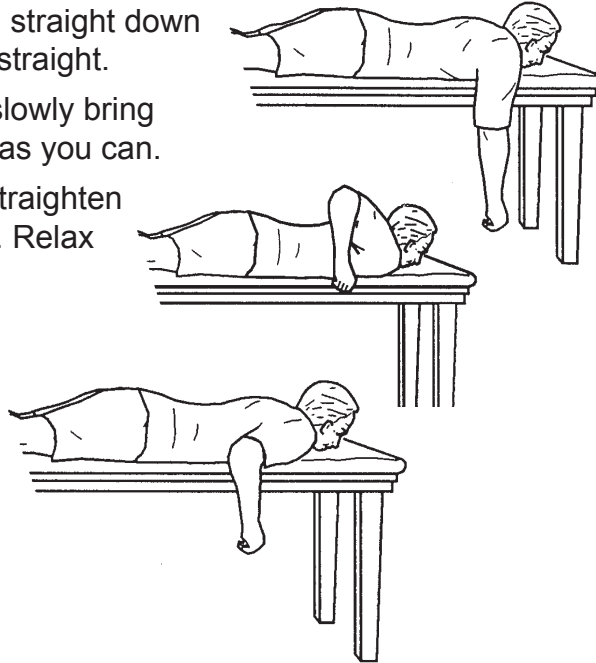
保持姿势，然后落下到起始点。放松并重复动作。

- 面朝下躺在台面或健身椅上。让一只手垂直落至地面。

抬起手臂到身侧，直到与地面平行。

保持姿势，然后缓慢放下手臂。放松并重复动作。

- Lie face down on a table or bench. Have one arm hanging straight down to the floor with elbow straight. Bend your elbow and slowly bring your elbow up as high as you can. Hold and then slowly straighten your elbow back down. Relax and repeat.



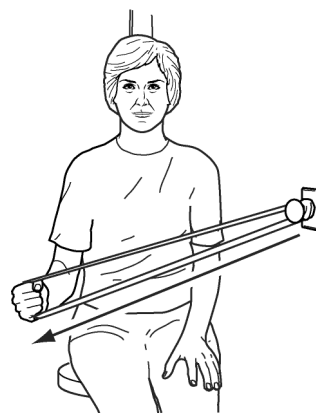
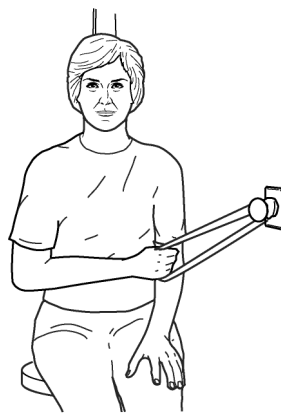
- 面朝下躺在台面或健身椅上。肘部伸直，让一只手垂直落至地面。弯曲肘部，缓慢抬起手肘至最大幅度。保持姿势，然后缓慢放回放直肘部。放松并重复动作。

With theraband or tubing

For the next two exercises, you can use a theraband or resistance tubing.

□ Shoulder External Rotation:

- Attach the theraband or tubing at waist height.
- Stand or sit on a stool with arms at your sides.
- Hold the theraband in one hand with the elbow bent at 90 degrees and the arm across the front of your body.
- Pull the theraband out across your body, keeping the elbow at your side.
- Slowly return to the start. Relax and then repeat.



使用弹力带或橡筋带

以下两项练习可以使用弹力带或弹性橡筋带。

□ 肩部外转:

- 将弹力带或橡筋带系在齐腰高度。
- 站立或坐在凳子上，手臂放在身体两侧。
- 一只手握住弹力带，肘部弯曲90°，手臂横过身体正面。
- 拉动弹力带横过身体正面，手肘保持在身侧。
- 缓慢回到起始位置。放松然后重复动作。

□ Shoulder Internal Rotation:

- Attach the theraband or tubing at waist height.
- Stand or sit on a stool with arms at your sides.
- Hold the theraband in the hand closest to the side where the band is attached.
- With the elbow bent at 90 degrees and by your side, pull the theraband across the front of your body.
- Hold and then slowly return to the starting point. Relax and repeat.



□ 肩部内转:

- 将弹力带或橡筋带系在齐腰高度。
- 站立或坐在凳子上，手臂放在身体两侧。
- 用靠近弹力带的一只手握住弹力带。
- 肘部弯曲90°位于身侧，拉动弹力带横过身体正面。
- 保持姿势，然后缓慢回到起始点。放松并重复动作。

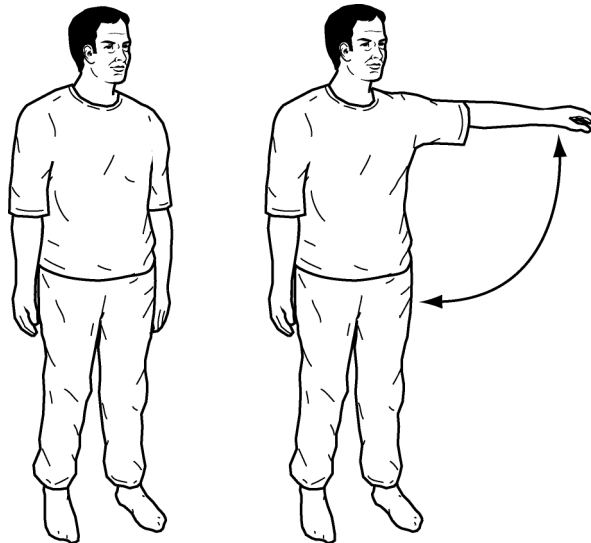
Without theraband or tubing

These two exercises are done without the theraband or tubing. As your shoulder gets stronger, your therapist may have you add light hand weights for these exercises.

- Stand with your arms straight down at your sides and palms facing in toward your body.

Raise your arm out to your side, turning your palm up as your arm reaches shoulder height. Do not go higher than shoulder height.

Hold. Then slowly lower your arm and relax. Repeat.



不使用弹力带或橡筋带

这两项练习无需使用弹力带或橡筋带。随着您的肩部变得更强壮，您的治疗师可能为这些练习增加少许手部重量。

- 站立，双臂垂落在身体两侧，手掌朝向身体。向外抬起手臂，当手臂达到肩膀高度时，翻转手掌朝上。切勿超过肩高。保持姿势。然后缓慢放下手臂并放松。重复动作。

- Stand with your elbows to your side and thumbs up. Raise your arm to shoulder level slightly out from your body. Hold and then slowly bring your arm down. Relax and repeat.



- 站立，让手肘靠近身侧，竖起拇指。缓慢向外抬起手臂至肩高。保持姿势，然后缓慢放下手臂。放松并重复动作。