

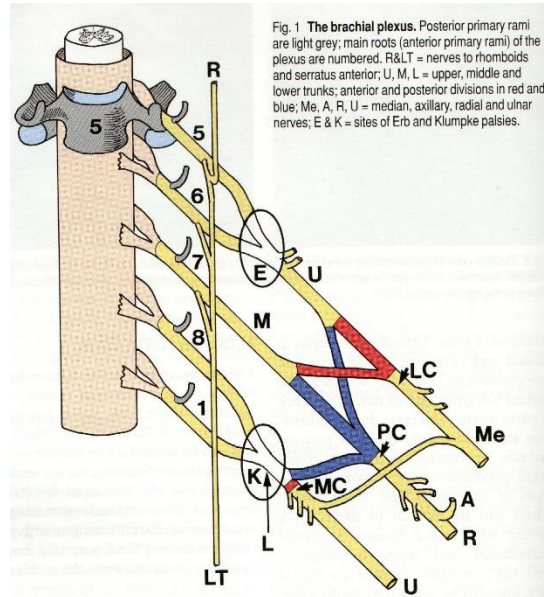
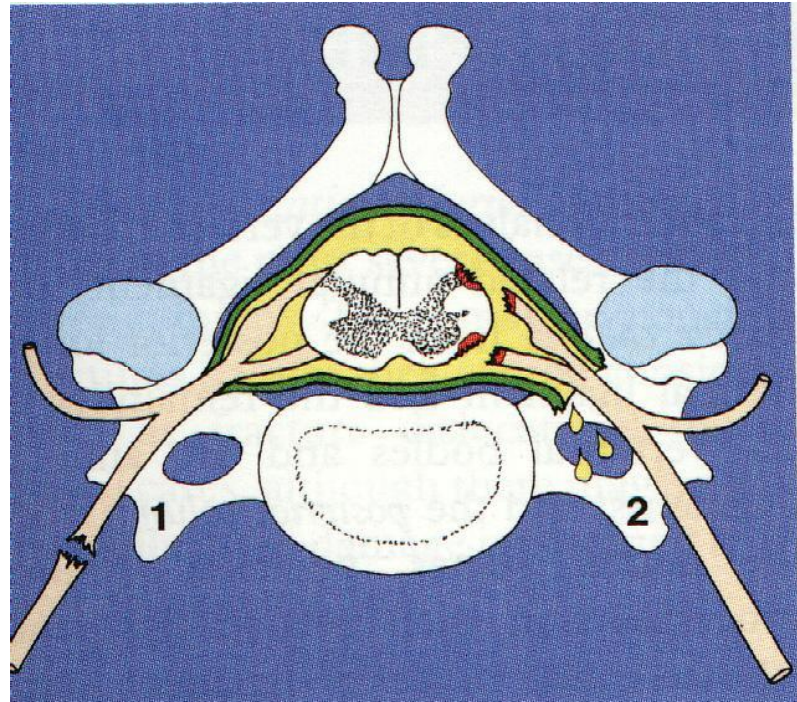
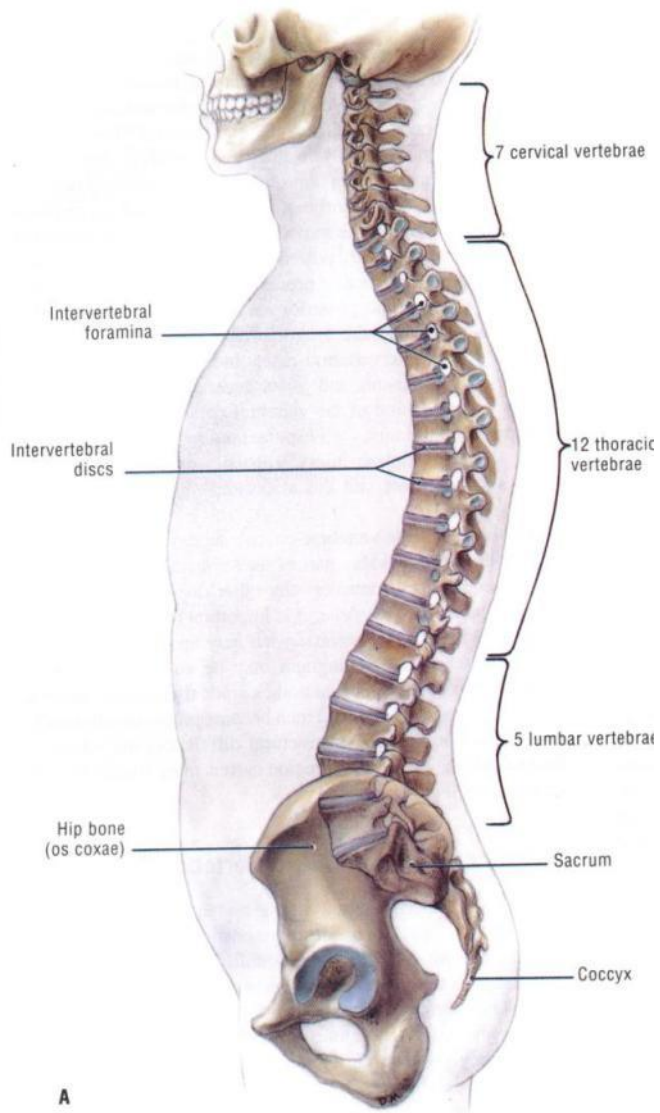
肩頸與上肢，有痛你自知

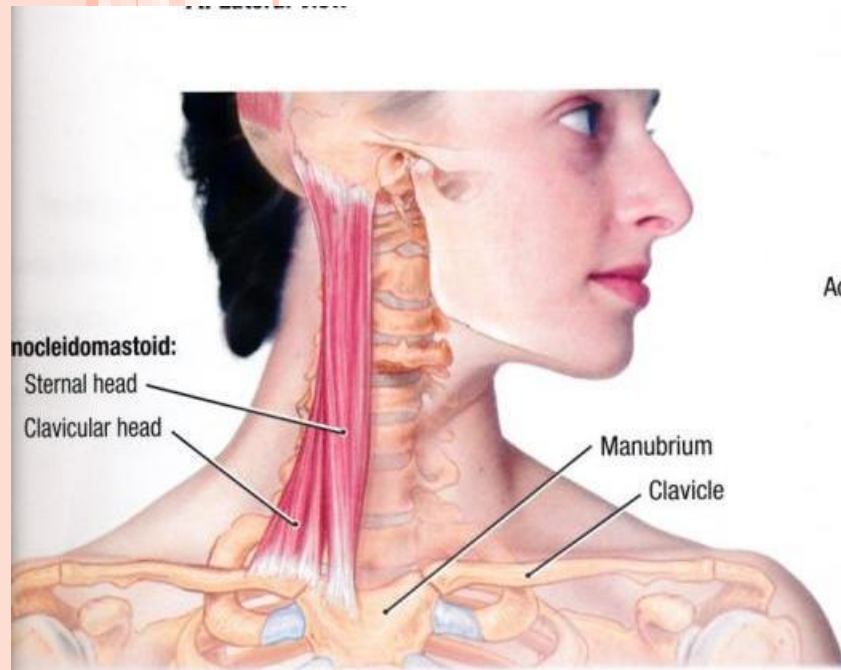
物理“自”療法

5月11日 晚上8:00

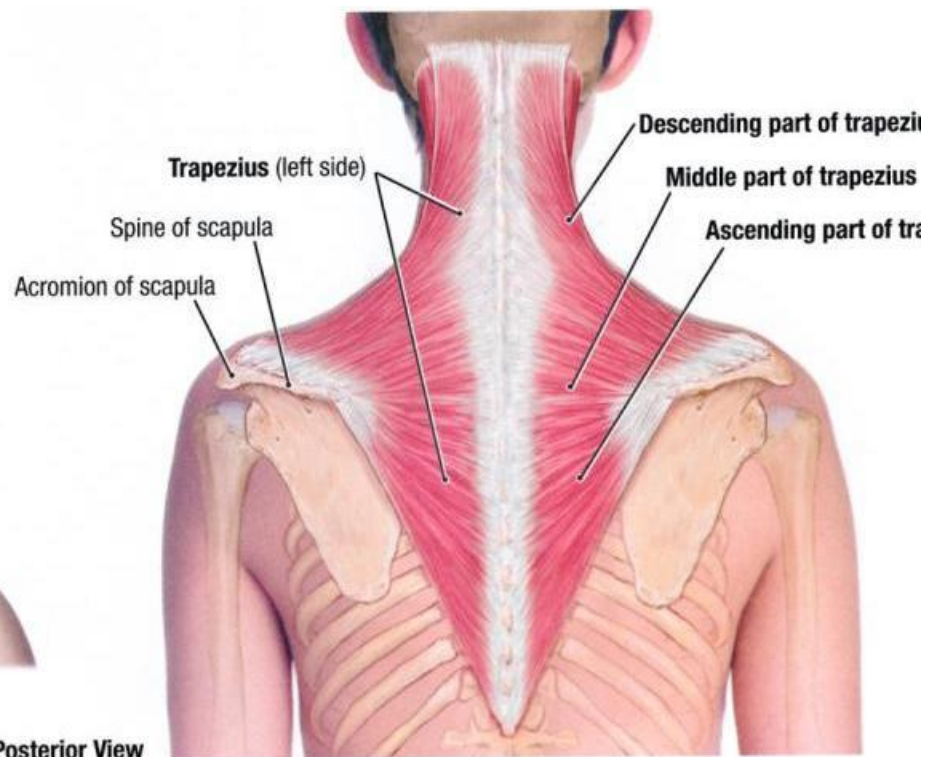
廖寶珊紀念書院

鄺適存博士





Anterior View



C. Posterior View

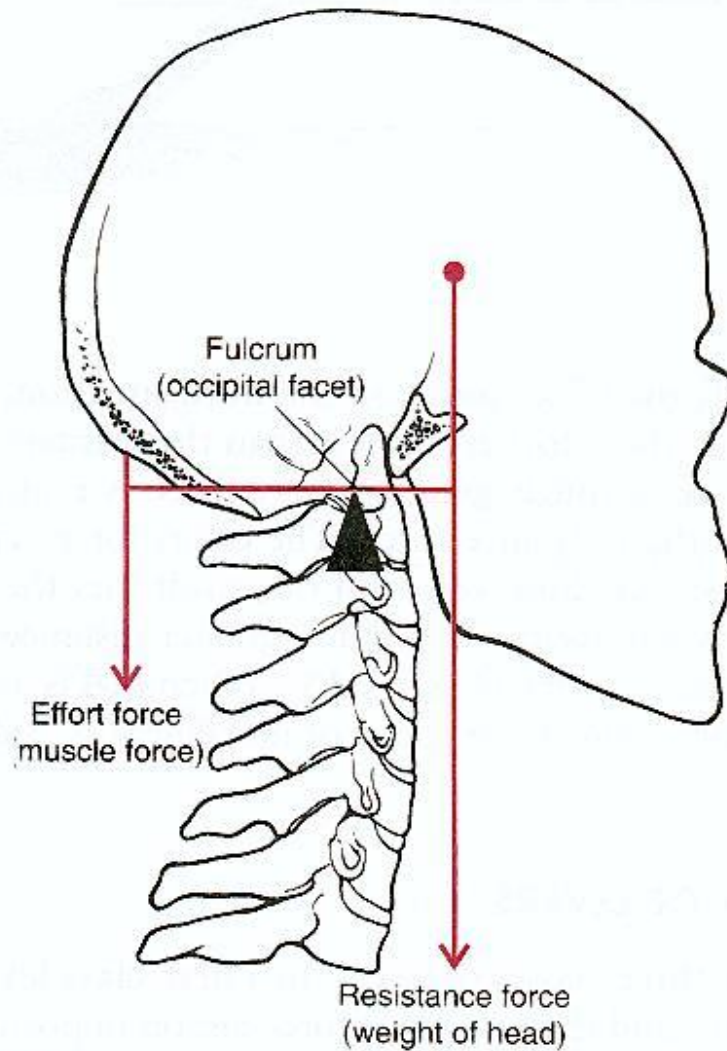
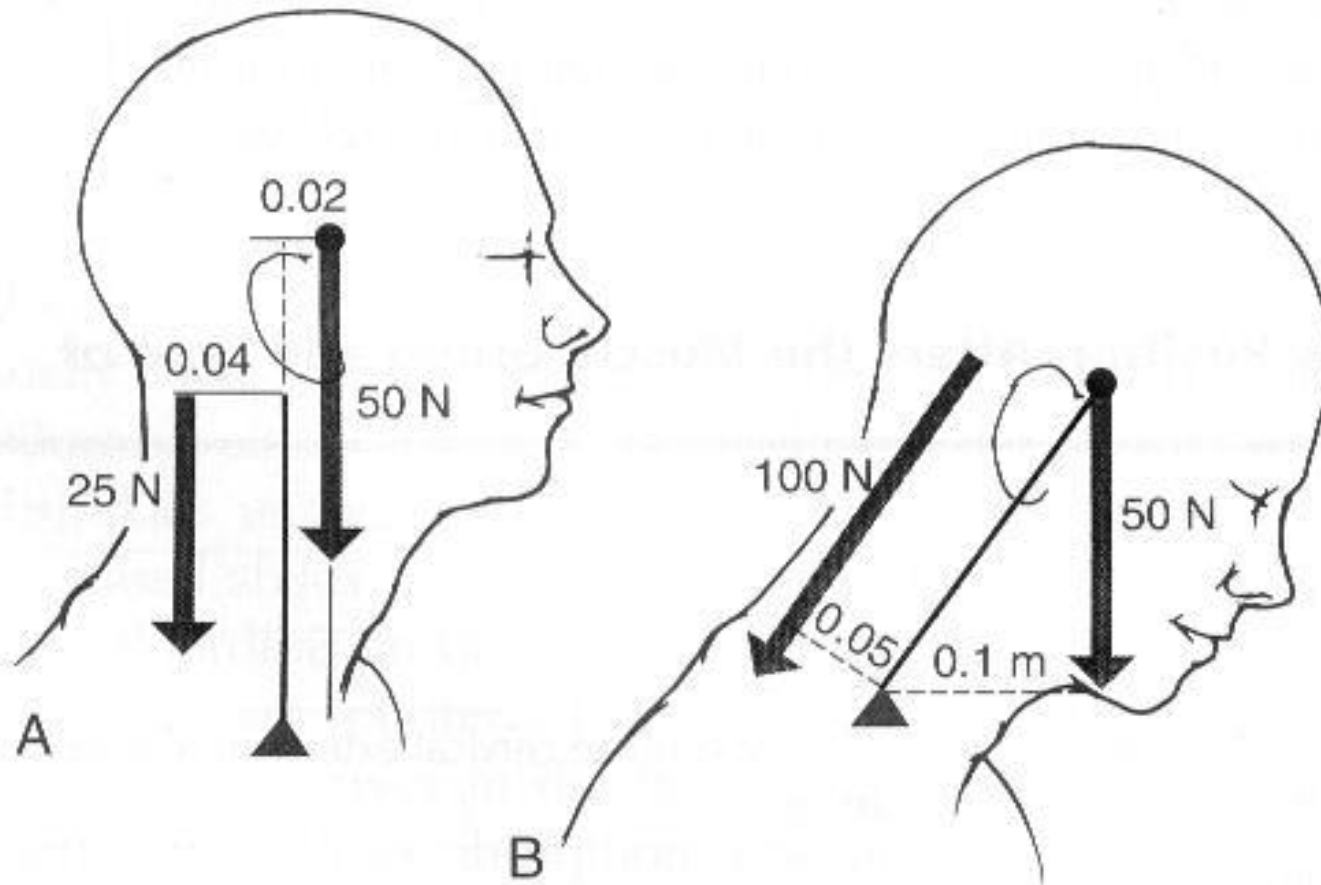


FIGURE 11-14 An anatomical first-class lever in which the weight of the head is the resistance force, the splenius muscles provide the effort force, and the fulcrum is the atlanto-occipital joint.



CERVICAL SPINE (LOADING AT DIFFERENT NECK POSITION)







- 維持良好的坐姿，保持背部挺直

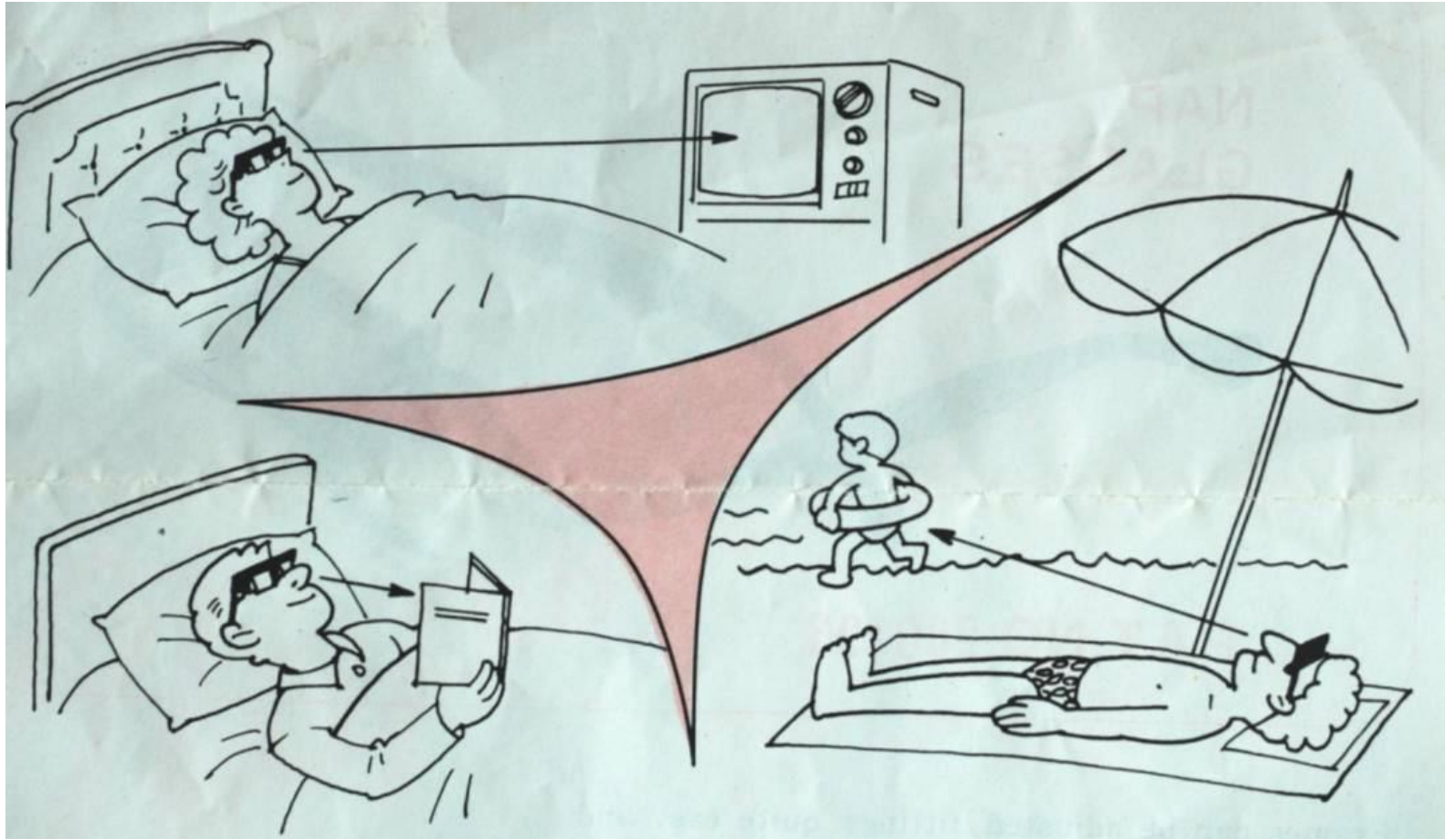


理想的工作間及工作姿勢





NAP GLASS









Poor playing posture. The head is held forward, in front of the body when looking upward. This position is frequently responsible for headaches, as it compresses the top neck joint.



A poor playing posture for a guitarist with the head held forward from the body and the back slouched

Correct playing position



A corrected playing posture assumes an erect position that feels awkward at first, but improves with practice





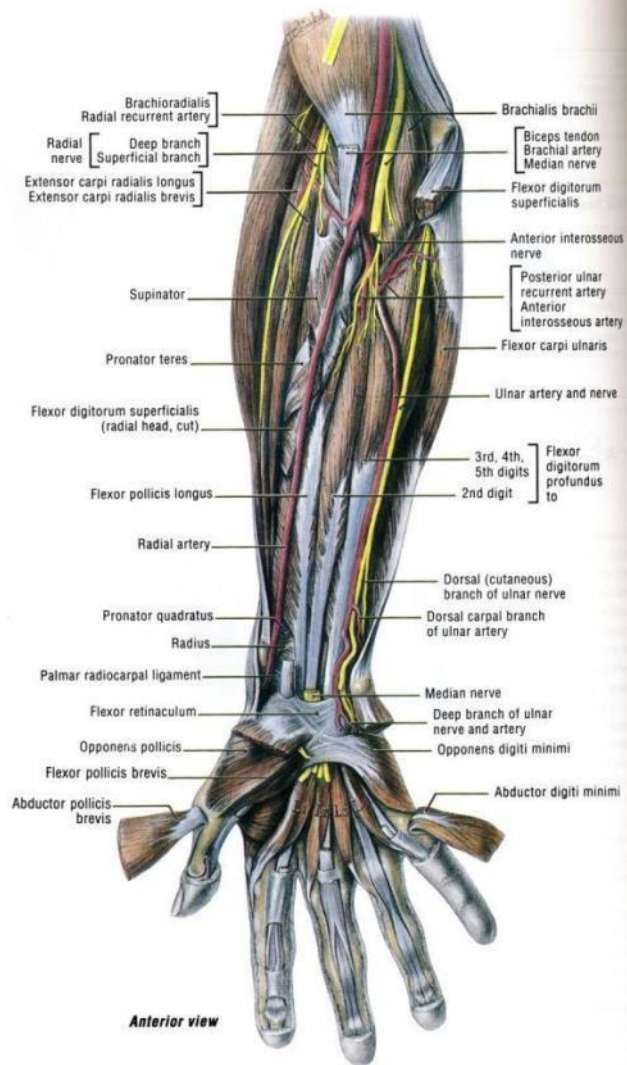
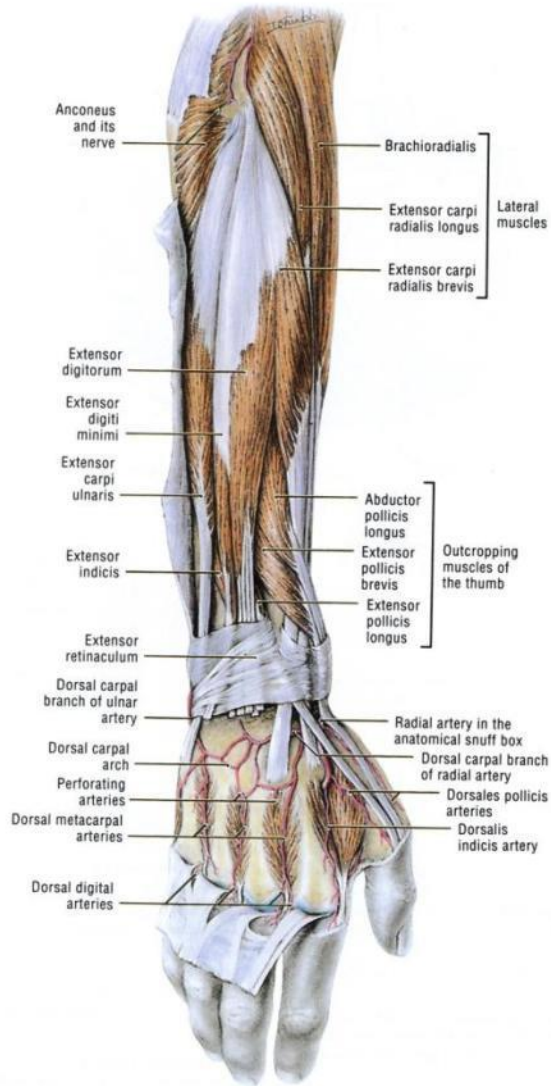
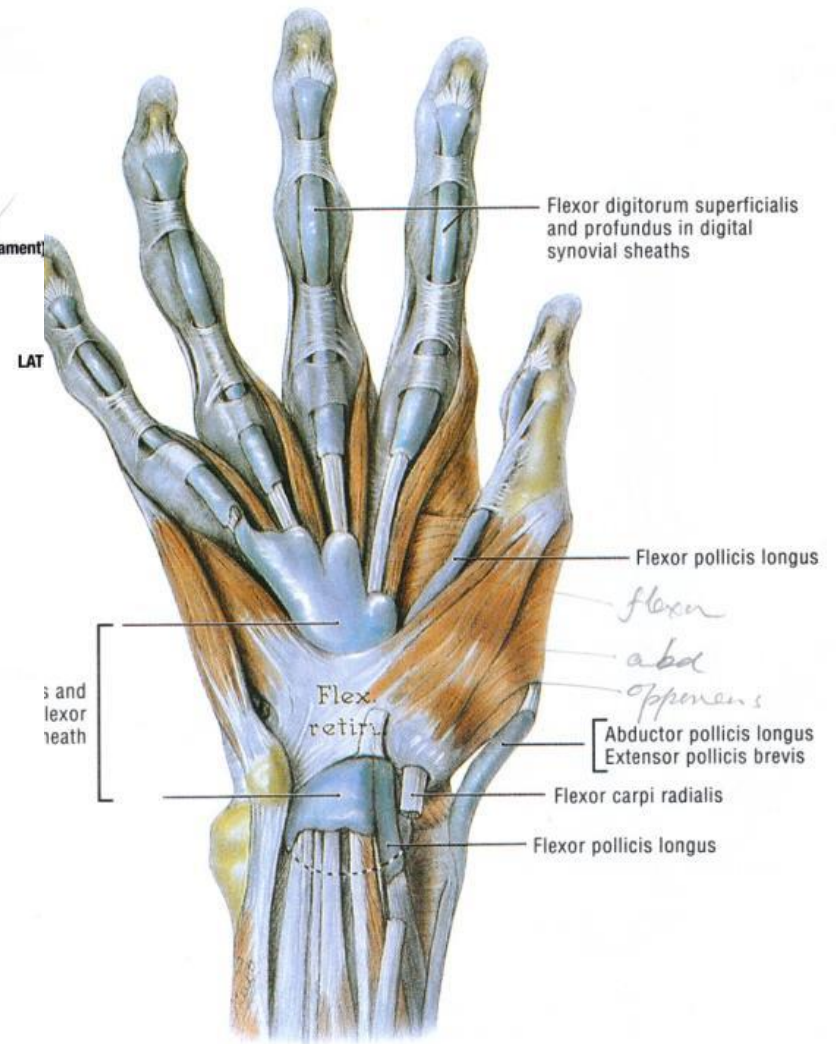
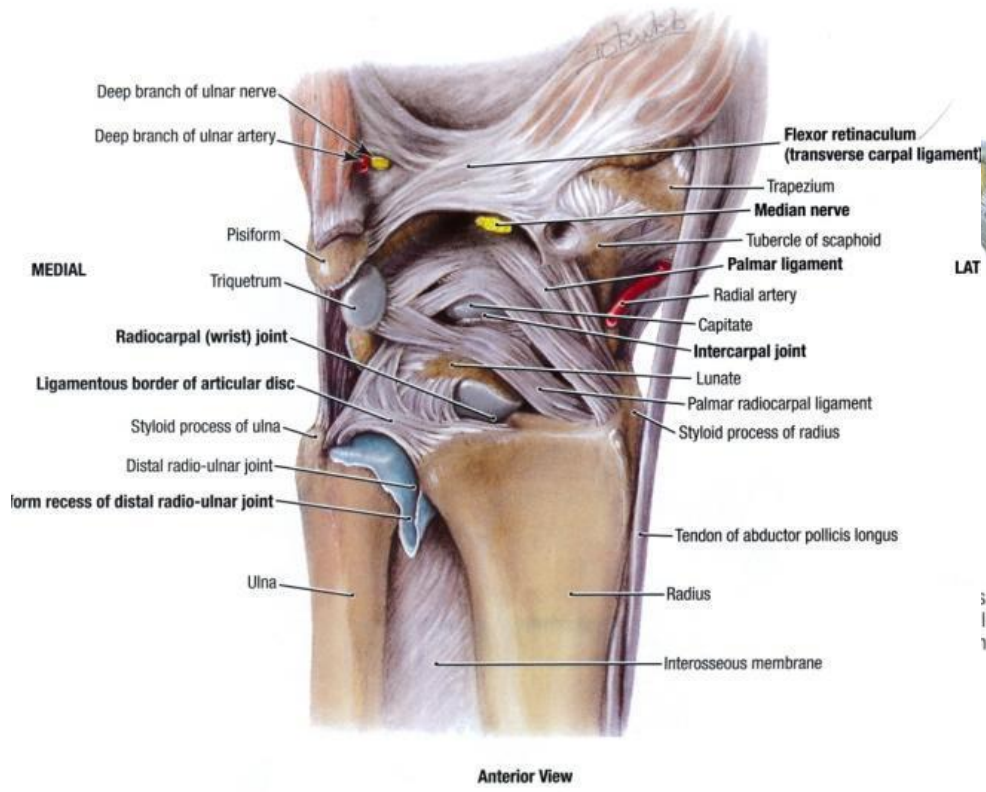
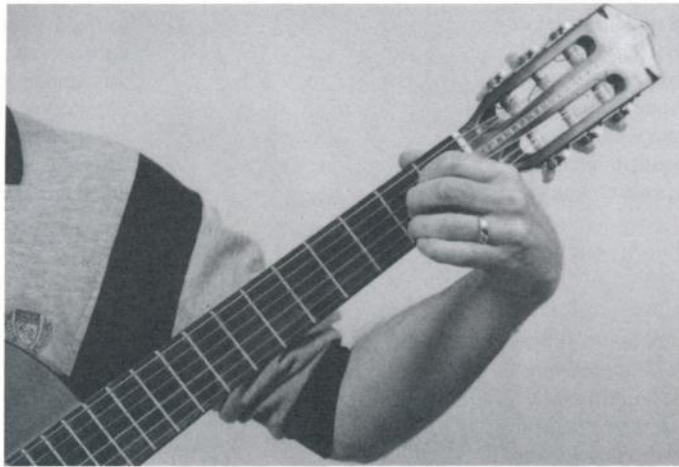
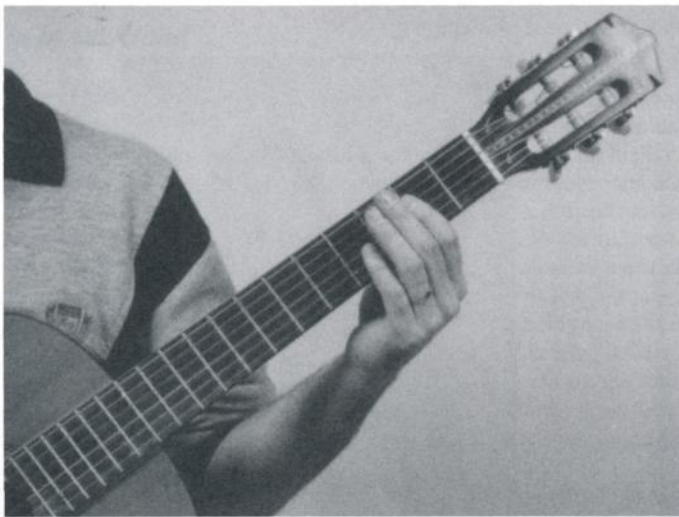


Figure 6-70. Dissection of the deep flexor muscles of the digits and related structures. Part of the flexor retinaculum has been removed. L1 to L4 indicate the lumbrical muscles.

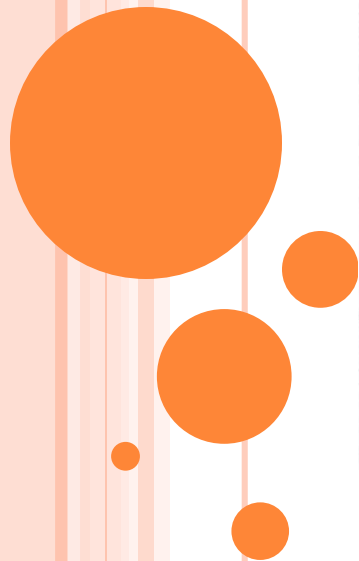




Avoid overusing this wrist flexion position.



Demonstrating a good, neutral position.





Sitting on a low bench, this pianist plays in wrist flexion. This frequently leads to arm or hand pain.



On a higher seat, she is able to play with her wrist in a safe, neutral position.



Overuse of this wrist flexion movement frequently causes arm and hand pain.



A good neutral wrist position.



伸展運動

○ 靜態伸展：

- 慢、切勿突然用力/彈動
- 有拉緊感覺，保持幾秒
- 慢慢放鬆

○ 每組肌肉重覆3-5次、每星期3-4次；

○ 好處：

- 鬆弛肌肉
- 增加關節活動幅度
- 預防肌肉拉傷
- 有利運動表現

