



家居伸展操

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Stretching Exercise at Home

伸展操是運動前的熱身步驟，它不僅能讓我們的身體充分準備好以開展進一步的動作，更有助平滑關節和避免運動時受傷。平日在家裡，我們也可以在不使用任何設備的情況下，練習一些輕鬆簡單的伸展運動。

Stretching out is a warm-up procedure which gets our body ready for further movements. It also helps smoothing joints and avoiding injuries during exercises. There are some stretching exercises which we can easily practise at home every day without using any equipment.

站立側伸展式 Standing Side Stretch

- ① 雙腳併攏站立，雙臂伸直
Stand with your feet together and your arms straight overhead.
- ② 雙手合十，手指交叉，伸出食指；吸氣時同時向上伸展。
Clasp your hands together, with your fingers interlaced and pointer fingers extended.
Inhale as you reach upward.
- ③ 呼氣並將上半身向右側彎曲停留，然後進行五次深呼吸。
Breathe out as you bend your upper body to the right, then take five slow breaths.
- ④ 慢慢將上半身返回中間位置，並向左側重複以上的伸展動作。
Slowly return to the center and repeat on the left side.

☆ 此上資料僅供參考，如有任何疑問，請諮詢你的醫生或治療師。

The information above is for reference only. If you have any further questions, please consult your doctor or therapist.

☆ 圖片來源：互聯網。

Source of the picture: Internet