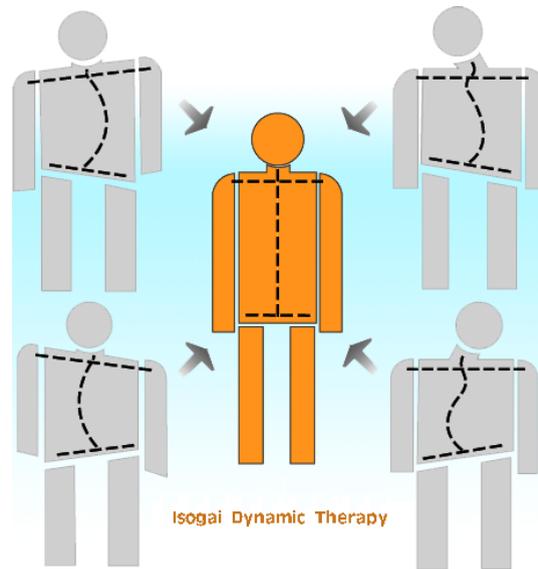


正確姿勢健康班



註冊物理治療師

劉兆安先生

2007年10月5日

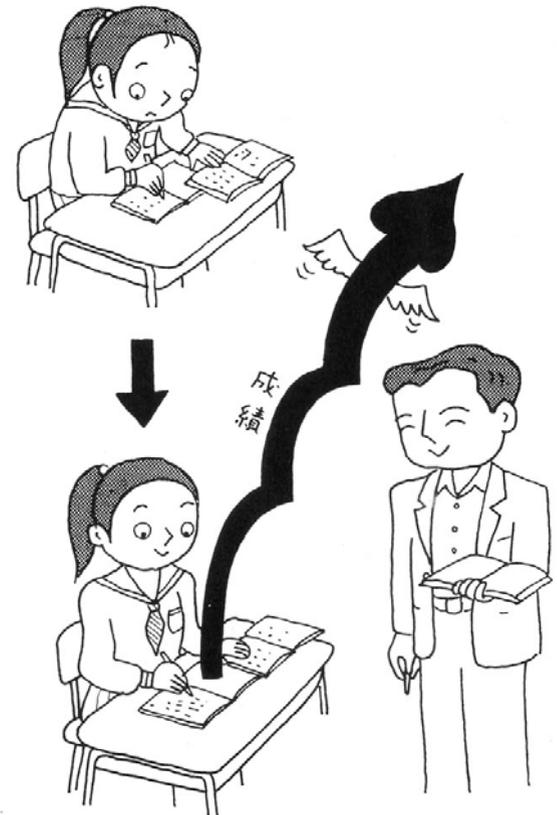
內容

- 正確姿勢及運動的重要性
- 良好及不良姿勢
- 健體益腦運動
- 總結

正確姿勢及運動的重要性

- 減輕壓力，促進心理健康
- 增強抵強力
- 刺激骨骼生長
- 預防受傷及關節痛
 - 球類比賽
- 增加肌肉力量 – 功夫
- 改善姿勢
- 促進血液循環 – 怕冷
- 提升學業成績

矯正駝背後，充滿幹勁、集中力，學業成績進步



良好姿勢

- 左右平衡

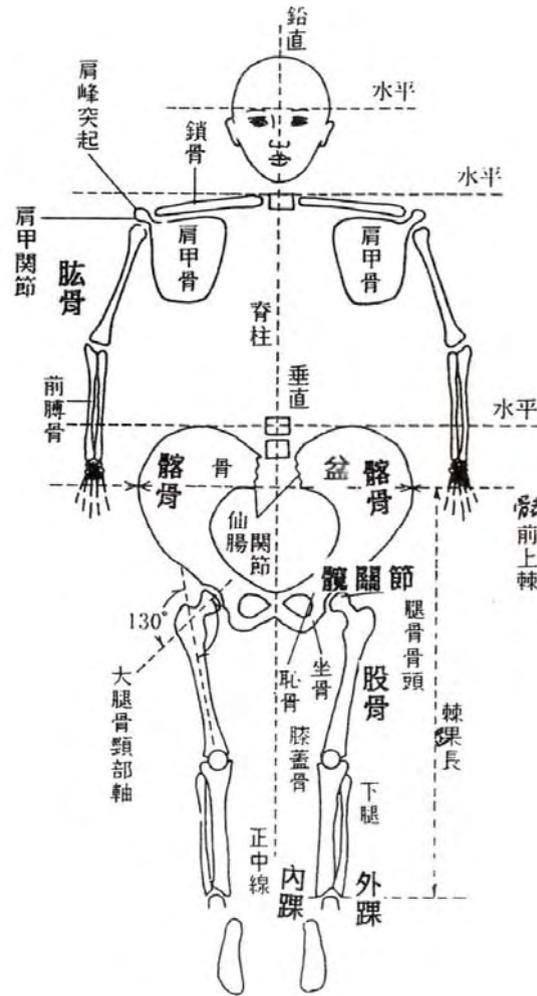
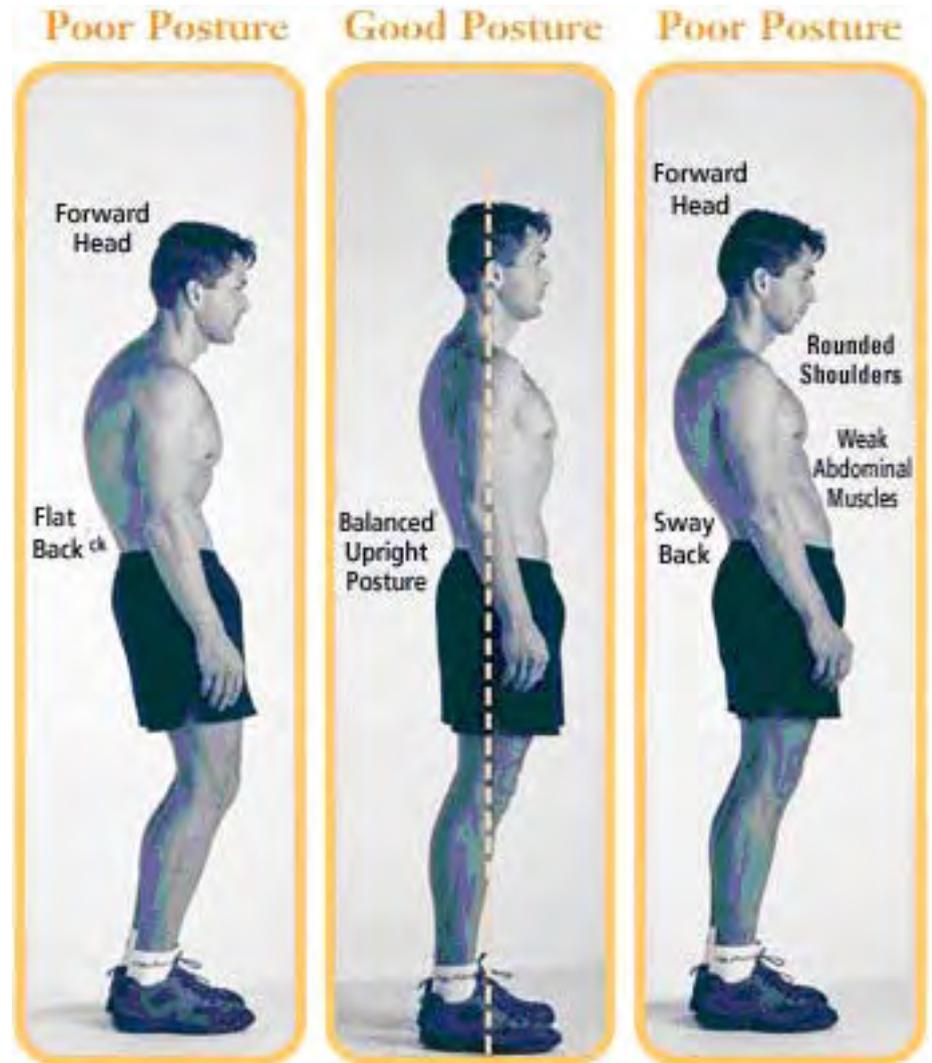


圖1.2 健康人的骨骼略圖

良好姿勢

- 前後平衡



常見不良姿勢

- 睡眠時
- 坐著時
- 站立時
- 步行時
- 提重物時

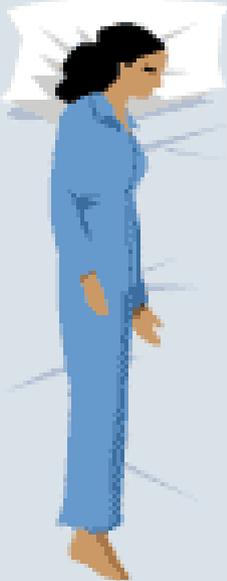
- 不良後果：疼痛、脊柱側彎、麻痺、影響身體高度、易累、易跌 ...

不同睡姿

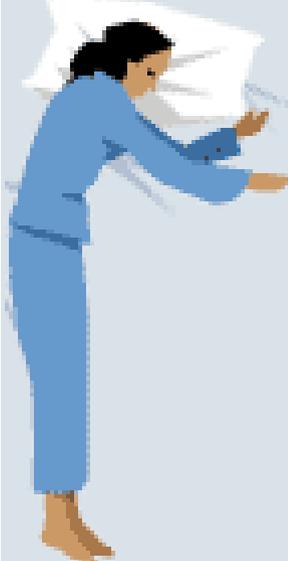
MOST POPULAR SLEEPING POSITIONS



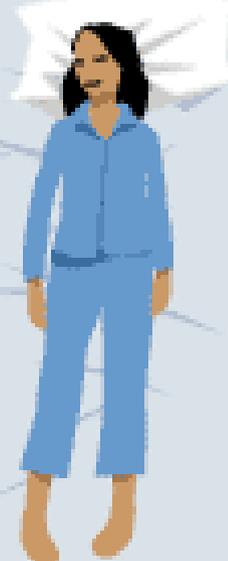
Foetus
41%



Log
15%



Yearner
13%



Soldier
8%

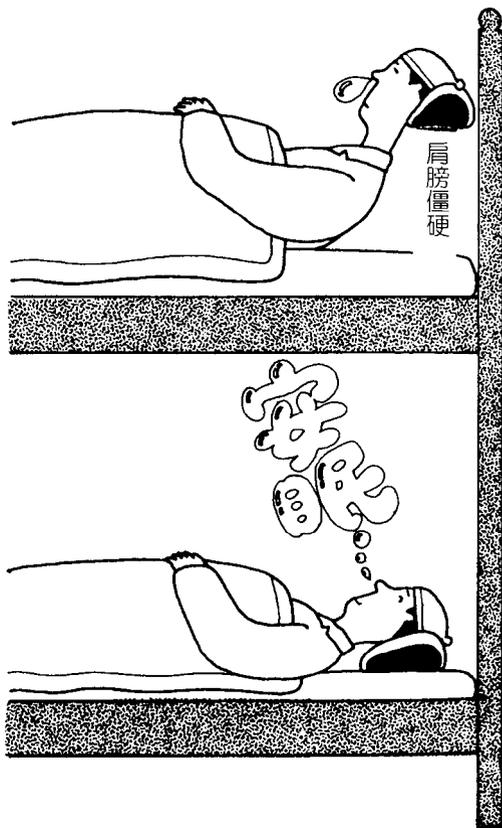


Freefaller
7%

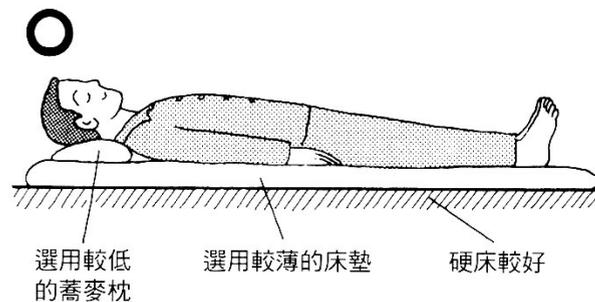


Starfish
5%

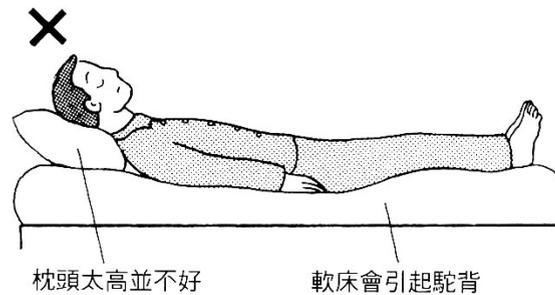
不良睡姿



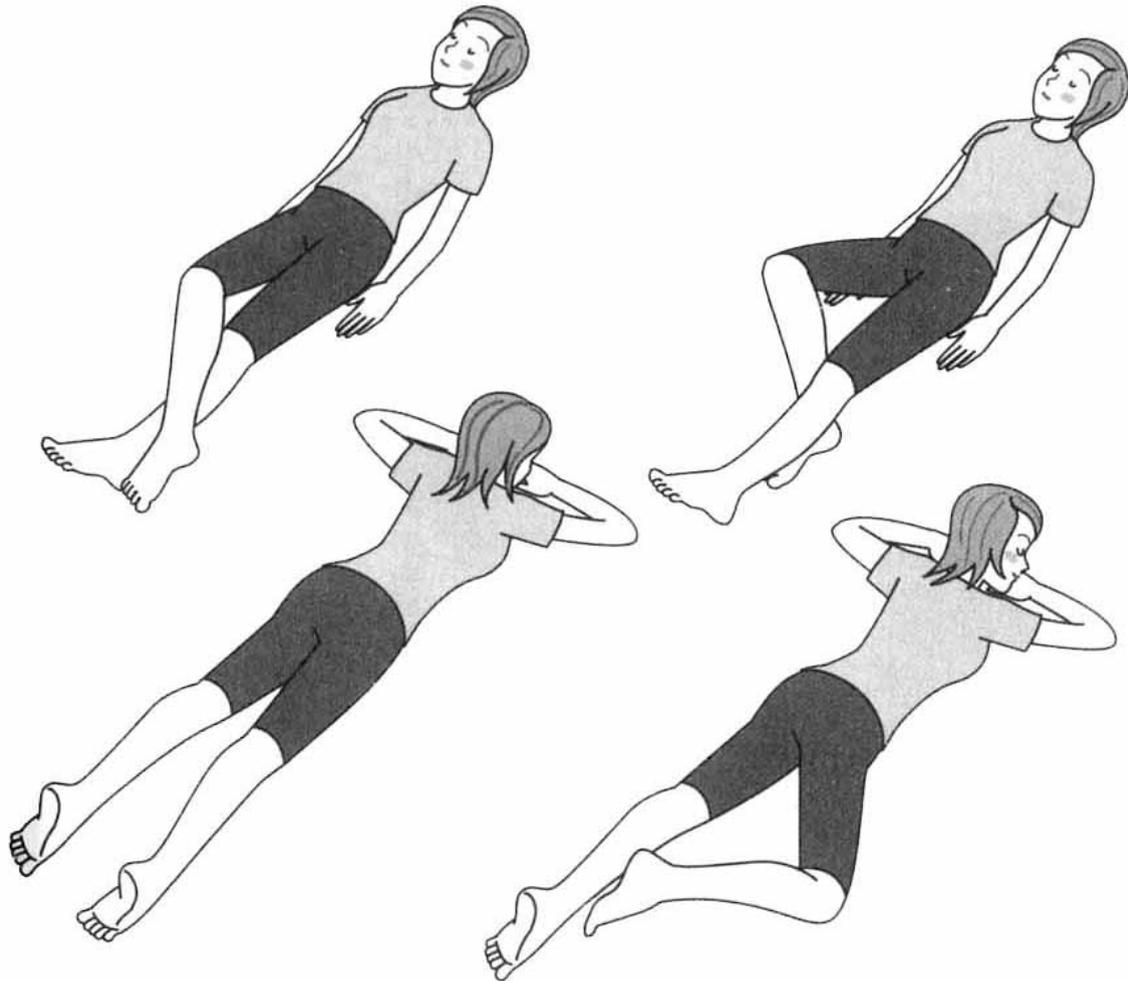
〈使用較硬的被子〉



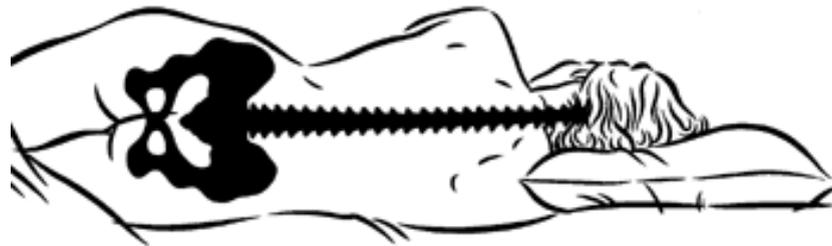
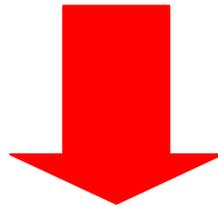
〈不要睡軟床〉



不良睡姿



不良睡姿

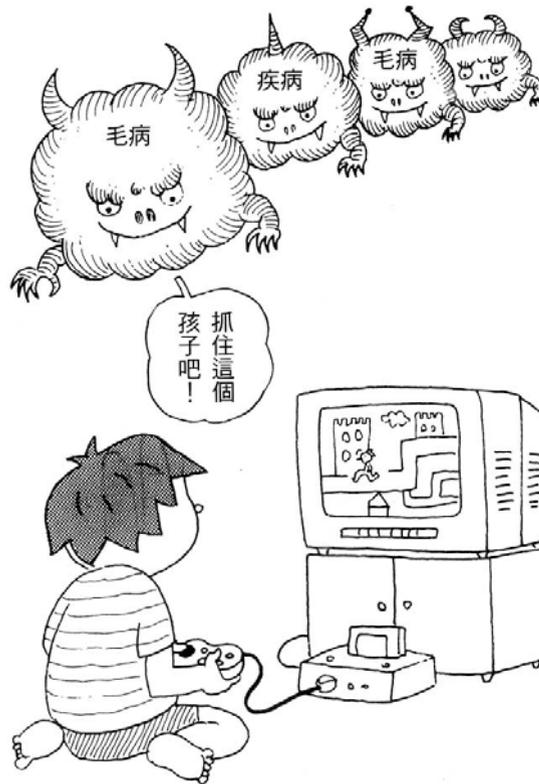
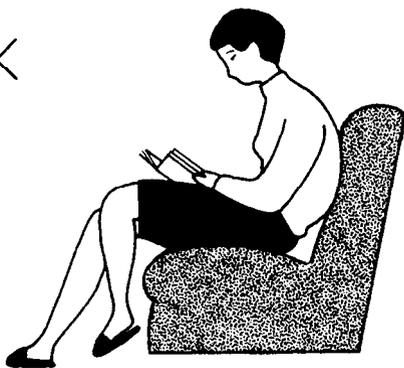


不良坐姿

×



×



臀部坐在兩腿中央打電玩。持續採取這種坐姿，會引起各種毛病

不良坐姿

盤腿而坐



鴛鴦坐姿



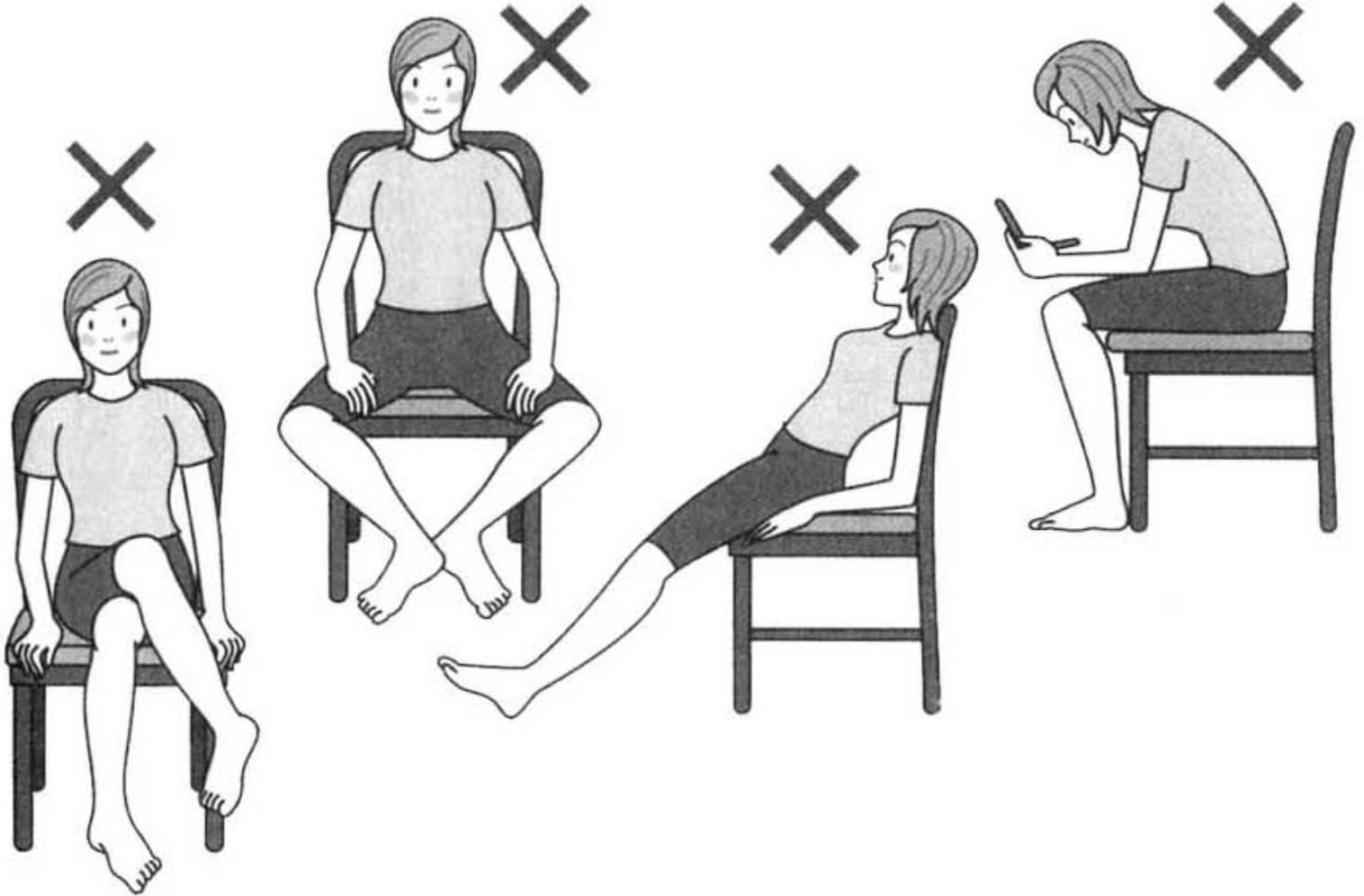
歪著坐



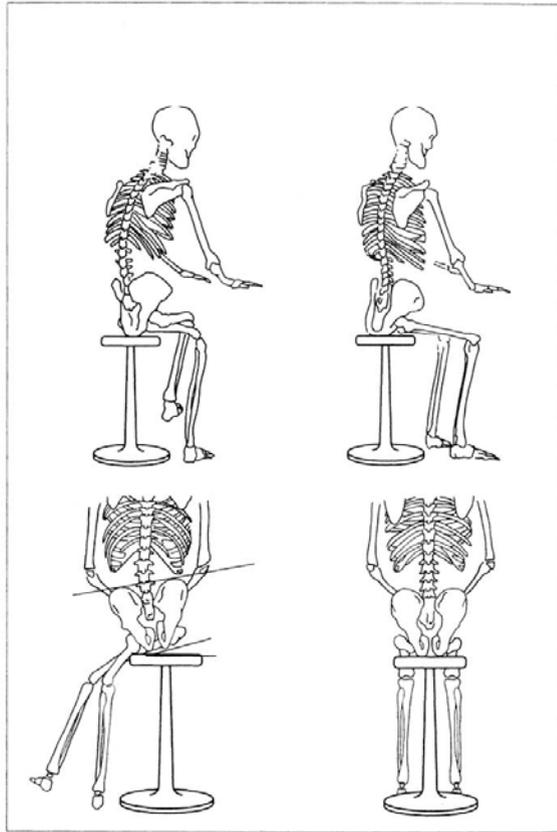
抱膝姿



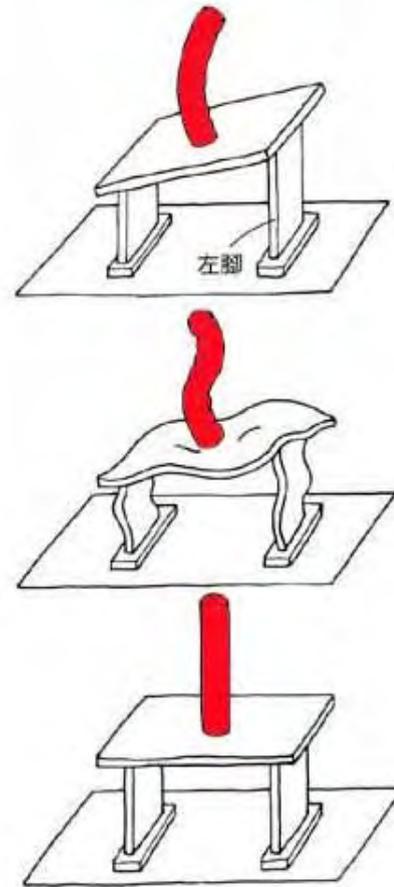
不良坐姿



不良坐姿



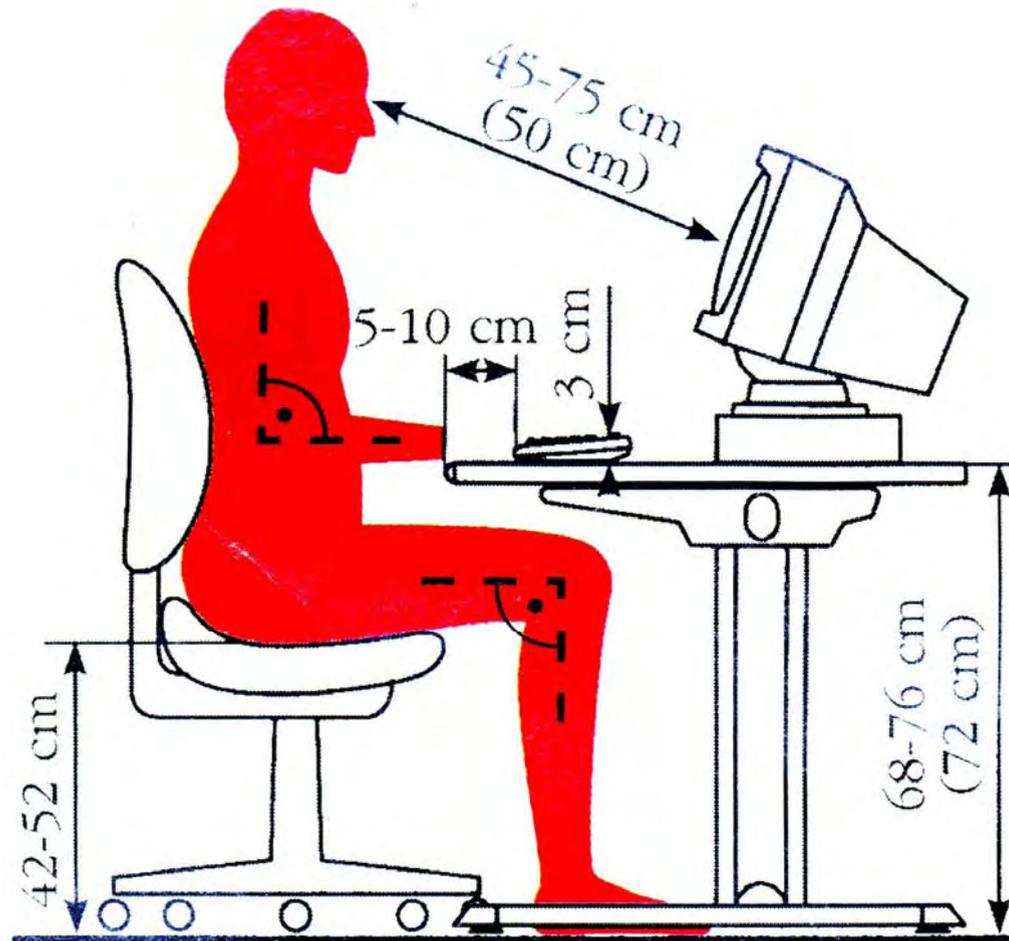
右腳交疊於上時，會引起右骨盆高位、右側彎、後彎



不良坐姿

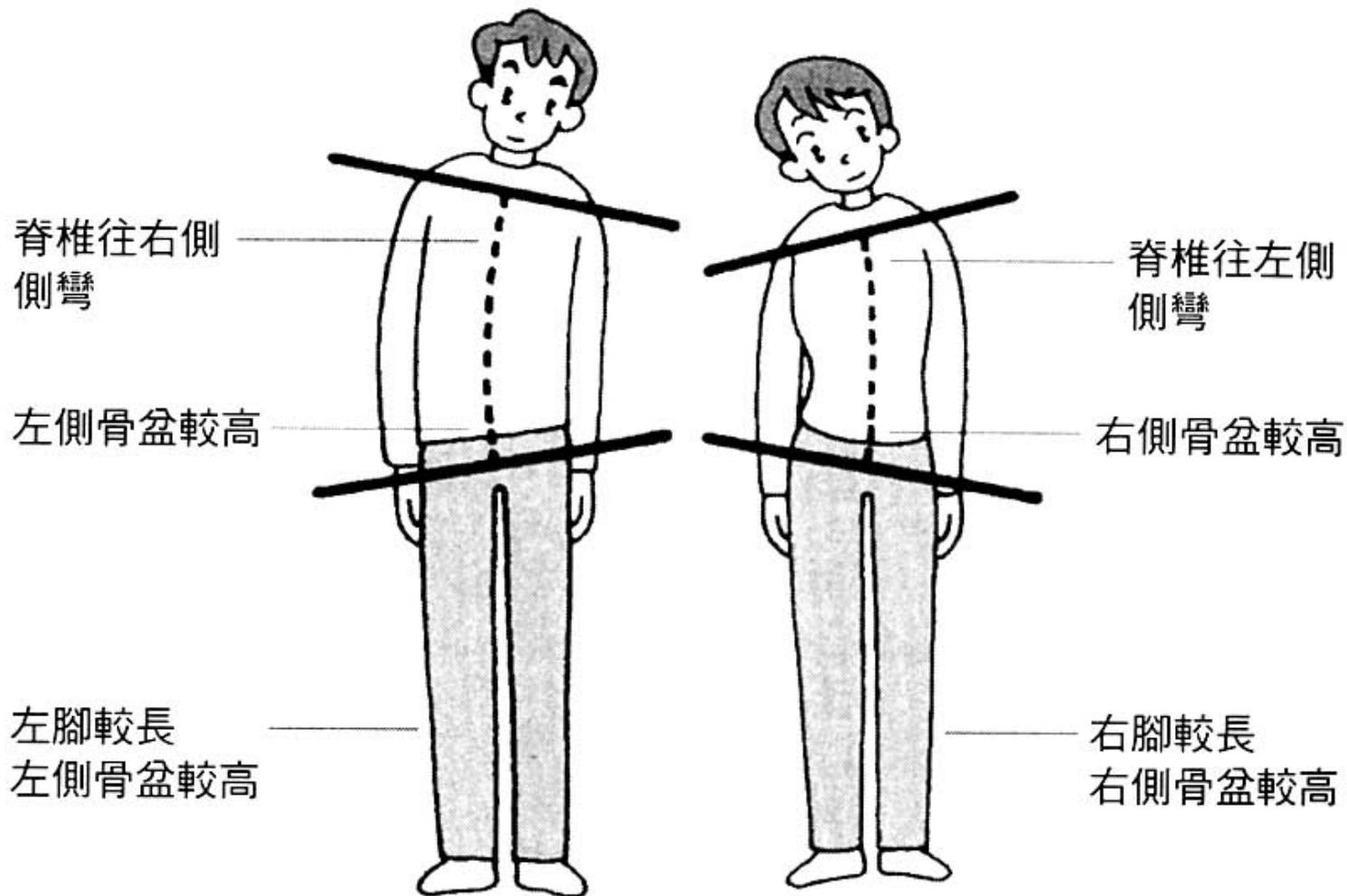


行得正，坐得直





不良站姿



不良站姿



有利於長時間站立



不良步姿

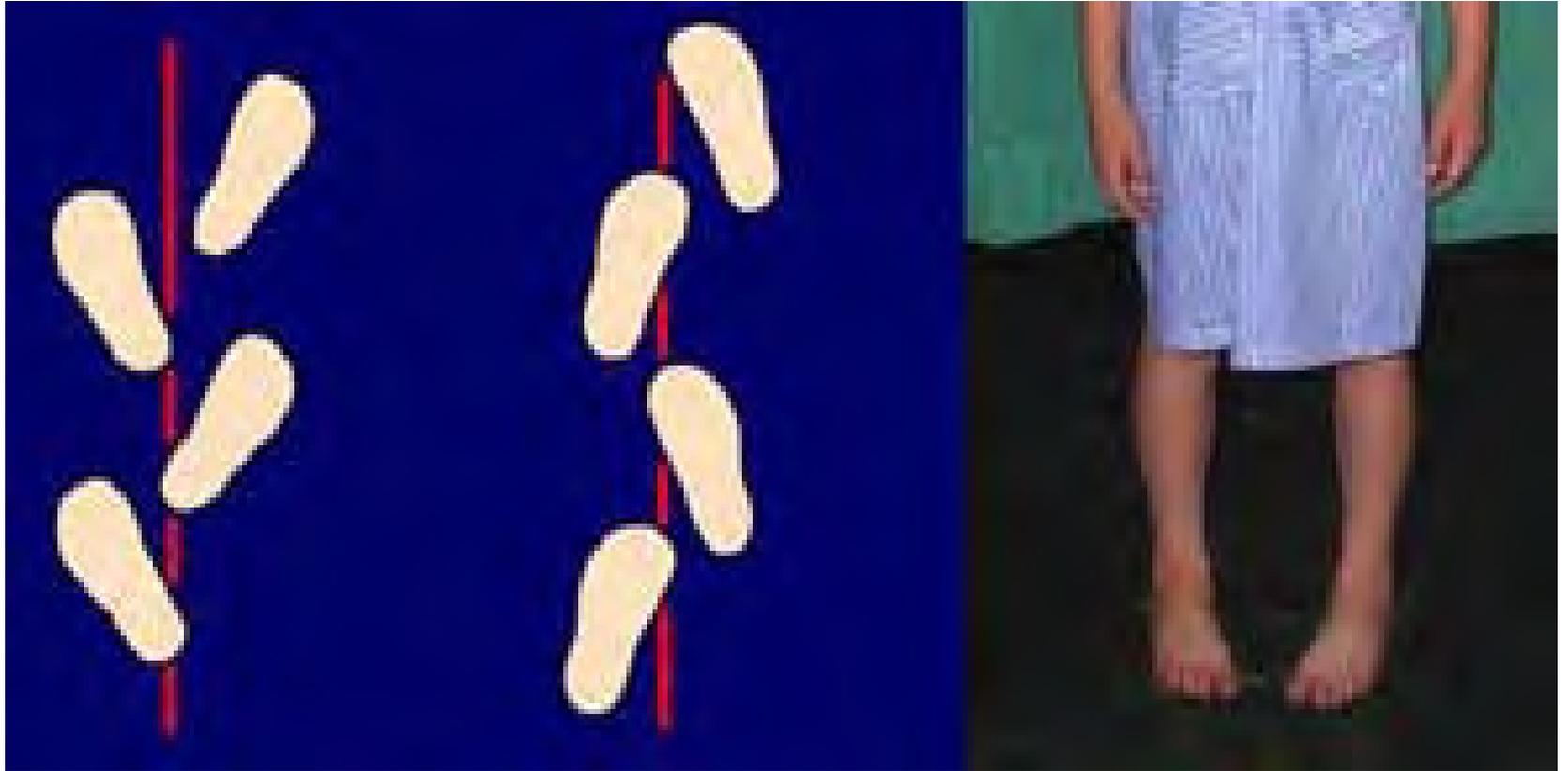
- 腳尖行
- 入字腳



不良步姿的後果

- 行路易跌
- 易累
- 易痛
- 抽筋

入字腳步姿

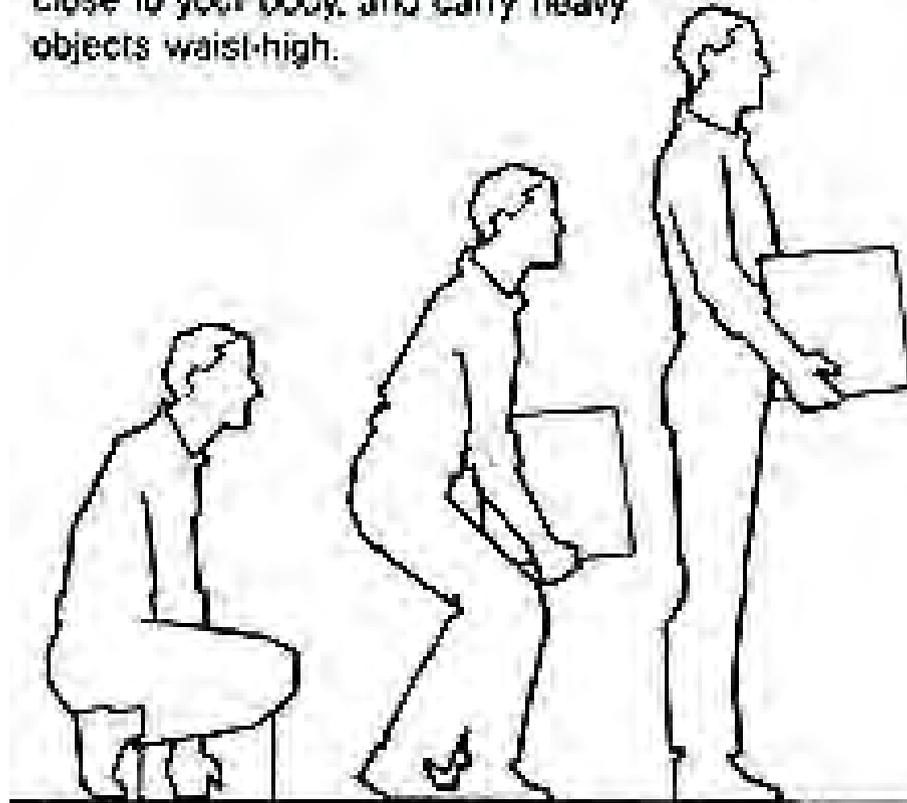


改善入字腳：橫行運動

正確的站姿及搬運重物

Lifting Safely

Bend your knees, not your back, and you greatly reduce stress to your low back. Keep the load close to your body, and carry heavy objects waist-high.

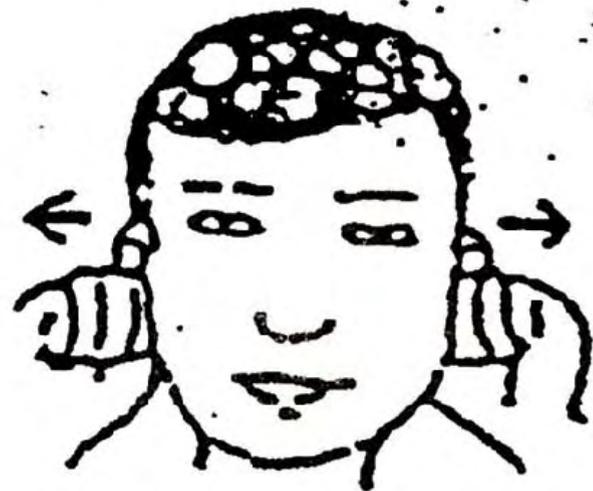
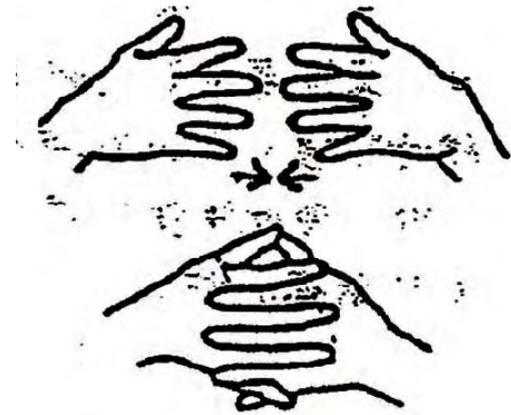


舒緩手部不適

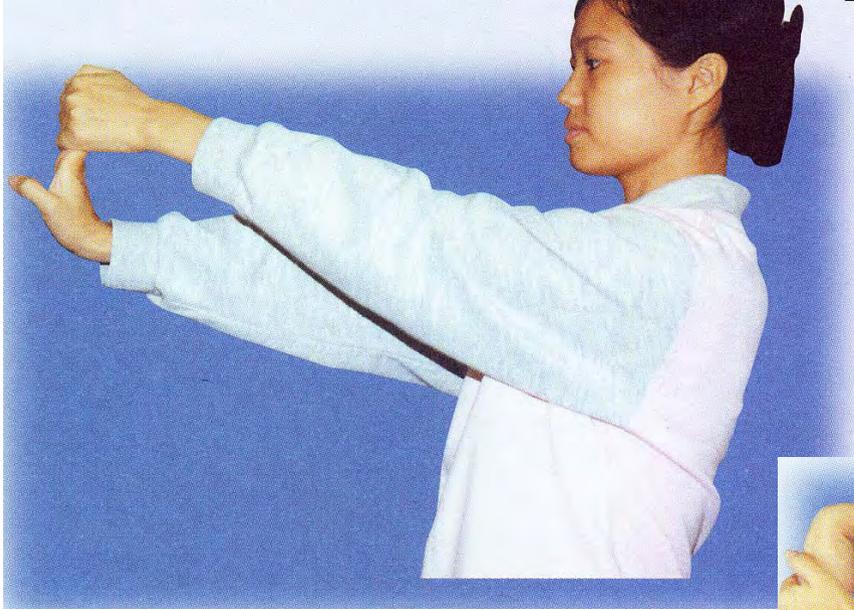
- 鬆弛運動
- 伸展運動

鬆弛運動

- 手指插手指
- 手背拍手背
- 拳頭打手掌
- 虎口位插虎口位
- 拉拇指筋(肌腱)運動
- 拉手掌及手指
- 拉拇指向下
- 重複10-20次



伸展運動



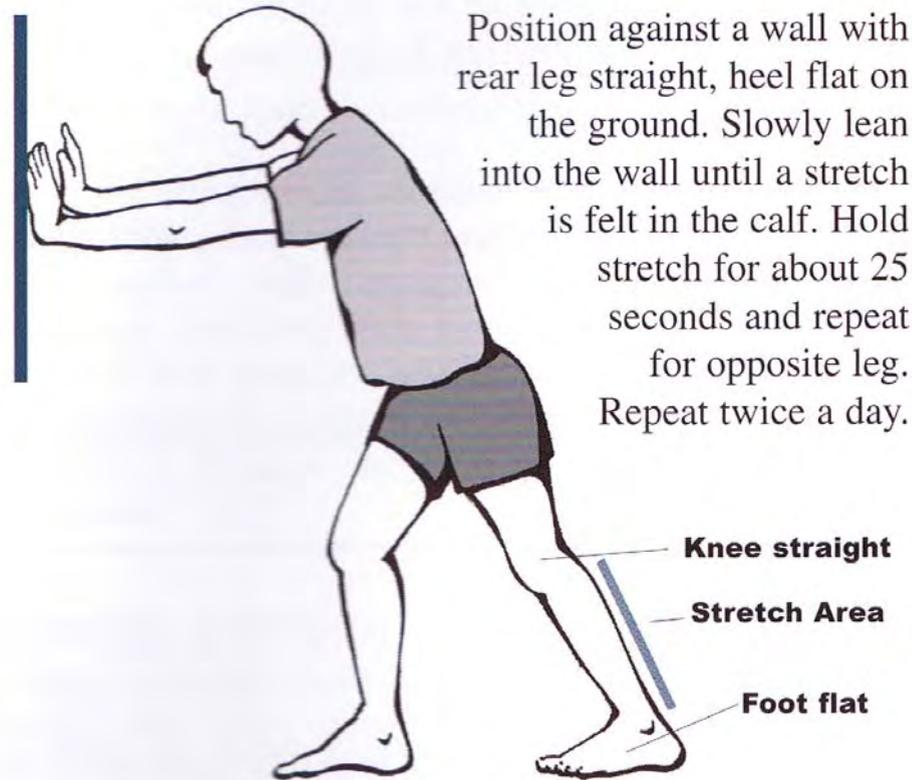
舒緩腳部不適

Quadriceps Stretch



Stand upright with hand against wall (or chair/table)
Grab ankle and gently pull toward buttocks. Hold for 20-25 seconds. Repeat exercise with other leg.

Calf Stretching I

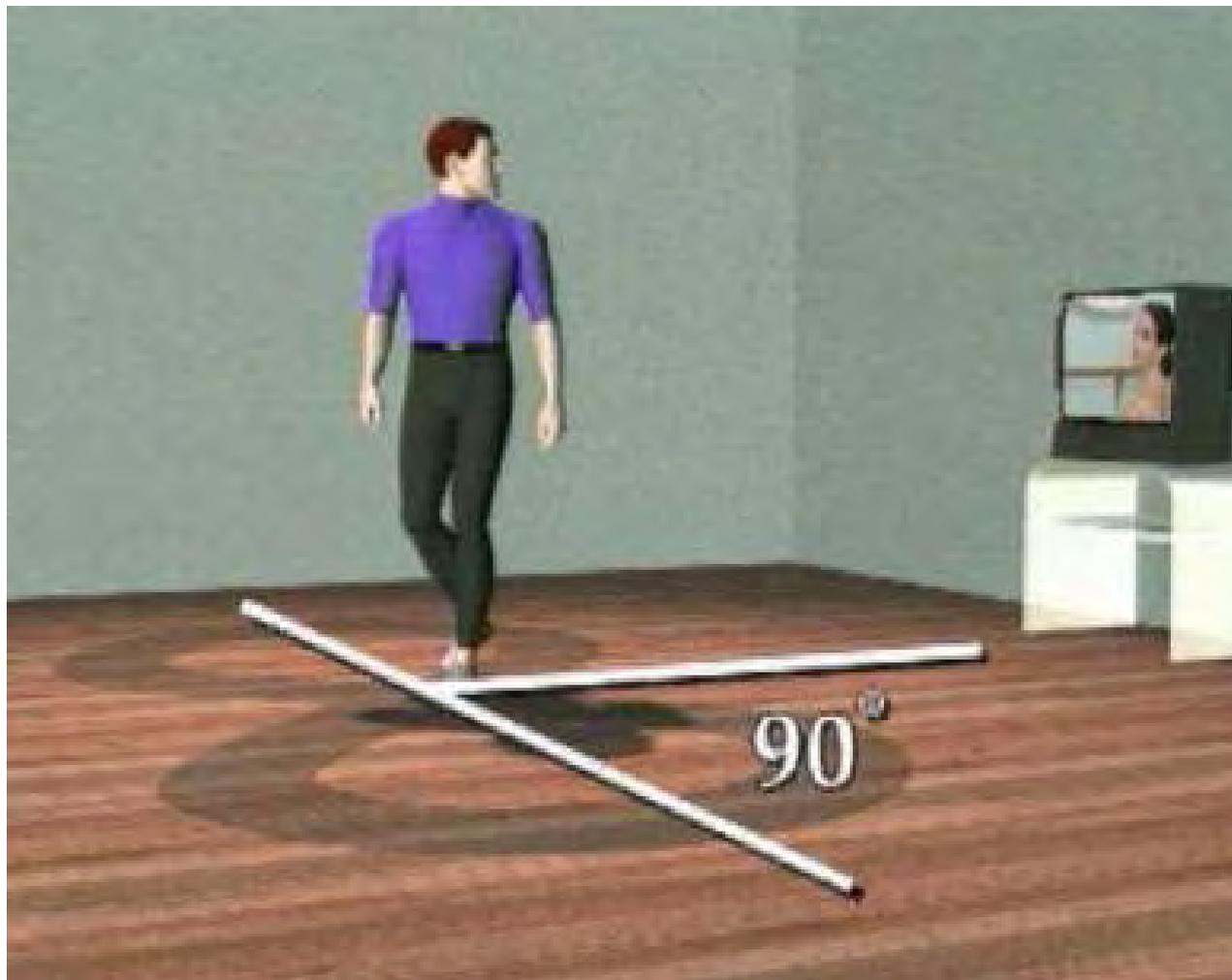


Position against a wall with rear leg straight, heel flat on the ground. Slowly lean into the wall until a stretch is felt in the calf. Hold stretch for about 25 seconds and repeat for opposite leg. Repeat twice a day.

頸部及背部伸展運動



健體益腦 - 8字行



肌肉疼痛？熱敷冷敷？

- 冰：**急性**期用，在受傷後1星期內用，受傷位置有紅腫及發熱
 - 方法：紙杯加水後冷藏
- 熱：**慢性**期用，在受傷後1星期之後，受傷位置**沒有**紅腫及發熱
 - 方法：暖水袋



總結

- 多注意自己姿勢及習慣
- 多作適當的運動
- 抬頭挺胸，快樂成長！

用繩子綁腳睡覺後的第2天早上——

