

# WHEELCHAIR WORKOUT



輪椅鍛煉

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Chinese Traditional, September 2020

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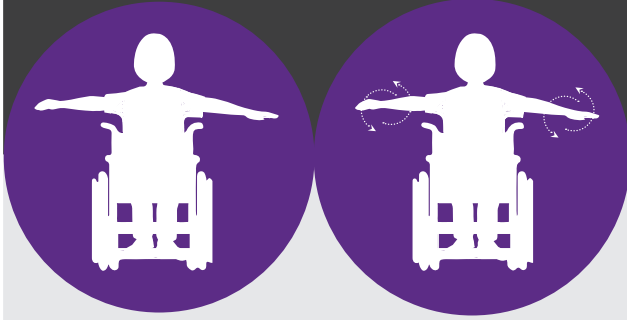


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# ARM CIRCLES



- 1 **Position your arms out to the side of your body and parallel to the floor.**
- 2 **Circle one arm forward in a circular motion, start with small circles then make them bigger.**
- 3 **Reverse the direction after 15 seconds.**
- 4 **Repeat for both arms.**

5 **Repeat for both arms.**

**Progress-** Aim to complete both arms at once.

*\*Check your wheelchair is locked*

## 雙臂繞圈

1. 雙臂打開與地板平行。
2. 一臂向前繞圈，先小圈再大圈。
3. 15 秒後做反方向。
4. 兩臂重複動作。

檢查輪椅是否鎖好。

進階方式 - 儘量雙臂同時做。

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# THE BOXER



- 1** **Sitting up in your chair. Create a fist with your hands and bring your elbows up into a boxing position.**
- 2** **With your left hand punch up and above your head. Bring it back down to the boxing position.**
- 3** **With your right hand punch up and above your head. Bring it back down to the boxing position.**

- 4** **Repeat six on each hand.**

**Progress-** increase the repetitions in increments of two or add a light weight such as cans or water bottles in each hand.

*\*Check your wheelchair is locked*

## 拳擊

1. 在椅子上坐直。手握拳，肘抬起至拳擊姿勢。
2. 左手向前方出拳過頭頂。回到拳擊姿勢。
3. 右手向前方出拳過頭頂。回到拳擊姿勢。
4. 每側重複 6 次。

檢查輪椅是否鎖好

進階方式 - 增加次數，每次增加 2 次，或者略微增加負重，每只手拿一瓶水或易開罐等。

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# SIDE BEND



- 1 Sit comfortably in your chair.**
  - 2 Sit up straight, with your fingertips behind your ears and elbows out wide.**
  - 3 As you breathe out bend to the right and hold for two seconds Breathe in and move back to your starting position.**
  - 4 Breathe out and bend to the left hold for two seconds. Breathe in and move back to your starting position.**
  - 5 Do five bends on each side.**
- Tip-** Make sure you are not leaning forward always keep your spine straight and do not push your head forward with your fingertips.
- Progress –** Increase the number of bends on each side, in increments of two.
- \*Check your wheelchair is locked*

## 側向屈體

1. 在椅子上坐好。
2. 坐直，手指放在耳後，雙肘向外打開。
3. 呼氣向右侧屈，保持 2 秒。吸氣回到起始姿勢。
4. 呼氣向左侧屈，保持 2 秒。吸氣回到起始姿勢。
5. 每側 5 次。

檢查輪椅是否鎖好。

竅門 – 身體不要前傾，脊椎保持直立，手不要將頭部向前推。

進階方式 – 增加每側次數，每次增加 2 次。

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# OVERHEAD STRETCH



- 1 Lift both hands over your head.
- 2 Lace your fingertips and face your palms towards the ceiling.
- 3 Push your hands backwards, don't over push to where it is not comfortable.

- 4 Hold for five seconds bring your hands back and repeat 10 times.

**Tip:** Do not over extend, only extend back to where you are comfortable and remember to breathe.

*\*Check your wheelchair is locked*

## 過頂拉伸

1. 雙手舉過頭頂。
2. 手指交叉，掌心朝向天花板。
3. 手向後推，但以舒適為宜。
4. 保持 5 秒後放回雙手，重複 10 次。

檢查輪椅是否鎖好。

注意事項：不要過度伸展，以感覺舒適為宜，保持呼吸。

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# TRICEP PRESS



- 1 **Hold the arm rests of your chair beside you while in seated position.**
- 2 **Straighten your arms so that you lift your body a little off the chair, then lower yourself slowly.**
- 3 **Repeat 10 times.**

**Progress** – Complete two rounds of this exercise.

*\*Check your wheelchair is locked*

## 三頭肌抬體

1. 坐好抓緊坐椅扶手。
2. 雙臂伸直，將身體抬高離開座椅，再慢慢放下。重複 10 次。

檢查輪椅是否鎖好。

進階方式 - 做 2 組。

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# SHOULDER PULLS



- 1 **Sit up straight in your chair.**
- 2 **Extend your arms straight in front of you with your palms facing down and fingers curved like you are holding a bar.**
- 3 **Pull your arms back, bending your elbow until they are behind your back. Squeeze your shoulder blades, hold for three seconds. Repeat 10 times.**

**Progress** - Increase your repetitions to two times 10. For an extra challenge look at adding a resistance band to this exercise.

*\*Check your wheelchair is locked*

## 拉肩

1. 在椅子上坐直。
2. 手臂向前伸直，掌心向下，手指彎曲呈握杆狀。
3. 手臂拉回，手肘彎至背後。擠壓肩胛骨，保持 3 秒。重複 10 次。

檢查輪椅是否鎖好。

進階方式 - 增加次數至 2 x 10。要增加難度，可用彈力帶。

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## Disclaimer

If you have any current or prior medical conditions, please check with your GP or accredited medical professional if you can participate in the exercises. If you feel unwell while doing the exercises stop immediately and seek professional medical advice. There is inherent risks in participating in exercising and you undertake to participate at your own risk and warrant that you are physically and mentally able to safely undertake these exercises and have no medical or health condition which will or may affect you during or as a result of undertaking the exercises. By participating in these exercises, you agree to the terms of use and indemnify Council for any damages and liability for death, personal injury, loss or damage to property. The exercises are generic and are not tailored to the individual needs of the participants.

## 免責聲明

若您現在或以前有過任何健康問題，請諮詢您的全科醫師或認證醫療專業人士，以確定您是否能進行鍛煉。鍛煉中若感覺到不適，請立即停止並就醫。鍛煉有風險，本人承諾將自擔風險，並保證本人具備安全鍛煉的身體和精神條件，並且本人沒有可能影響鍛煉的醫療或健康問題。本人參與鍛煉，即表示本人同意市議會的使用條款，並同意市議會無須因為任何人員傷亡或財產損失或損害而承擔任何賠償責任。本文介紹的鍛煉項目僅針對普通目的，可能無法滿足參與者的個性化需求。

## Acknowledgement

Council acknowledges the peoples of the Kulin nation as the Traditional Owners of these municipal lands and water ways. We pay respect to Elders past, present and emerging.

## 鳴謝

市議會感謝這些市屬土地和水道的傳統所有者 Kulin 族人。對於他們過去、現在和未來的長者，我們謹表誠摯敬意。

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