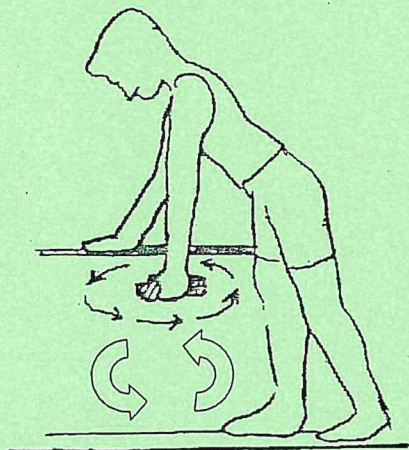


★五十肩自我復健運動★

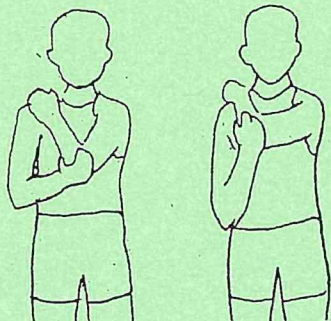
～每天多次正確自我復健運動，利用居家簡便用具，活動僵硬的肩關節，可改善活動範圍～

● 鐘擺旋轉

手拿裝水寶特瓶、電熨斗、字典
由內往外旋轉，逐漸增加幅度

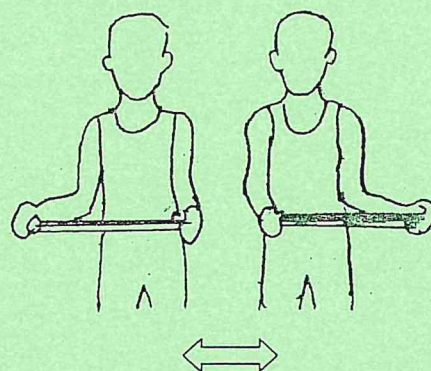


● 後背伸展



● 肩關節外轉

利用棍棒(如掃帚柄、長雨傘)
手肘呈90度，左右推動

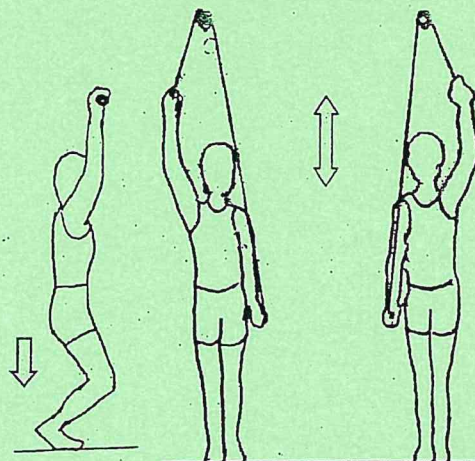
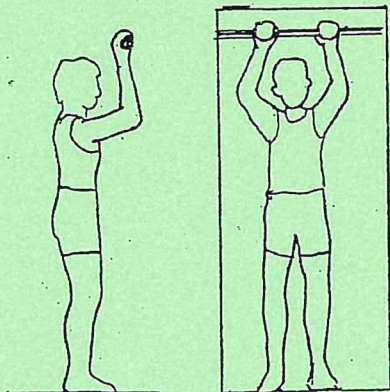
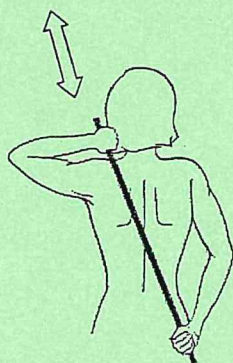
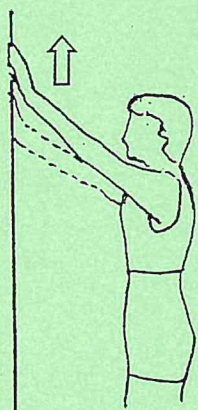


● 爬牆壁

● 刷背上下拉

● 拉橫槓往下蹲

● 拉滑輪上下動



● 側面外展

● 往後伸展

● 往前伸展

