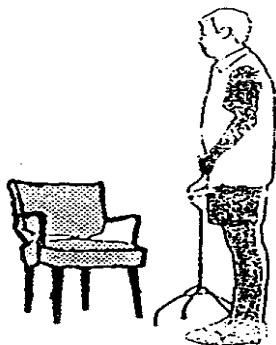


## 半身偏癱患者的轉位法—椅子↔站立

### Body Rotation for Partially Paralyze Patient - Chair ↔ Stand

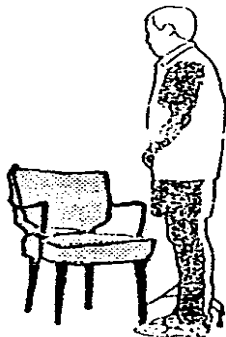
❶ 走至椅子前。

Go to in front of the chair



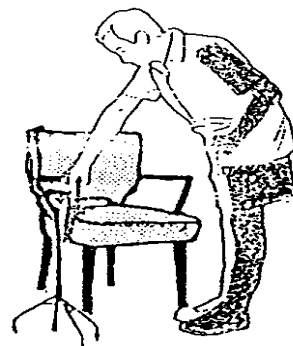
❷ 把身體健側靠近椅子。

Keep your healthy body part close to the chair



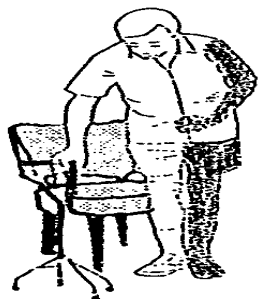
❸ 好手握住椅子扶手。

Healthy hand holding the chair's arm.



❹ 轉身，往椅子靠近。

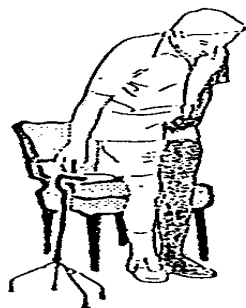
Rotate body and go near the chair



❺ 雙腳向後移動，直到碰觸

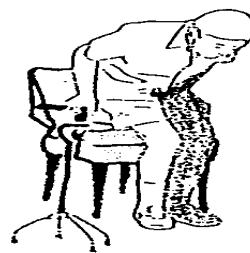
椅子，好手停放在扶手上，幫助穩定自己。

Move both feet backwards until they touch the chair and let your healthy hands rest on the armrest for helping stabilize yourself.



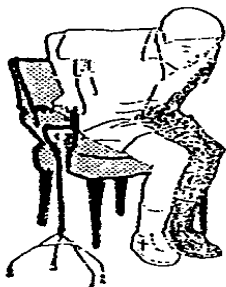
❻ 身體往前彎，屈膝。

Bend the body forward, knees



⑦身體重心向後，慢慢坐下。⑧調整坐姿。

Center of body gravity backward and sit down slowly. Adjust sitting position



參考資料：

Minor M. A. D. & Minor S. D (2014). Gait training with ambulatory assistive devices. In Patient care skills 7th ed. (pp. 384-385). Upper Saddle River, NJ: Pearson education Inc.

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 70 病房分機 7001、7002

 天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您  
ST.Martin De Porres Hospital Concern about you

2021 年 10 月修訂  
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