

EXERCISE CARDS

Index

1.Lower Limbs

2 Strength and Balance

3.Walking

有用的提示

- 如果感到不適、暈眩、頭暈眼花或者特別疼痛，請不要進行鍛煉。
- 如果感到暈眩、呼吸急促、或者疼痛加劇或跟以往不同，請停止鍛煉。
- 如果您覺得不安全，那麼請停止鍛煉。
- 用手支撐，比如撐在廚房檯面上，直至另有指示為止。

Handy Hints

- Do not exercise if you feel unwell, dizzy, light headed, or have an unusual pain
- Stop exercising if you feel dizzy, short of breath or experience an increased or different pain.
- Stop the exercise if you do not feel safe
- Use hand support, eg kitchen bench, until advised otherwise

有用的提示

- 在鍛煉過程中應循序漸進：
 - 減少手部支撐：用廚房水槽或檯面，一把很重的椅子的椅背，一張桌子或一條適當的橫杆作為支撐
 - 將雙腳靠得近一些
 - 增加重複的次數
 - 增加鍛煉的時間
 - 使用較輕的重量

Handy Hints

- Progress exercises in small steps by:
 - Reducing hand support ... use the kitchen sink or bench, the back of a heavy chair, a table or a suitable rail for support
 - Move your feet closer together
 - Increasing the number of repetitions
 - Increasing the time you exercise
 - Using light weights

Translated Home Based Strength and Balance Exercises Cards.

Created by Calvary Community Health, Kogarah Community Physiotherapists Photos courtesy of Lindsay Hewson

有用的提示

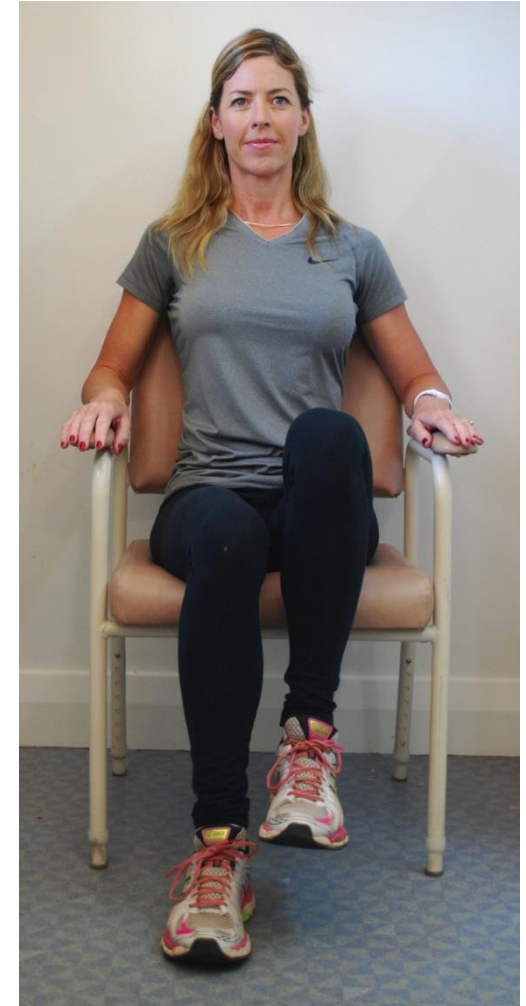
- 將鍛煉身體跟日常活動結合起來
 - 在等待水壺燒開或清洗廚房的水槽時，可以做平衡練習。
 - 在椅子上多次坐下、站起，而不是祇坐下或站起一次
 - 走兩次樓梯，而不是祇走一次。
 - 在電視機前鍛煉身體。

Handy Hints

- Integrate exercises into daily activities
 - Doing balance exercises while waiting for the kettle to boil or washing up at the kitchen sink
 - Get in and out of chair a number of times instead of just once
 - Walk the stairs twice instead of once.
 - Exercise in front of the TV

- 朝著胸部抬起膝蓋

- Lift your knee towards your chest

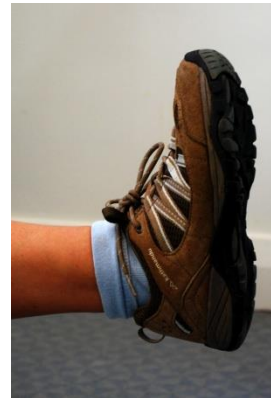


• 抬起腿，伸到
椅子旁邊

- Lift your leg out to the side of the chair



• 伸直膝蓋

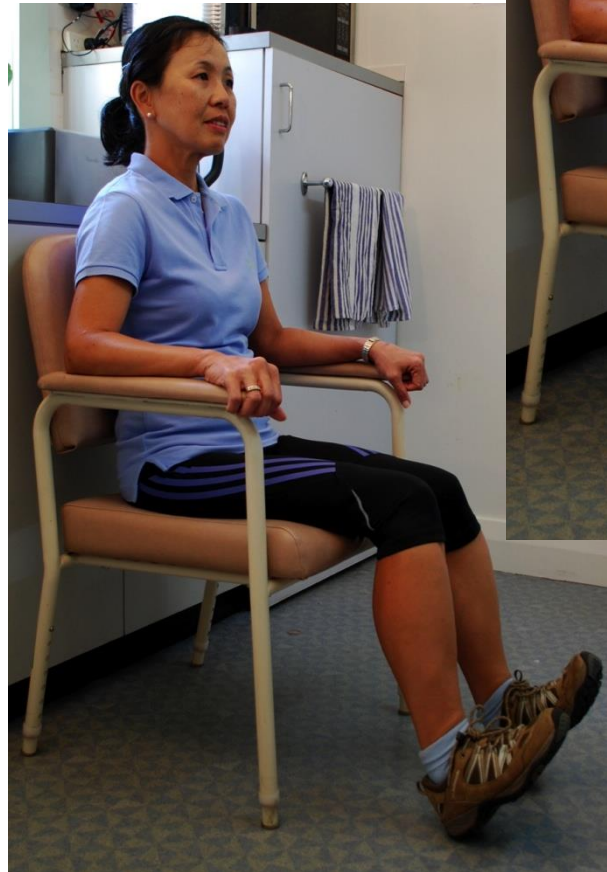


- Straighten your knee

Card 4 Chinese Sitting, Feet rocking

- 提起你的
腳跟
- 提起你的
腳趾

- Lift your heels
- Lift your toes



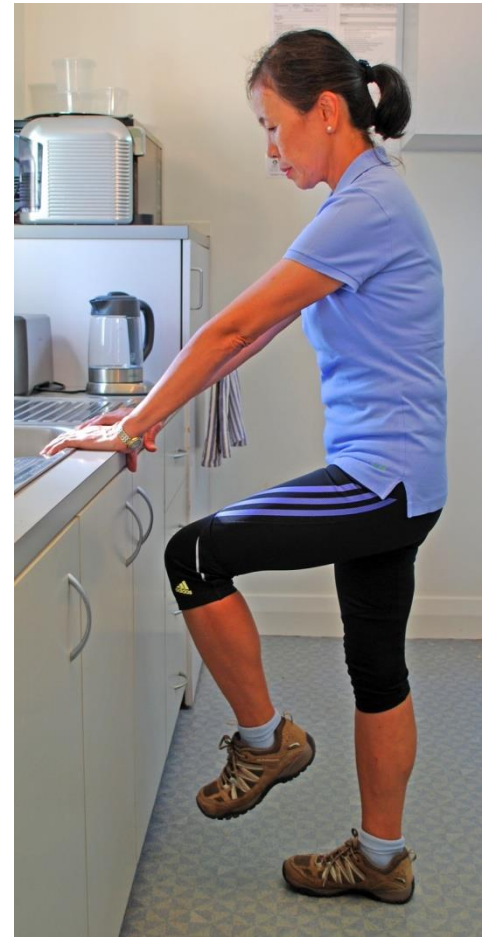
- 站起來
- 然後坐下

- Stand up
- Then sit down



- 原地踏步
- 彎起你的膝蓋

- March on the spot
- Bend your knees



- 向旁邊抬腿



- Lift your leg sideways

- 向前傾
- 向後面抬腿



- Straighten your knee
- Lift your leg backwards

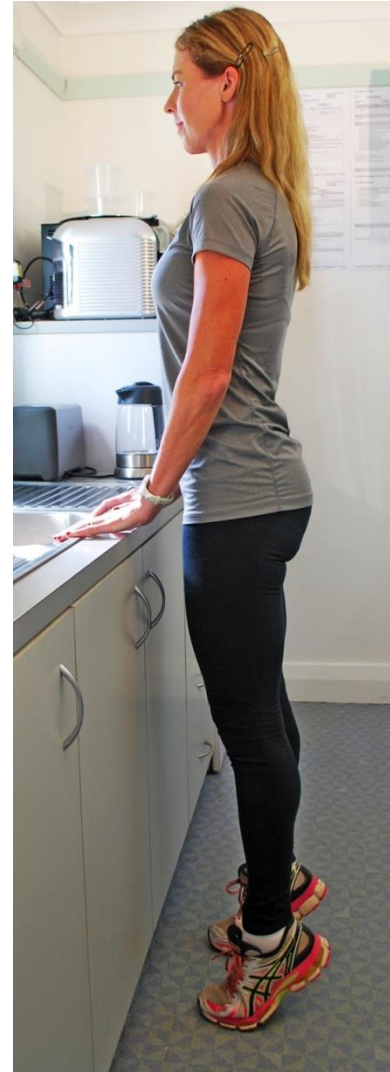
- 站著別動
- 彎起你的膝蓋

- Stand still
- Bend your knees



- 握住扶手
- 提起你的腳跟
- 提起你的腳趾

- Hold the rail
- Lift your heels
- Lift your toes



• 彎起你的膝蓋

- Bend your knee



Card 12 Chinese Feet apart steady standing

- 雙腳分開
- 站著別動
- 保持你的平衡



- Feet apart
- Stand still
- Keep your balance

- 雙腳分開
- 站著別動
- 保持你的平衡
- 轉向你的右邊
- 轉向你的左邊

- Feet apart
- Stand still
- Keep your balance
- Turn to the right
- Turn to the left



Card 14 Chinese

Feet apart steady standing

Moving arms

- 雙腳分開
- 站著別動
- 保持你的平衡
- 把你的手向前提起
- 把你的手向兩側提起

- Feet apart, Stand still, Keep your balance
- Lift your arms forwards
- Lift your arms sideways.



Translated Home Based Strength and Balance Exercises Cards.

Created by Calvary Community Health, Kogarah Community Physiotherapists Photos courtesy of Lindsay Hewson

- 雙腳合攏
- 站著別動
- 保持你的平衡

- Feet together
- Stand still
- Keep your balance



Card 16 Chinese

Feet together steady standing
Moving head and shoulders

- 雙腳合攏
- 站著別動
- 保持你的平衡
- 轉向你的右邊
- 轉向你的左邊

- Feet together
- Stand still
- Keep your balance
- Turn to the right
- Turn to the left



Card 17 Chinese

Feet together steady standing

Moving arms

- 雙腳合攏
- 站著別動
- 保持你的平衡
- 把你的手向前提起
- 把你的手向兩側提起



- Feet together
- Stand still
- Keep your balance
- Lift your arms forwards
- Lift your arms sideways.

Translated Home Based Strength and Balance Exercises Cards.

Created by Calvary Community Health, Kogarah Community Physiotherapists Photos courtesy of Lindsay Hewson

Card 18 Chinese
Feet step standing
steady standing

- 邁出一步
- 站著別動
- 保持你的平衡

- Take a step
- Stand still
- Keep your balance



Card 19 Chinese

Feet step standing steady standing

Turning head and shoulders

- 邁出一步
- 站著別動
- 保持你的平衡
- 轉向你的右邊
- 轉向你的左邊

- Take a step
- Stand still
- Keep your balance
- Turn to the right
- Turn to the left



Translated Home Based Strength and Balance Exercises Cards.

Created by Calvary Community Health, Kogarah Community Physiotherapists Photos courtesy of Lindsay Hewson

Card 21 Chinese

Feet step standing steady standing Moving arms

- 邁出一步
- 站著別動
- 保持你的平衡
- 把你的手向前提起
- 把你的手向兩側提起

- Take a step
- Stand still
- Keep your balance
- Lift your arms forwards
- Lift your arms sideways.



- 將腳跟放在腳尖前
- 站著別動
- 保持你的平衡

- Place heel in front of toes
- Stand still
- Keep your balance



- 單腿站立
- 保持你的平衡

- Stand on one leg
- Keep your balance



- 雙腳分開
- 站著別動
- 傾向前面

- Feet apart
- Stand Still
- Reach forwards



Card 24 Chinese
Feet apart
Reaching sideways

- 雙腳分開
- 站著別動
- 傾向旁邊

- Feet apart
- Stand Still
- Reach sideways



Card 25 Chinese
Feet together
Reaching forwards

- 雙腳合攏
- 站著別動
- 傾向前面



- Feet Together
- Stand Still
- Reach forwards

Translated Home Based Strength and Balance Exercises Cards.

Created by Calvary Community Health, Kogarah Community Physiotherapists Photos courtesy of Lindsay Hewson

Card 26 Chinese
Feet together
Reaching sideways

- 雙腳合攏
- 站著別動
- 傾向旁邊



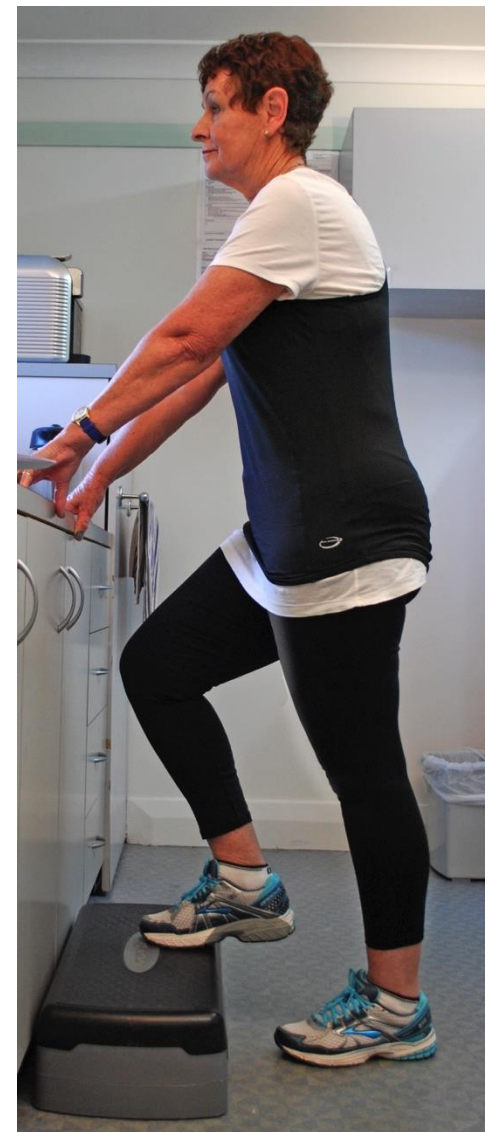
- Feet Together
- Stand Still
- Reach sideways

Translated Home Based Strength and Balance Exercises Cards.

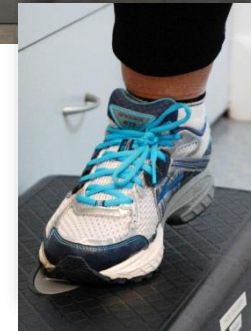
Created by Calvary Community Health, Kogarah Community Physiotherapists Photos courtesy of Lindsay Hewson

- 面向台階
- 用腳趾輕踏台階

- Face the step
- Tap your toe on the step



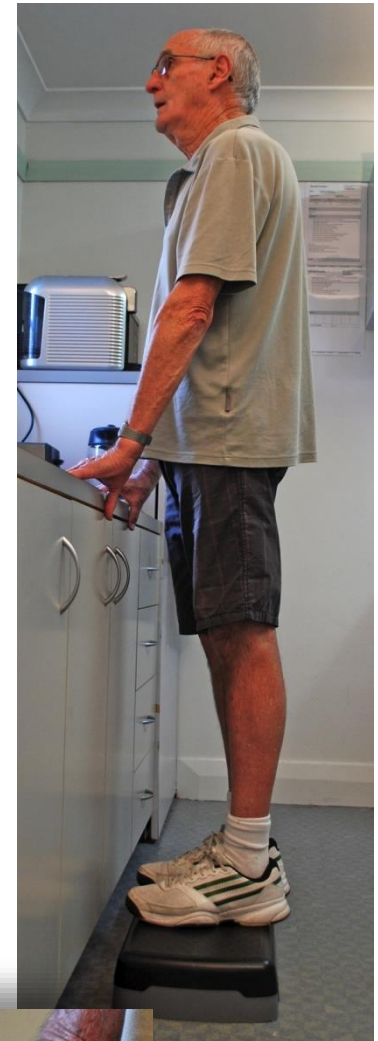
- 側身轉
- 用脚轻踏台階



- Turn sideways
- Tap your foot on the step

- 面向台階
- 踏上台階
- 下台階

- Face the step
- Step up onto step
- Step down



Card 30 Chinese Sideways step ups

- 側身轉
- 踏上台階
- 下台階

- Turn sideways
- Step up onto step
- Step down

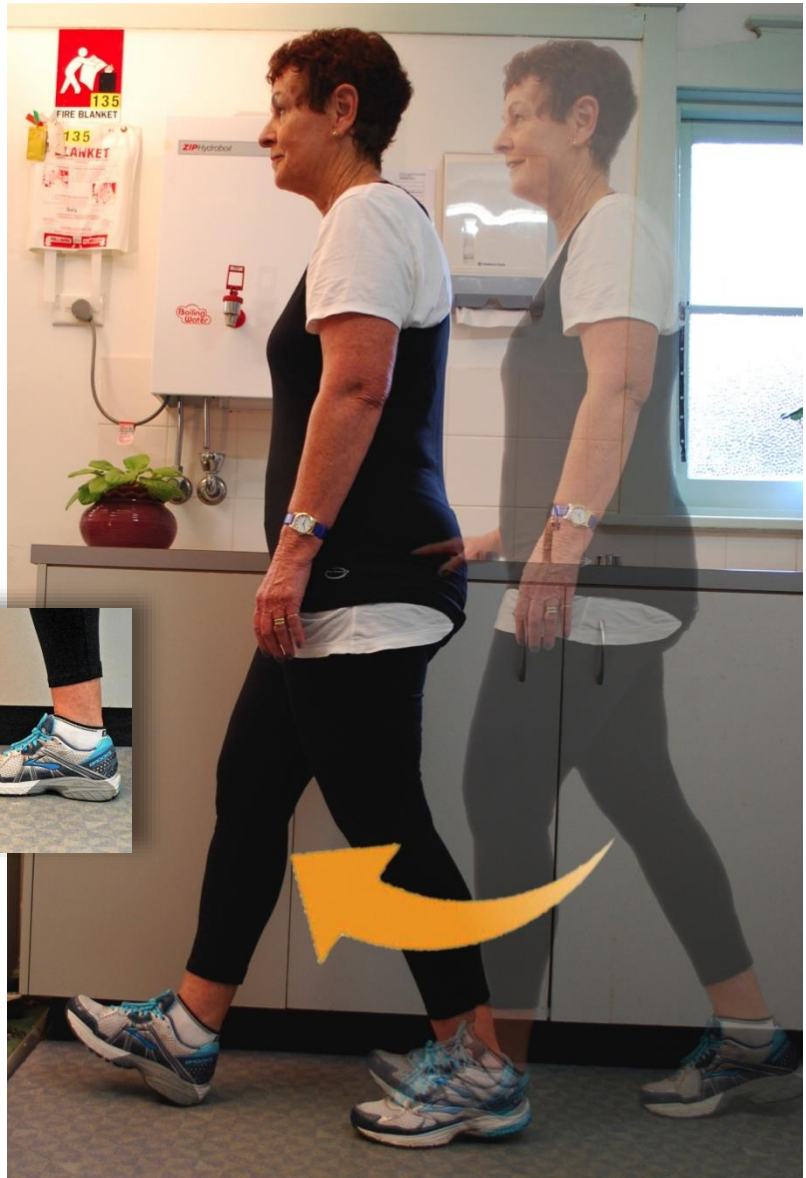


Translated Home Based Strength and Balance Exercises Cards.

Created by Calvary Community Health, Kogarah Community Physiotherapists Photos courtesy of Lindsay Hewson

• 向前走

- Walk forwards



• 向後走

- Walk backwards



• 側身走



- Walk sideways

- 用腳跟貼著腳趾的方式向前走



- Walk forwards heel to toe

Card 35 Chinese
Figure of eight walking

• 走8字形

- Walk in the shape of an eight



CHINESE

• 1	一	• 6	六
• 2	二	• 7	七
• 3	三	• 8	八
• 4	四	• 9	九
• 5	五	• 10	十

Acknowledgements

- **Members of the working party**

Lynelle Bartram, Meng Chen, Simone Edwards, Carmel Illsley, Pauline McGrath, Annette Mooney, Rhonda Passlow

- **Volunteers**

Lindsay Hewson (photographer), Francis Edwards , Maureen Hyland, Leanne Rudloff, Caecilia Soetanto

- **And from the consumer perspective**

Meng Chen, Abdou Ebeid, Maria Ioannou, Catherine Kefalianos , Sidney Leung , Janet Ma, Susanne Senna, Frank Taglieri, Tony Trajceski

Translated Home Based Strength and Balance Exercises.

Created by Calvary Community Health Kogarah Community Physiotherapists . Photos courtesy of Lindsay Hewson