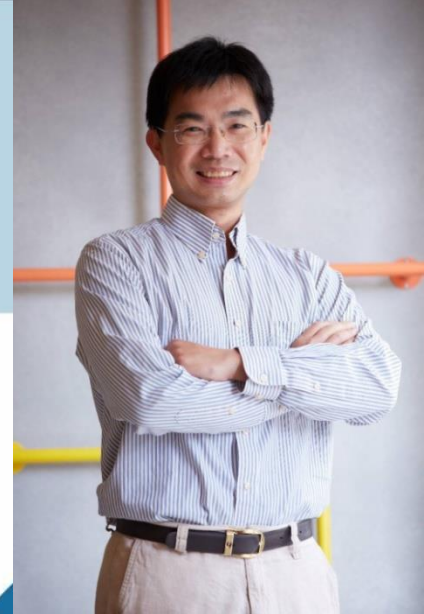


巴金森氏症



臺北醫學大學
TAIPEI MEDICAL UNIVERSITY



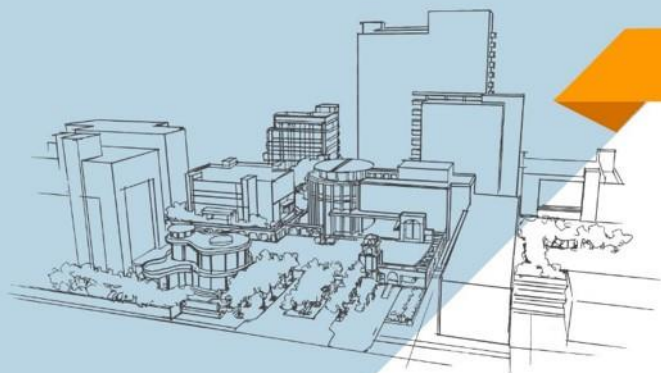
復健運動指南

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北醫六十 邁向榮耀

大綱

1. 姿勢步態
2. 運動處方
3. 動作策略

姿勢特徵

1. 垂頸
2. 彎腰駝背
3. 身體側彎
4. 髖關節與膝關節彎曲
5. 姿勢轉換時不順暢

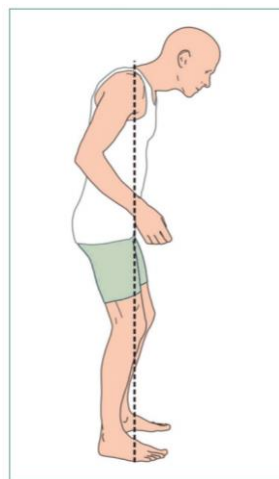
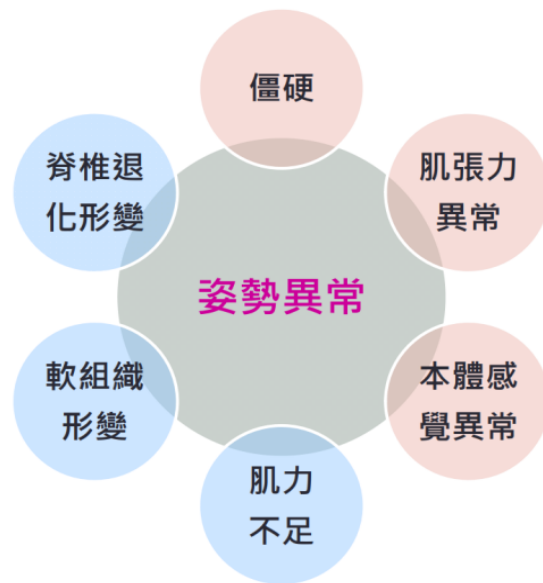


Figure 1: The classic 'stooped' appearance of PD with mild hip and knee flexion and rounding of the shoulders

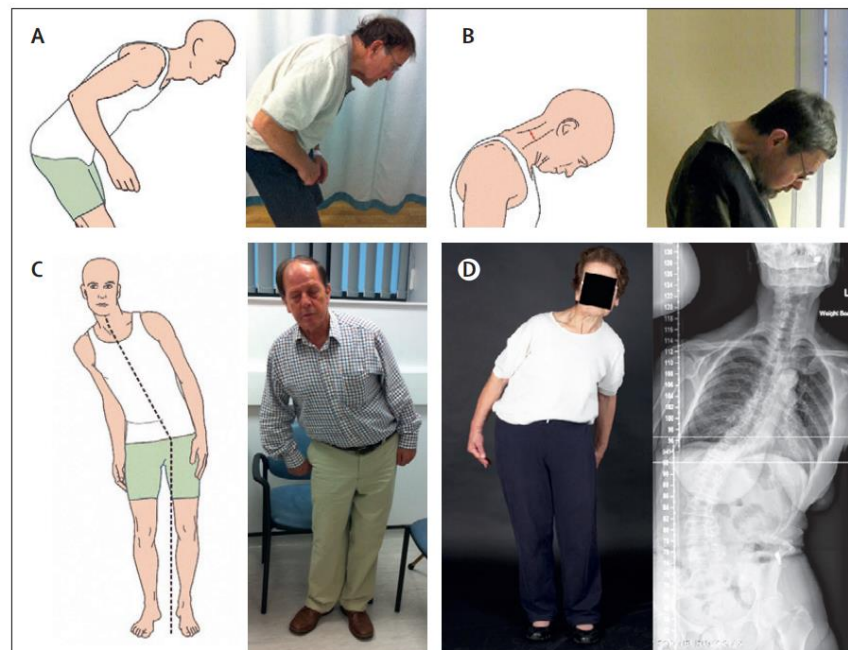


Figure 2: Sagittal plane deformities (A: camptocormia, B: antecollis) and coronal plane deformities (C: Pisa syndrome, D: scoliosis)

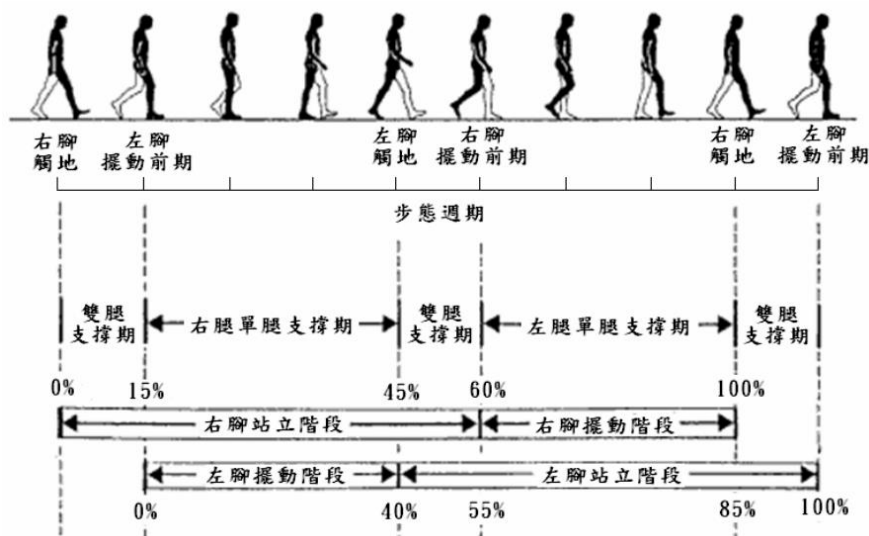
步態特徵

臨床表徵

1. 行走啟動困難
2. 啟動後有時不易停止
3. 小碎步
4. 雙腳皆抬起不夠高
5. 凍凝步態：無法移動腳步
6. 藥效影響行走表現

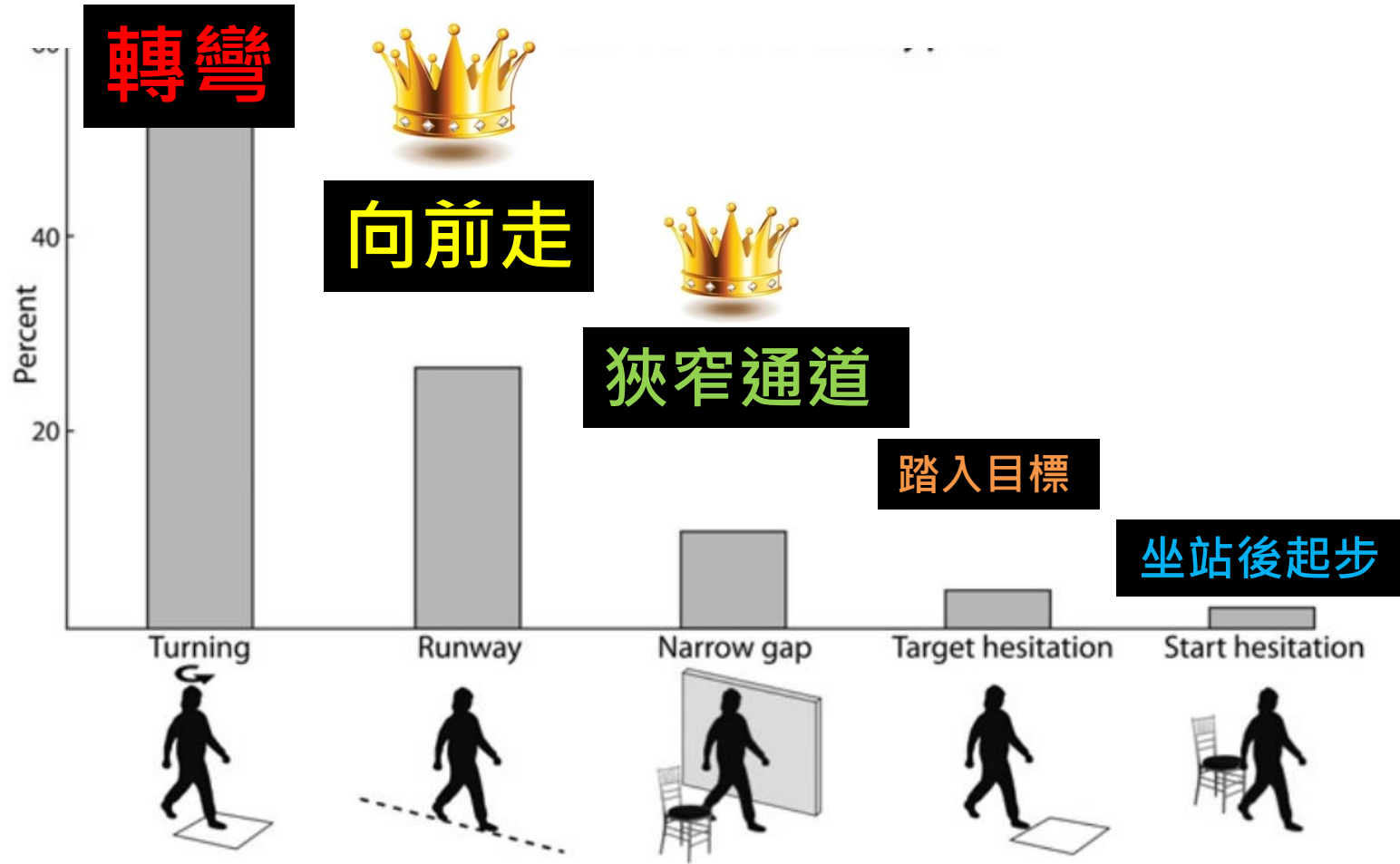
步態參數異常

1. 跨步長度較短
2. 重心轉移變少
3. 步伐頻率較高
4. 行走速度變慢





凍凝步態發生排行榜



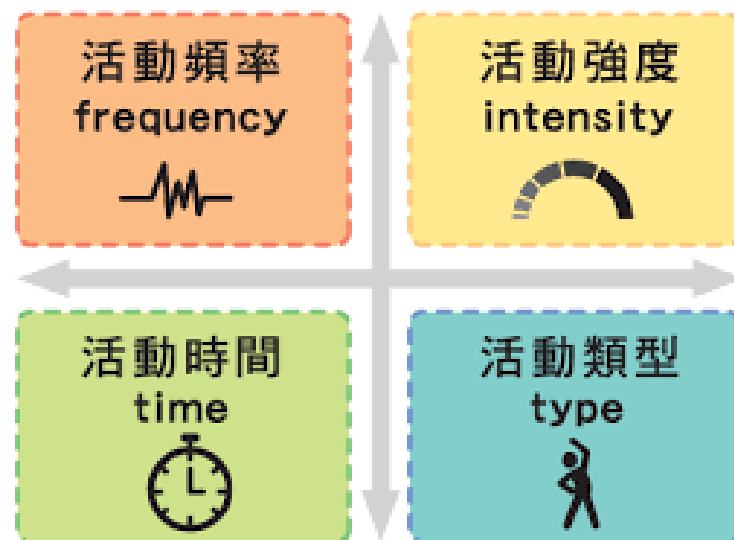
巴金森氏症之運動處方



運動處方原則

FITT原則

- 運動頻率 (Frequency, F)
- 運動強度 (Intensity, I)
- 運動時間 (Time, T)
- 運動形式 (Type, T)



運動內容

1. 暖身(動態伸展)
2. 主運動
3. 緩和(靜態伸展)

	暖身	主運動	緩和
時間	5~10分	20~30分	5~10分
內容	動態伸展	有氧運動 肌力訓練 伸展運動 平衡運動	靜態伸展

Board 1

Recommendations for prescription of training in Parkinson's disease.

AEROBIC 有氧運動	
Frequency:	20-60 min/day - 3-5 days/week 每天20~60分鐘、每週3~5天
Intensity:	Light (< 40% HRR or VO2R); Moderate (40-60% HRR or VO2R); Hard (> 60% HRR or VO2R)
Type:	Walk or Cicle
RESISTANCE 阻力運動	
Frequency:	2-3x/week 每週2~3天
Intensity:	Light (40-50% 1MR); Moderate (60-80% 1MR); Hard (>80% 1MR)
Type:	Progressive (2-4 sets; 8-15 reps; Large Muscle Groups)
FLEXIBILITY 伸展運動	
Frequency:	2-3x/week 每週2~3天
Intensity:	10-30 sec (to the point of discomfort)
Type:	Static Stretching, Dynamic, and PNF, with Emphasis on Spine and Trunk
BALANCE 平衡運動	
Frequency:	10-15 min - 2-3x/week 每天10~15分鐘、每週2~3天
Intensity:	There is no Evidence of the Intensity
Type:	Exercises Involving Motor Skills (Balance, Agility, Coordination, Gait, and Proprioception)

暖身運動

1. 原地踏步
2. 雙手擺動
3. 調整呼吸
4. 左右踏併



健走正確姿勢

1. 雙手半握拳，手肘彎曲90度，前後自然擺動，往前到胸口高度，往後到腰際。
2. 身體向上延伸不彎腰。
3. 肚子微收自然呼吸。
4. 腳跟著地腳步輕盈，膝蓋不鎖死。



伸展運動

This flexibility exercise chart has been developed by the Parkinson's Association of Ireland in collaboration with Lunsback (Ireland) Ltd.

We would like to thank Gráinne McKeown from Dublin Physiotherapy Clinic for her help in developing the exercises and David Magennis and Helen Stapleton for demonstrating each of the exercises.

These exercises are frequently used as part of a treatment programme for Parkinson's disease. Always consult your Chartered Physiotherapist prior to commencing any new exercise programme.

PARKINSON'S FLEXIBILITY EXERCISE PROGRAMME

Neck Side Bend

START POSITION
Sit or stand, feet flat, arms spread wide.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

Head Rotation

START POSITION
Sit or stand, feet flat, arms spread wide.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

Spinal Rotation

START POSITION
Lie on your back, knees bent, feet flat, arms spread wide.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

Back Extension

START POSITION
Lie on your stomach, head, neck, arms and feet flat on the floor.

MOVEMENT
Push up onto elbows and feet, hold for 20 seconds.

REPEAT 3 times

Trunk Rotation

START POSITION
Sit on a hard chair.

MOVEMENT
Tilt upper torso to the left and with the feet on the floor of the chair.

REPEAT 3 times

Trunk Mobilisation

START POSITION
Stand with feet on hip.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

Trunk Side Bend

START POSITION
Stand with feet on hip.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

Arm Lifts

START POSITION
Lie flat on back.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

Chest Stretch

START POSITION
Stand in doorway, feet inside, arms on each side of doorway.

MOVEMENT
Lean forward as far as you can, hold for 20 seconds.

REPEAT 3 times

Forearms / Shoulder Stretch

START POSITION
Stand with feet wide apart.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

Wrist / Hand Stretch

START POSITION
Stand with feet wide apart.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

Upright Posture

START POSITION
Stand with feet wide apart.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

Hamstring Stretch

START POSITION
Sit on the floor, legs straight, feet flat.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

Calf Stretch

START POSITION
Stand with feet wide apart.

MOVEMENT
Tilt head to the left, hold for 20 seconds. Alternate sides.

REPEAT 3 times

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100, North Circular Road, Dublin 10
Tel: 01 454 4444

Gráinne McKeown
David Magennis
Helen Stapleton

頸部運動



1

Neck Side Bend

START POSITION

Sit up tall, look forward.

EXERCISE

Place left hand on top of head, lightly pull head

with hand towards left shoulder. Hold for 30 seconds. Alternate sides.

REPEAT 3 times.



2

Head Rotation

START POSITION

Sitting upright.

EXERCISE

Turn head to left. Place right hand on right cheek

and lightly press to increase the turn. Hold for 20 seconds. Alternate sides.

REPEAT 3 times.

姿勢及下肢運動

12

Upright Posture

START POSITION

Stand with back against wall.

EXERCISE

Place heels as close to wall as possible, stomach in, draw shoulders back towards wall, tuck in chin, look ahead. Hold this position for 2 minutes.

REPEAT 5 times daily.



13

Hamstring Stretch

START POSITION

Sit upright in chair, right leg straight, left knee bent with foot on floor.

EXERCISE

Lean forward. Slide hands down right leg. Hold 30 for seconds. Alternate legs.

REPEAT 3 times.



14

Calf Stretch

START POSITION

Stand with hands on a wall or work surface. Place one leg behind the other, with feet facing forward, front knee bent and back knee straight.

EXERCISE

Lean forwards on to the front leg, keeping the heel of the back leg on the floor. Hold for 30 seconds. Alternate legs.

REPEAT 3 times.



大腿股四頭肌伸展



小腿肌伸展



側向伸展



斜向伸展



脊椎運動



Spinal Rotation

START POSITION

Lie on your back, knees bent, feet flat, arms spread open.

EXERCISE

Rotate knees to the left. Hold for 30 seconds. Alternate sides.

REPEAT 3 times.



Back Extension

START POSITION

Lie on your stomach, hands on the surface at shoulder level or in front.

EXERCISE

Push-up onto elbows and keep hips on surface. Hold for 30 seconds.

REPEAT 3 times.

背部伸展「拱背式」



脊椎運動



5

Trunk Rotation

START POSITION

Sit tall on a hard chair.

EXERCISE

Twist upper torso to the left and with the left arm take hold of the arm or

back of chair. With the right arm, pull and twist a little further to the left. Hold for 30 seconds. Alternate sides.

REPEAT 3 times.



6

Trunk Mobilisation

START POSITION

Hands by side or on lap.

EXERCISE

Slump down, then sit up tall. Start the movement

from the lower back as you move up and down. As you sit up your body moves slightly forwards.

REPEAT 10 times.



7

Trunk Side Bend

START POSITION

Stand with feet wide apart and stable.

EXERCISE

Slide left hand down left

leg. Place right hand over the head to increase stretch. Hold for 30 seconds. Alternate sides.

REPEAT 3 times.

側腰伸展



軀幹旋轉伸展



上肢及擴胸運動



8

Arm Lifts

START POSITION

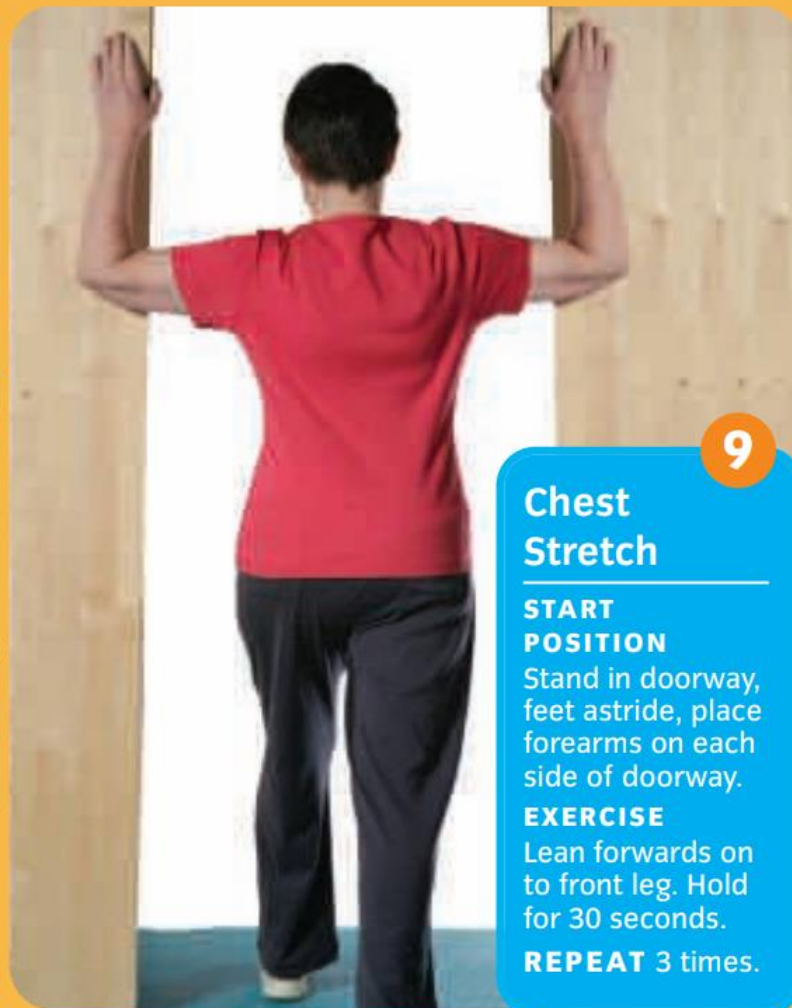
Lie flat on back.

EXERCISE

Stretch the arms overhead. Avoid arching

lower back. Hold for 30 seconds.

REPEAT 3 times.



9

Chest Stretch

START POSITION

Stand in doorway, feet astride, place forearms on each side of doorway.

EXERCISE

Lean forwards on to front leg. Hold for 30 seconds.

REPEAT 3 times.

肩部及手部運動



10

Forearm / Shoulder Stretch

START POSITION

Stand with feet wide apart.

EXERCISE

Stretch arms behind back

and clasp hands. Push arms back a little further. Hold for 30 seconds.

REPEAT 3 times.



11

Wrist / Hand Stretch

START POSITION

Hands in front of chest with fingers upright.

EXERCISE

Slide hands downwards

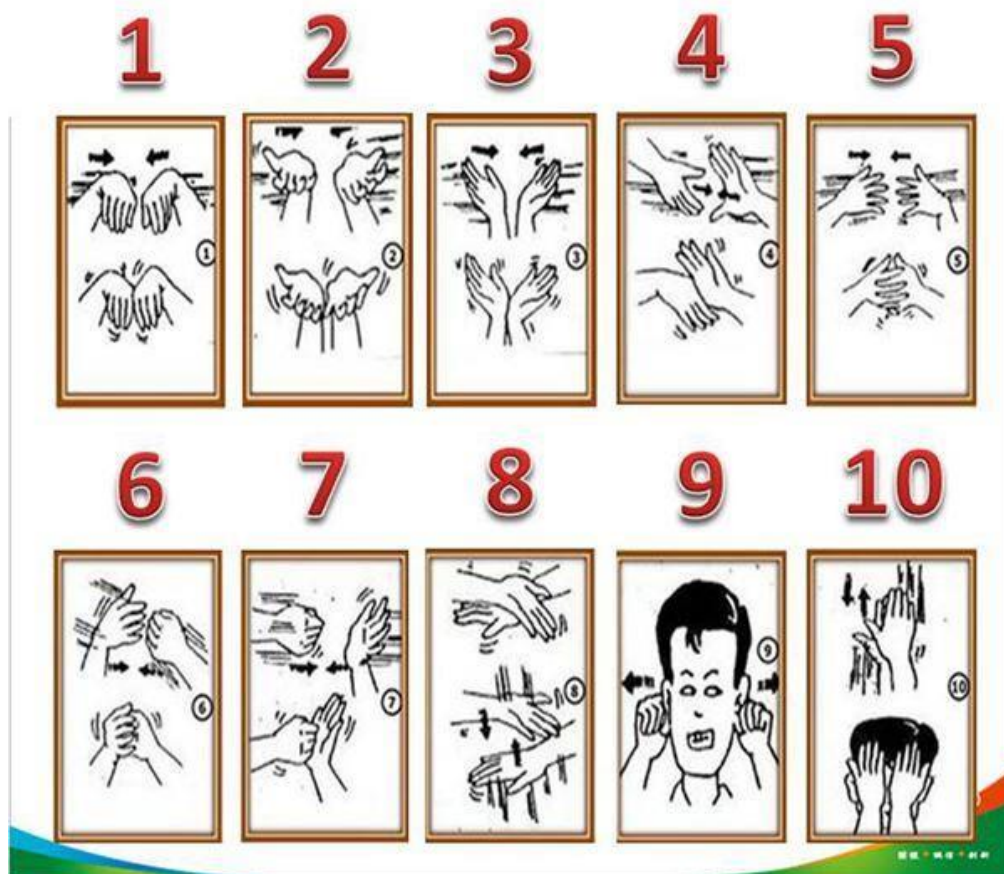
keeping palms together. Hold for 30 seconds.

REPEAT 3 times.

肩膀肱三頭肌伸展



手部運動



阻力運動(肌力訓練)



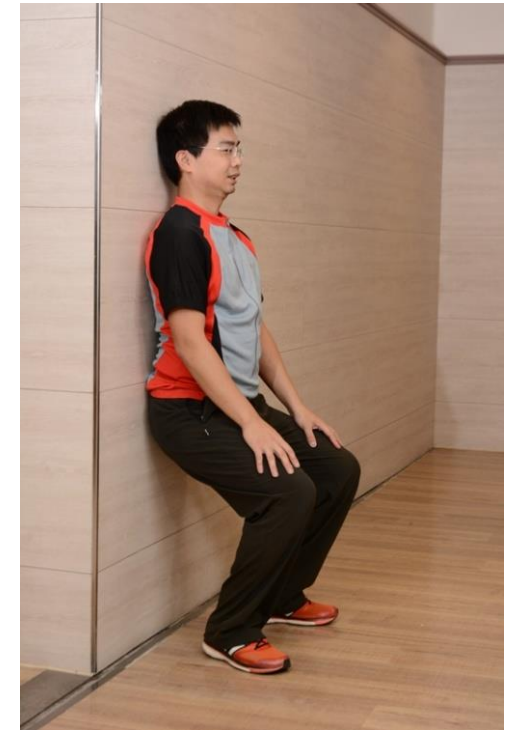
阻力運動(肌力訓練)



阻力運動(肌力訓練)



阻力運動(肌力訓練)



75歲土耳其奶奶



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