

指さしイラスト

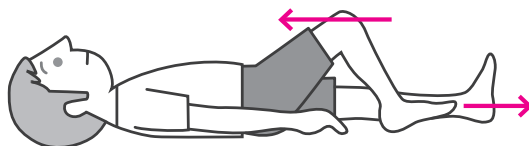
⑪リハビリで用いる自主トレーニング例 — [リハビリテーション療法士]
[Self-training list]

【用途】 自主練習用に患者さんにお渡しして使用できます。

● PT (臥位でできるトレーニング)

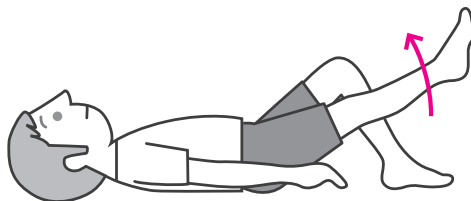
① Bend your knees, first the right, then the left.

両方の足を交互に曲げる。



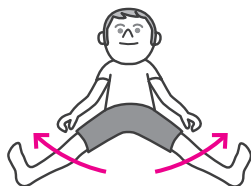
② Raise one knee, and then raise the other leg.

片ひざを立て、もう一方の足を持ち上げる。



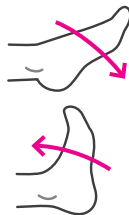
③ Open your legs outward, and then close them inward.

足を左右に開閉する。



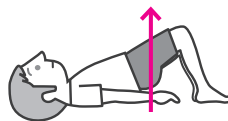
④ Point your toes downward, and then raise them upward.

つま先を上下させる。



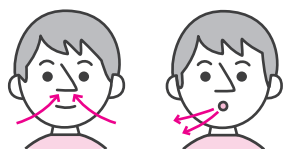
⑤ Bend your knees and raise your hips.

両ひざを立ててお尻を上げる。



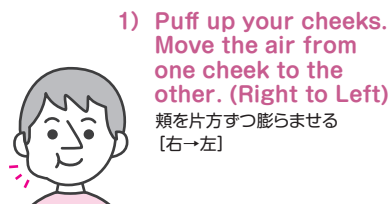
● ST (嚙下体操)

① Deep Breathing: 深呼吸



Take a slow and deep breath in through your nose. Hold your breath for a few moments, and exhale through your mouth.
鼻から大きく吸って、少し止め、口をすぼめて吐く

② Cheek Exercise: 頬の運動

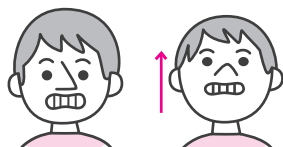


1) Puff up your cheeks. Move the air from one cheek to the other. (Right to Left)
頬を片方ずつ膨らませる
[右→左]



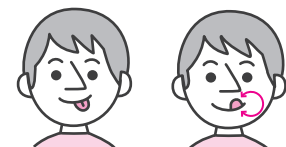
2) Fill your cheeks with air, then push out the air with both of your hands.
両方膨らませて両手を当て、勢いよくつぶす

③ Facial Exercise: 顔の運動



1) Pout your lips, and say "Woo."
口を尖らせて「ウー」と言う
2) Open your mouth sideways, and say "Eee."
口を横に広げて「イー」と言う
3) Lift your chin up, open your mouth sideways, and say "Eee."
上を向いて口を横に広げ「イー」と言う

④ Tongue Exercise: 舌の運動



1) Stick your tongue out.
舌を前に出す
2) Move it as far to the left side without moving your chin as you can, then move it to the right side.
左右に動かす
3) Lick your lips from the right to left side.
唇に沿ってゆっくりとなめる

⑤ Articulation Exercise: 構音



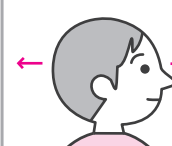
Move your mouth and tongue slowly, then speak in a loud voice "PA" "TA" "KA" "RA" clearly.
ゆっくりと口や舌を動かして、はっきり大きな声で「パ」「タ」「カ」「ラ」と言う

⑥ Salivary Massage: だ液腺のマッサージ



Touch your cheeks, and gently massage them in a circular motion. (Upward to Backward)
両手を頬にあてて、円を書くようにゆっくりとマッサージする

⑦ Neck Exercise: 首の運動



1) Turn your head. (Left to Right)
Left → Starting Position → Right → Starting Position
左右を向く [左→正面→右]



2) Lower your ear towards your shoulder. (Left to Right)
左右に傾ける
[左→正面→右]

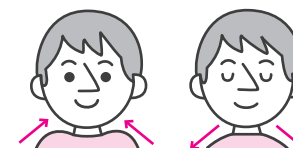


3) Lift your chin up and lower your chin. Up → Starting Position → Lower
上下を向く [上→正面→下]



4) Rotate your head and neck in a circular motion. Clockwise → Counter-clockwise
回す [右回り→左回り]

⑧ Shoulder Exercise: 肩の運動



Raise the top of your shoulders towards your ears slowly. Then, relax your shoulders downward in one fluid motion.
肩をゆっくり上げ、ストンと下す