

## 殘疾人士健體計劃

康樂及文化事務署(康文署)會透過外展方式為殘疾人士舉辦健體推廣活動,並安排合資格教練前往各區的特殊學校、庇護工場及復康機構,指導殘疾人士及其照顧者進行健體活動。

如欲查詢有關「普及健體運動」的資料,請致電康文署二十四小時客務熱線:2414 5555 (此熱線由「1823」接聽)或瀏覽康文署網頁:

[www.lcsd.gov.hk/tc/healthy](http://www.lcsd.gov.hk/tc/healthy)。

如欲知道更多健康資訊,請致電衛生署健康教育專線:2833 0111或瀏覽衛生防護中心網頁:[www.chp.gov.hk](http://www.chp.gov.hk)。

### Fitness Programme for Persons with Disabilities

The Leisure and Cultural Services Department (LCSD) will arrange outreaching promotional activities on healthy exercise in various districts for persons with disabilities. Qualified instructors will visit special schools, sheltered workshops and rehabilitation institutions to guide and teach persons with disabilities and their carers how to exercise.

For details about the "Healthy Exercise for All Campaign", please call LCSD 24-hour Customer Hotline at 2414 5555 (This hotline is handled by "1823") or visit the website of LCSD at [www.lcsd.gov.hk/en/healthy](http://www.lcsd.gov.hk/en/healthy).

For more information on health, please call the Health Education Infoline of the Department of Health at 2833 0111 or visit the website of Centre for Health Protection at [www.chp.gov.hk](http://www.chp.gov.hk).

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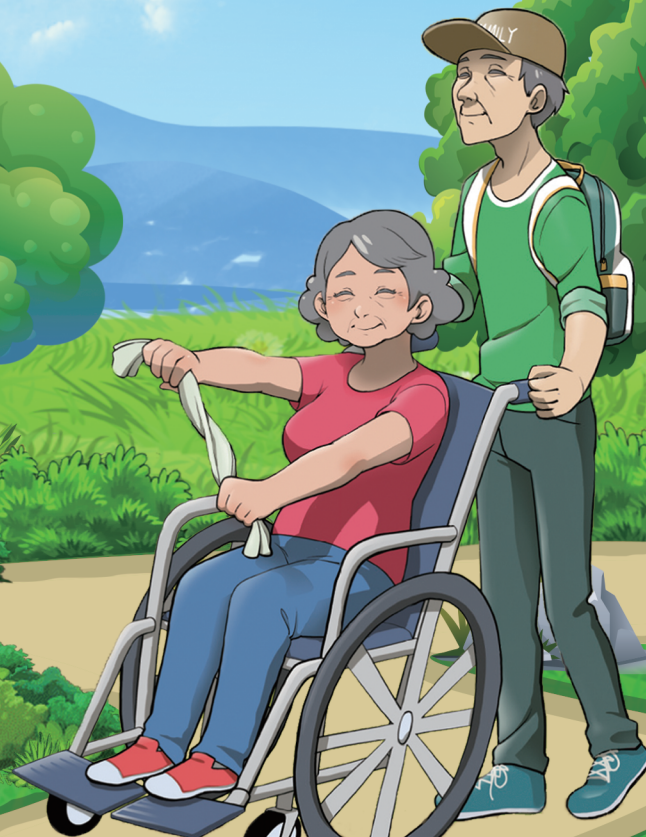


普及健體運動  
Healthy Exercise  
for All Campaign

日日運動身體好 男女老幼做得到  
Daily exercise keeps us fit  
People of all ages can do it

# 普及健體操

Fitness Exercise  
for Persons with Disabilities





## 引言 Introduction

適量的運動對健康有莫大裨益，對殘疾人士更為重要。長期缺乏適量運動會引致很多不良後果，例如肌肉會因長期缺乏運動而萎縮，會令關節的活動能力下降，亦會引致骨質疏鬆、肥胖和心血管病等。

Moderate amount of exercise is good for our health, especially for persons with disabilities. Inactive people are prone to a number of health hazards. Prolonged inactivity will result in muscular atrophy and reduce the agility of the joints. It may also lead to osteoporosis, obesity and cardiovascular diseases, etc.

## 運動的益處 Benefits of Exercise

經常進行適量運動可改善健康狀況，並帶來下列益處：

Exercise regularly at moderate amount can promote health and bring you the following benefits:

1. 降低罹患心血管疾病（例如：冠心病）的風險；  
reduce the risk of cardiovascular diseases (such as coronary heart disease);
2. 有助預防中風、骨質疏鬆及部分癌症（例如：大腸癌）等疾病；  
help prevent illnesses like stroke, osteoporosis and certain types of cancer (e.g. colorectal cancer);
3. 增加關節的靈活性及柔軟度，減低受傷及跌倒的風險；  
enhance the mobility and flexibility of joints to lower the risk of injuries and falls;
4. 強身健體，增強心肺功能；  
enhance physical fitness and strengthen cardiopulmonary functions;
5. 消耗熱量，保持健康體重；及  
burn calories and maintain a healthy body weight; and
6. 紓緩緊張情緒，增強自信，有助擴闊社交圈子，建立良好的人際關係。  
relieve stress, build-up self-confidence, extend social circle and establish good interpersonal relationship.

## 運動須知 Points to Note for Doing Exercise

做運動前，最好先請教醫生，了解自己的身體狀況。進行運動時，須注意下列事項：

Consult your physician and understand your condition before doing exercise. Take note of the following points when exercise:

1. 選擇適合自己體能的運動，量力而為；  
choose the right exercise that suits your physical fitness;
2. 在空氣流通和溫度適中的環境下進行運動；  
exercise in an environment with good ventilation and suitable temperature;
3. 穿著合適的運動服裝和運動鞋；  
wear appropriate sportswear and sports shoes;
4. 動作切勿過大或太快，特別是進行頸部、腰部和雙膝的運動；  
do not make any drastic or abrupt movements, particularly when the exercise involves neck, waist and knees;
5. 運動時要保持呼吸暢順；及  
breathe naturally while doing exercise; and
6. 運動時如感到不適，應放緩動作或稍作休息，若情況沒有改善，須請教醫生，以策安全。  
if you feel unwell when doing exercise, you should slow down or take a rest, if the unwell condition persists, you should consult your physician for safety sake.

## 運動指引 A Guide to Exercise

### 1 姿勢 Posture

建議進行運動時的身體姿勢圖解：

Diagrams of recommended postures for exercises:



躺臥  
Supine lying



坐在椅上  
Sitting on a chair



站立  
Standing

如無附註，殘疾人士可按個人能力，選擇下列任何一個姿勢：

If not specified, persons with disabilities may choose one of the following postures according to their own ability:

#### ● 躺臥 Supine lying

適合行動不便和四肢殘弱的人士。可自行進行運動或請他人協助。

Suitable for the housebound and those with weak limbs who can exercise on their own or with assistance from other people.

#### ● 坐在椅上 Sitting on a chair

適合不能站立過久或下肢殘缺的人士。須坐在高度適中、能使雙腳到地、有靠背的座椅進行運動。

Suitable for those who cannot stand too long or who have weak lower limbs. Exercise by sitting on a chair of suitable height (allowing one's feet on the ground) and with straight back.

#### ● 站立 Standing

適合雙腳能夠平穩站立及承托身體重量而無需別人協助的人士。

Suitable for those who can stand steadily to support body weight and take exercise without assistance from other people.

### 2 呼吸運動 Breathing Exercise

適合所有人士。方法：合嘴，以鼻孔慢慢吸氣，使肺部擴張，然後用口呼氣。

Suitable for all persons - Close the mouth, breathe in through the nose slowly to expand the chest and then breathe out through the mouth.

### 3 運動次數及時間 Frequency and Duration of Exercise

初學者可由每星期兩次，每次 15 分鐘，逐漸增至每次 30 分鐘。

For beginners - Twice a week and 15 minutes each time and progressively increase the duration to 30 minutes each time.

### 4 細心護理 Special Care

如身體過弱，可由家人或照顧者協助進行運動。

For those who are very weak, they can exercise with assistance from their family members or carers.



## 熱身運動 (伸展運動)

## Warm-up Exercises (Stretching Exercises)



約 5 至 10 分鐘  
about 5-10 minutes

每個動作做 2-4 次，每次維持 10-30 秒及不要過度拉伸

Practise 2-4 times for each movement. Hold for about 10-30 seconds each time and do no overstretch.

## I. 頭部及頸部 Head &amp; Neck



1

眼向前望，慢慢將頭向右轉，然後向左轉。  
Look forward, turn your head to the right slowly, and then to the left.



2

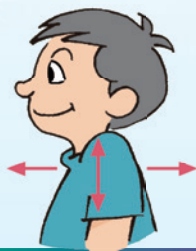
眼向前望，慢慢將頭向右側，然後向左側。  
Look forward, stretch your neck toward the right slowly, and then toward the left.



3

眼向前望，再慢慢低頭，然後向上。  
Look forward, lower your head slowly and return.

## II. 上肢 Upper Limbs



4

肩膊向上縮起，再向下壓低，然後向前移，再向後移。  
Lift shoulders, lower them, then bring them forward and backward.



5

舉高右手伸向左肩，用左手將右手肘拉向自己的方向，直至右肩有拉緊的感覺，然後轉換左手，重複動作。

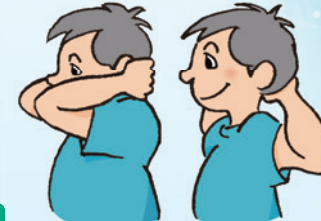
Raise your right arm and rest it on your left shoulder. Pull your right elbow toward the body with your left hand until you feel a tight stretch in the right shoulder. Repeat with the left arm.

## II. 上肢 Upper Limbs



6

右手屈曲放在頭後，左手輕力將右手肘向左拉，然後轉換左手，重複動作。  
Put a bent right arm behind your head, gently pull your right elbow to the left with your left hand. Repeat with the left arm.



7

雙手互握放在頸後，然後慢慢分開手肘，直至手肘與兩肩成一直線。  
Interlock your fingers behind the neck. Move your elbows out sideways slowly until they are in line with the shoulders.

## III. 身軀 Trunk

8

雙手垂直放於身旁，將身體向右側彎，然後再向左侧彎。

Place your arms at the side, slowly bend the body to the right, then bend to the left.



9

雙手環抱胸前，慢慢將身體向右轉，靜止，再向左轉，靜止。

Cross your arms in front of the chest. Turn the body to the right slowly and hold. Then turn to the left and hold.



10

曲膝仰臥，雙腳向右擺放，靜止，然後再向左擺放，靜止。

Lie on the back with knees bent, swing both legs to the right and hold, then swing them to the left and hold.





#### IV. 下肢 Lower Limbs

11



或  
or



雙手抓緊椅背，作弓箭步，後腿伸直，靜止，然後轉腿再做。

Hold the back of a chair firmly with both hands, put one leg forward and bend at the knee. Straighten the other leg and hold. Repeat with the other leg.



雙手緊握椅邊，一腿伸直，將腳掌向上屈，靜止，然後轉腿再做。

Hold the edge of a chair firmly with both hands, stretch out one leg with toes pointing up and hold. Repeat with the other leg.

12

坐在椅上，將右腳腕橫放在左大腿上，雙手慢慢將右腿向下壓，靜止，然後轉腿再做。

Sit on a chair, put your right ankle horizontally on your left thigh. Slowly push your right leg downward with both hands and hold. Repeat with the other leg.



或  
or

雙手抓緊椅背，作弓箭步，後退伸直，靜止，然後轉腿再做。

Hold the back of a chair firmly with both hands, put one leg forward and bend at the knee. Straighten the other leg and hold. Repeat with the other leg.

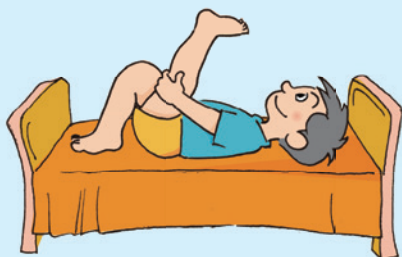


13



曲膝仰臥，雙手環抱左大腿，慢慢將左腿伸直並拉向面部的方向，直至感到微微拉緊，靜止，然後轉換右腳，重複動作。

Lie on the back with knees bent, put your arms around the left thigh. Slowly straighten your left leg and pull toward the face, until you feel a slight stretch in the leg and hold. Repeat with the right leg.



Z

#### 肌肉鍛鍊

#### Muscle Strengthening



約 10 至 15 分鐘  
about 10-15 minutes

每個動作先做3 - 5次，可循序漸進增至10 - 15次。可手持重1磅的啞鈴或膠水樽以作訓練。在鍛鍊肌肉時，要保持呼吸暢順自然。

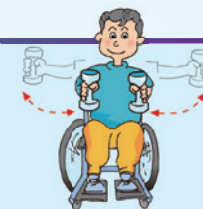
Practise 3-5 times initially for each movement and gradually increase to 10-15 times. You can hold a dumbbell of about 1 lb or a plastic bottle to exercise. Keep your breathing smooth and regular when strengthening your muscles.

#### I. 上肢 Upper Limbs

1

雙手持啞鈴向外平伸，將啞鈴舉至肩膀的高度，然後再將兩手向胸前平伸，還原，重複動作。

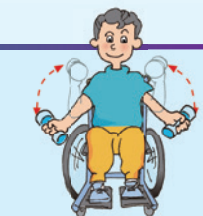
Hold a dumbbell in each hand. Raise and straighten your arms horizontally to shoulder level. Then move your arms horizontally to the front of the chest. Return to starting position and repeat.



2

雙手持啞鈴垂直放於身旁，雙手向肩膀的方向屈曲，還原，重複動作。

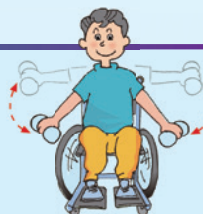
Hold a dumbbell in each hand with arms at the side. Bend your arms toward your shoulders. Return to starting position and repeat.



3

雙手持啞鈴垂直放於身旁，然後向橫伸直雙手，將啞鈴舉至肩膀的高度，還原，重複動作。

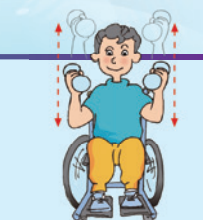
Hold a dumbbell in each hand with arms at the side. Raise and straighten your arms horizontally to shoulder level. Return to starting position and repeat.



4

雙手持啞鈴，先舉高至肩膀的高度，然後伸直雙手舉起啞鈴，還原，重複動作。

Hold a dumbbell in each hand. First, lift the dumbbells to shoulder level. Then lift the dumbbells by extending your arms vertically. Return to starting position and repeat.





## I. 上肢 Upper Limbs

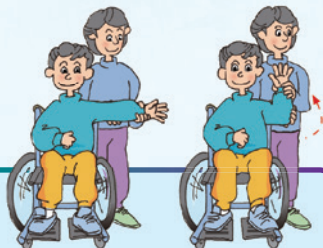
5



用較強壯的手抓緊較弱的手，雙手伸直，盡量向上提高，重複做15次。

Use the stronger arm to hold the weaker arm and straighten them to lift upward as far as possible. Repeat 15 times.

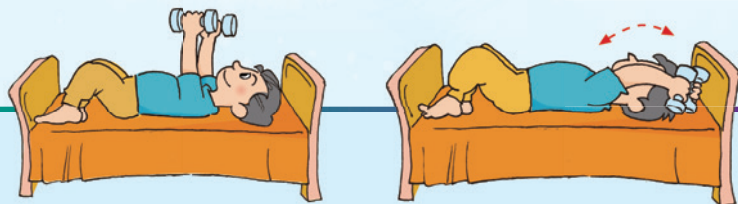
6




在照顧者協助下把左手向橫抬起至肩膊的高度，並協助前臂作屈伸動作，重複做15次。然後以右手重複以上動作。

With caretaker's assistance, raise your left arm horizontally to shoulder level. Bend your left forearm at the elbow and extend. Repeat 15 times. Then repeat with the right arm.

7



 曲膝仰臥，雙手持啞鈴，伸直手肘，然後將啞鈴高舉向上，並向頭部方向伸展，直至跨過頭部，還原，重複動作。

Lie on the back with knees bent, hold a dumbbell in each hand and straighten your arms. Then raise your arms toward and over your head. Return to starting position and repeat.

8



雙手輕按椅邊，雙腳保持著地，身體稍微前傾，提起臀部，還原，重複動作。

Put your hands gently on the edge of a chair and keep both feet on the floor. Lean forward slightly and lift the hips. Return to the starting position and repeat.



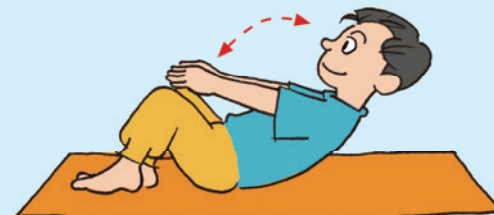
## II. 身軀 Trunk

9



曲膝仰臥，抬起頭及肩膊，雙手向膝部伸展。還原，重複動作。

Lie on the back with knees bent, lift your head and shoulders, and extend your arms toward the knees. Return to starting position and repeat.



10



曲膝仰臥，提高臀部使之離開蓆面，直至臀部與大腿成一直線。還原，重複動作。

Lie on the back with knees bent, lift the hips from the mat surface until the hips and the thighs are in a line. Return to starting position and repeat.



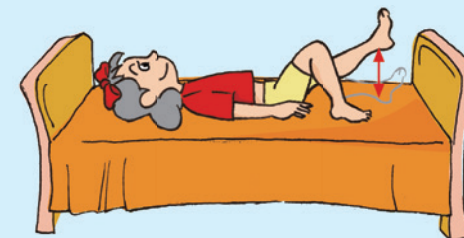
## III. 下肢 Lower Limbs

11



仰臥，右腿曲膝。提起左腿至離床面約1呎，停留5秒，慢慢將腳放下，重複此動作15次。然後轉右腳，重複動作。

Lie on the back with right knee bent. Lift your left leg to 1 feet above the bed and hold for 5 seconds, then lower your leg slowly. Repeat 15 times. Repeat with the right leg.





### III. 下肢 Lower Limbs

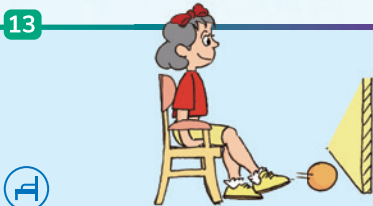
12



- \* 可於腿上加重量 (如沙包)
- \* You may put weight on the leg (e.g. sand bag)

坐在椅上，先提起一腿及伸直，然後平放回地上，再提起另一腿，重複動作。  
Sit on a chair, lift and straighten one leg first, then lower the leg horizontally on the floor. Repeat with the other leg.

13



坐在椅上，用兩腳輪流朝牆踢球。  
Sit on a chair and kick a ball toward the wall with alternate legs.

14

雙手抓緊椅背，雙腳或單腳腳趾貼地，提起腳跟，還原，重複動作。

Hold the back of a chair firmly with both hands. Tiptoe with both legs or one leg. Raise your heel(s). Return to starting position and repeat.



15

雙手抓緊椅背，單腳向側提腿，重複做 15 次。然後轉腿再做。

Hold the back of a chair firmly with both hands, lift one leg to the sideways. Repeat 15 times. Repeat with the other leg.

注意：擺腿幅度不宜過大，以保持平衡。  
Note: To keep your balance, the range of motion should not be too large.



16



仰臥，雙腳伸直。在照顧者協助下抬起左腳，然後曲起膝頭，再推直左腳，重複此動作 15 次，然後以右腳重複以上動作。

Lie on the back with both legs fully extended. Raise left leg with the assistance of your caretaker. Bend your left knee and extend your leg. Repeat 15 times. Then repeat with your right leg.

### 丙

### 心肺耐力鍛鍊運動

#### Cardiorespiratory Endurance Exercise

可配合節奏輕快的音樂做下列動作，開始時先做 10 - 15 次，然後逐漸增加次數，以每次做 10 - 15 分鐘，每日重複 2 - 3 次為目標。達標後，再把目標逐步提高至每周累積至少 150 分鐘。

You can do the following exercises with light music. Do 10-15 times at the beginning and increase the frequency gradually. Set your target to do 2 to 3 sessions of 10-15 minutes per session a day. After meeting the target, you may raise the level progressively to an accumulation of at least 150 minutes a week.

1

一手抓緊椅背，一手叉腰，原地踏步。

Hold the back of a chair firmly with one hand, while putting the other hand on your waist. March on the spot.



2

雙手持皮球，放在胸前 (開始位置)：  
Hold a ball in front of your chest with both hands (starting position):



- 持皮球向前伸直手臂，還原位置；  
Extend your arms to the front with straight arms and return to starting position;
- 再向上高舉皮球過頭頂及伸直手臂，還原位置；  
Hold the ball up above your head with straight arms and return to starting position;
- 持皮球向左前方伸直手臂，還原位置  
Extend your arms to your left front with straight arms and return to starting position;
- 持皮球向右前方伸直手臂，還原位置；  
Extend your arms to your right front with straight arms and return to starting position.

重複整套動作。  
Repeat the whole set of exercise.

3

仰臥，雙腳做踏單車動作。

Lie on your back and move your legs like riding a bicycle.



除上述動作外，還要多作步行、推輪椅及各項肌肉鍛鍊運動，只要增加練習次數及延長運動時間，便可增強心肺功能。適量的運動對身體有很大裨益，但由於個別殘疾人士的活動能力因人而異，以上資訊只供參考。

Apart from the above exercises, you should also walk, push wheelchair and do muscle strengthening exercise more often. If you increase the frequency and duration of exercises, you can improve your cardiopulmonary function. Moderate amount of exercise is good for our health, however, as the mobility of persons with disabilities differs between individuals, the above information is for reference only.

### 丁

### 緩和運動 (伸展運動)

#### Cool-down Exercises (Stretching Exercises)

與熱身運動相同

Same as the warm-up exercises.



約 5 至 10 分鐘  
about 5 to 10 minutes