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復健的居家照護-關節活動

Home care of rehabilitation—joint motion

維持關節活動度，除了可以讓他感覺舒適外，也可以增加我們照顧時的方便。

To maintain range of motion, in addition to making him feel comfortable, it can also increase the convenience of our care

一、原則及注意事項：

1. 關節活動前，可適當的以熱毛巾或熱敷墊，熱敷各關節，使肌肉放鬆弛，會較容易進行。
2. 可由手、肩到腳，從各部位的近端到遠端關節，注意每個可以活動的關節都要做。
3. 做關節活動時遇到阻力請勿強行彎曲或拉直，以免造成骨折或傷害，每個關節皆採漸進式的角度增加。
4. 關節運動要規律、持續執行，不要做做停停等於沒有效果，最好是每天早晚各一次，每個關節做3-5次。
5. 操作時注意自己的姿勢要正確，勿過度彎腰，以免造成自己酸痛。

一、Principles and precautions:

1. Before doing joint motion, it is appropriate to use a hot towel or a hot pad to warm the joint, muscle relaxation release would be more easily
2. By the hand, shoulder to foot, from the proximal parts to distal parts, note that each may have to do joint motion.
3. Doing joint motion do not bend or straighten force when encounter resistance in order to avoid fractures or injuries, each joint angle increase gradually
4. Joint motion need to perform regular and continuing pattern, disconnected activities is equal to no effect, it best to executive every day morning and evening, to do 3-5 times per joint.
5. When applying the movement, pay attention to your position correctly, do not over-bend in order to avoid pain.

以上資料來源自台灣長期照護專業協會，

若您對以上內容有任何疑問時，請洽詢護理人員。