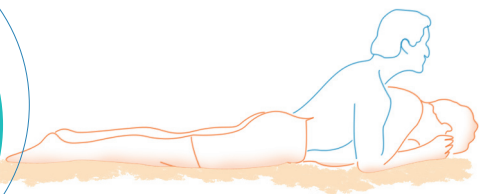


# 脊柱側彎運動 Exercises for Scoliosis

1



## 背部伸展運動 A Hyperextension A

維持 5 至 10 秒，重複做 10 次。  
Hold 5 to 10 seconds, repeat 10 times.

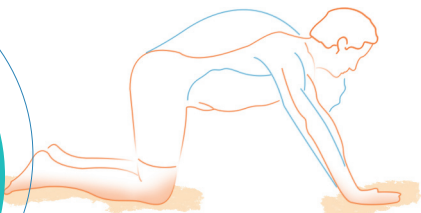


## 背部伸展運動 B Hyperextension B

維持 3 秒，重複做 10 次。(建議用枕頭承托腹部)  
Hold 3 seconds, repeat 10 times.  
(Suggestion: pillow supporting abdomen)

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## 拱背運動 Angry Cat Stretch

維持 3 秒，重複做 10 次。  
Hold 3 seconds, repeat 10 times.

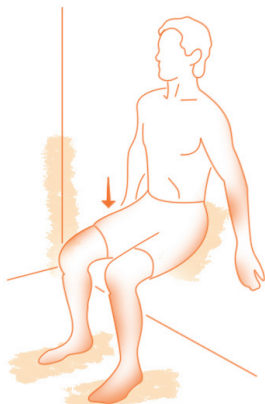
4



### 半仰臥起坐運動 Sit-up Pelvic Tilt

維持5秒，重複做10次。

Hold 5 seconds, repeat 10 times.



### 牆上運動 Wall Exercise

站直，雙腳齊肩分開，背部抵住牆(腰與牆之間不應有空隙)，然後身體沿牆下滑至大腿與地面成水平，維持3至5秒，重複做5次。

Stand straight with back against the wall (no space between the waist and the wall). Spread feet out in front and slightly wider than shoulder width. Slowly lower buttocks by sliding down wall until thighs are parallel to floor. Hold 3 to 5 seconds, repeat 5 times.

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### 呼吸運動 Breathing Exercise

深呼吸運動能保持肺部功能，避免肺功能因脊柱側彎而降低。

Deep breathing exercise maintains lung function and prevents it from deteriorating due to scoliosis.