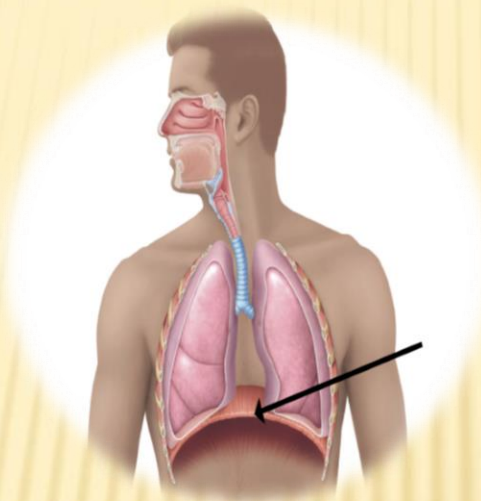


# “乳癌復康者的日常腰頸勞損痛症之護理及預防方法！”

(腰、頸部健康的資訊)



朱銘謙 脊醫

# 講座內容簡介

---

- 講述腰部及頸部的結構
- 解釋日常腰頸勞損痛症的成因及機制
- 分析常見的錯誤姿勢及自我檢查方法
- 介紹日常家居護理及護脊運動



# 脊柱穩定性一

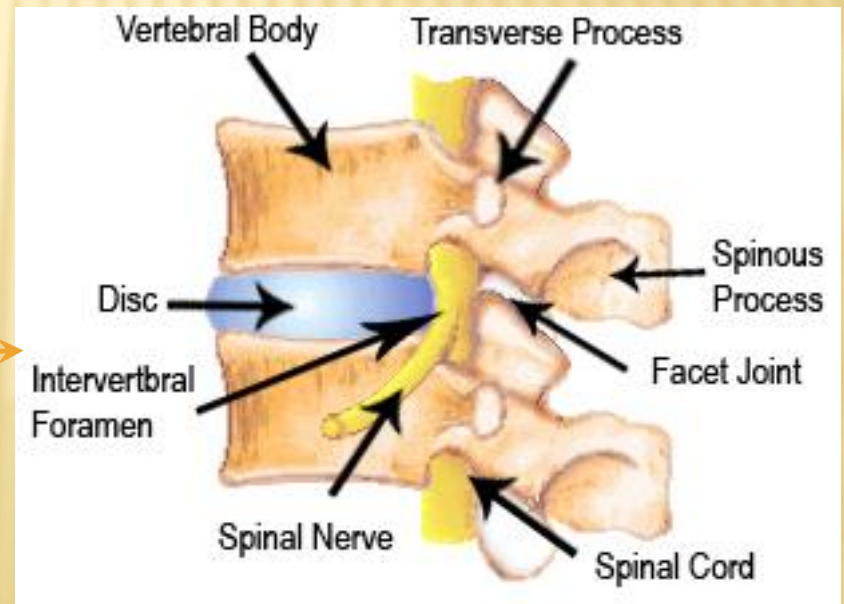
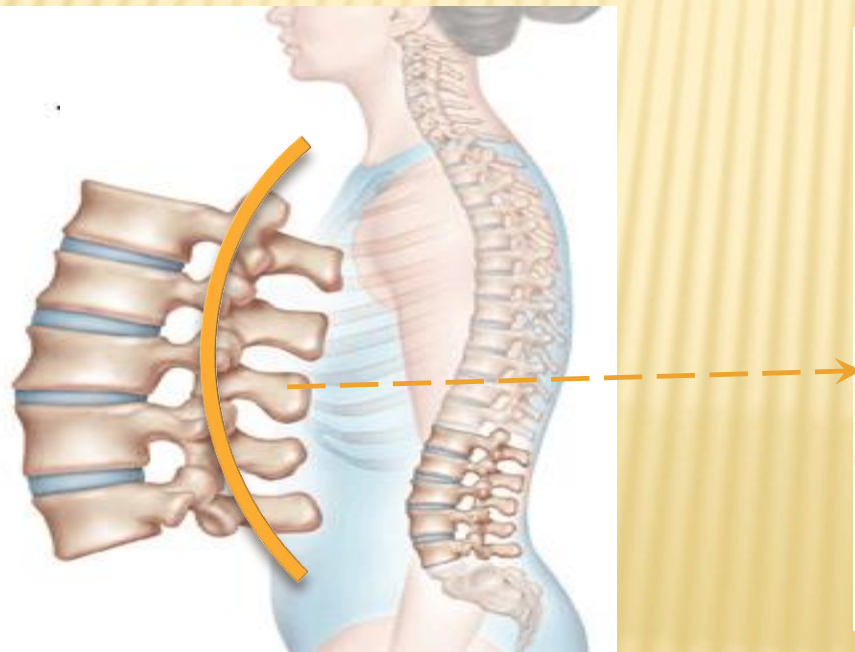
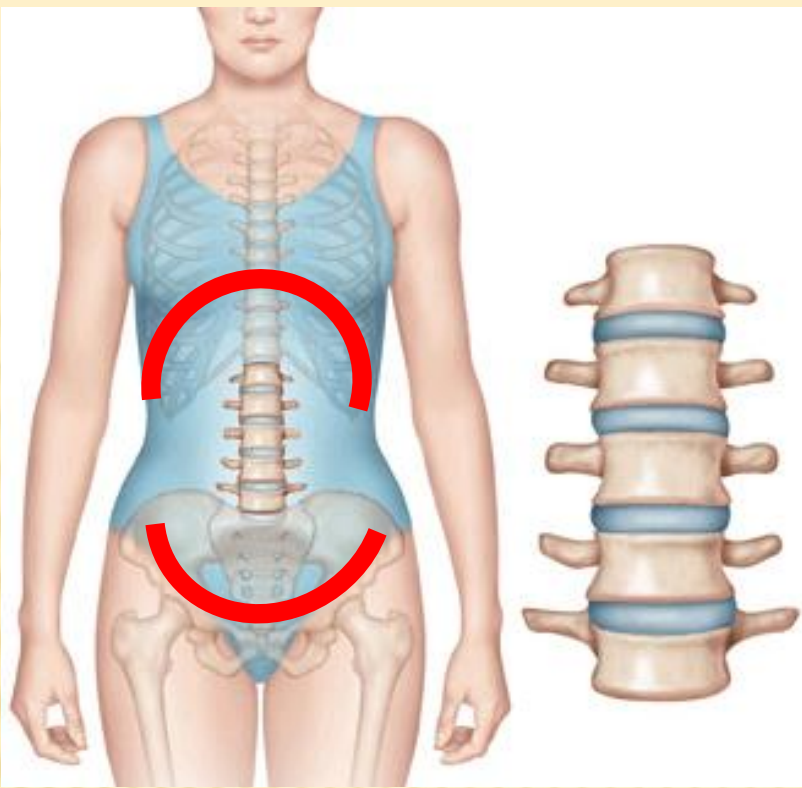
## 腰部的結構

五節腰椎

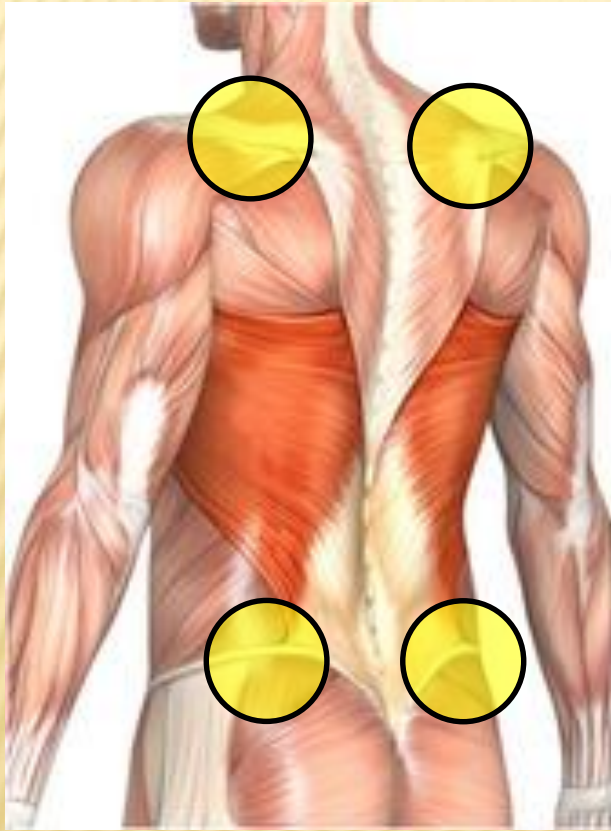
五對腰椎神經

腰部的肌肉:二十多組肌肉

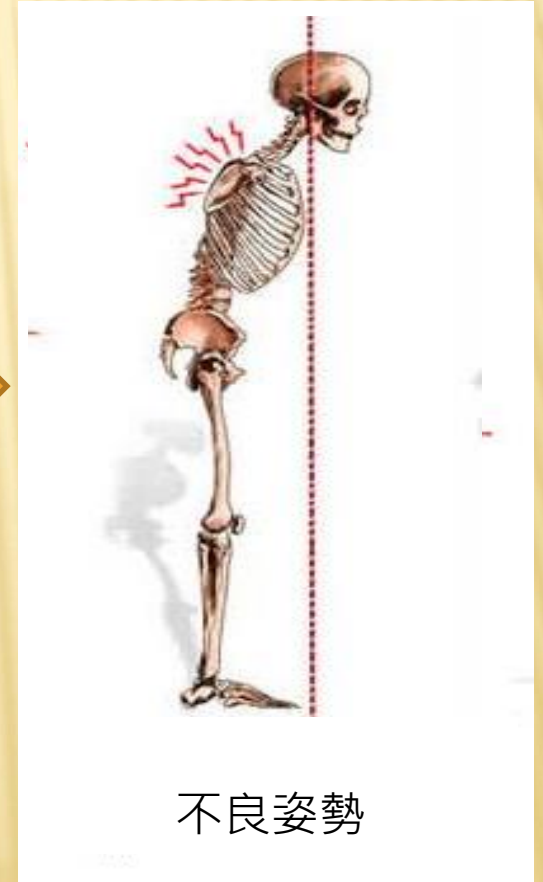
腰椎弧度: 20-30 度



# 腰痛的近因 — 站姿

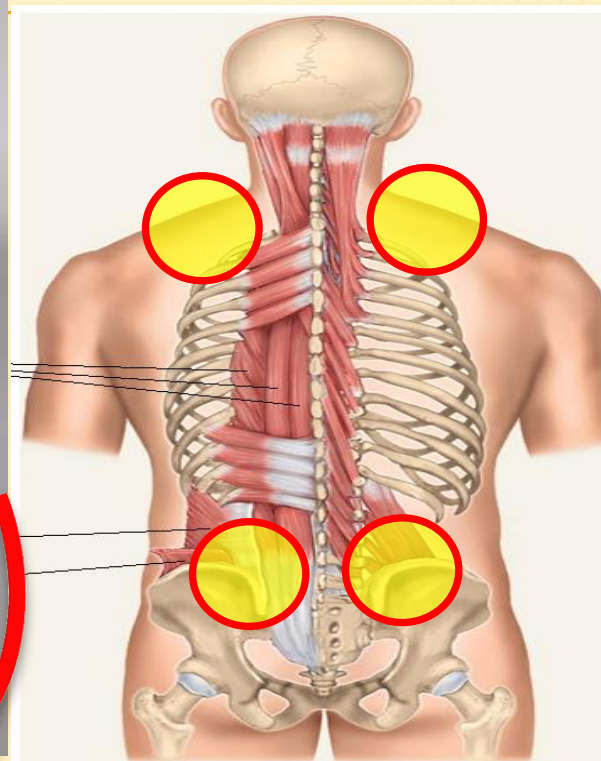
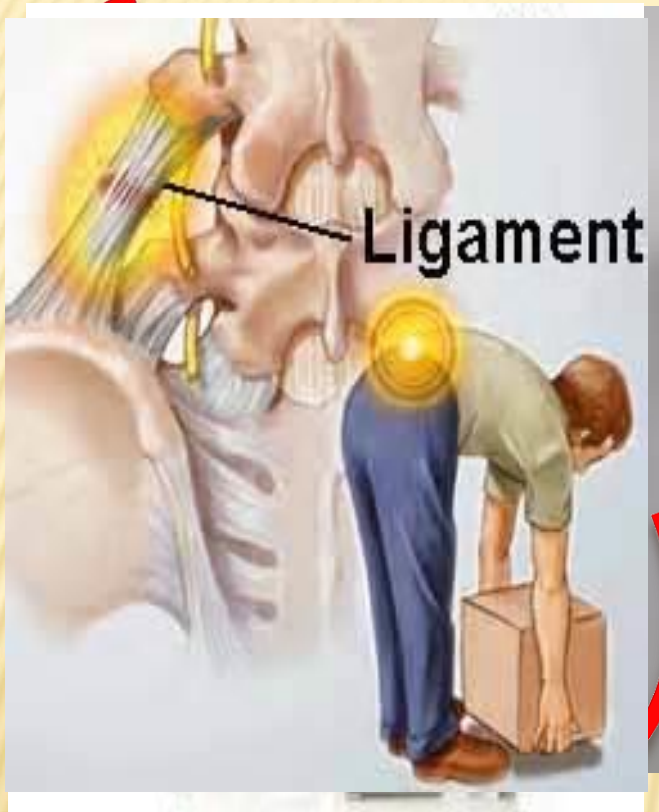


=





# 腰痛的近因

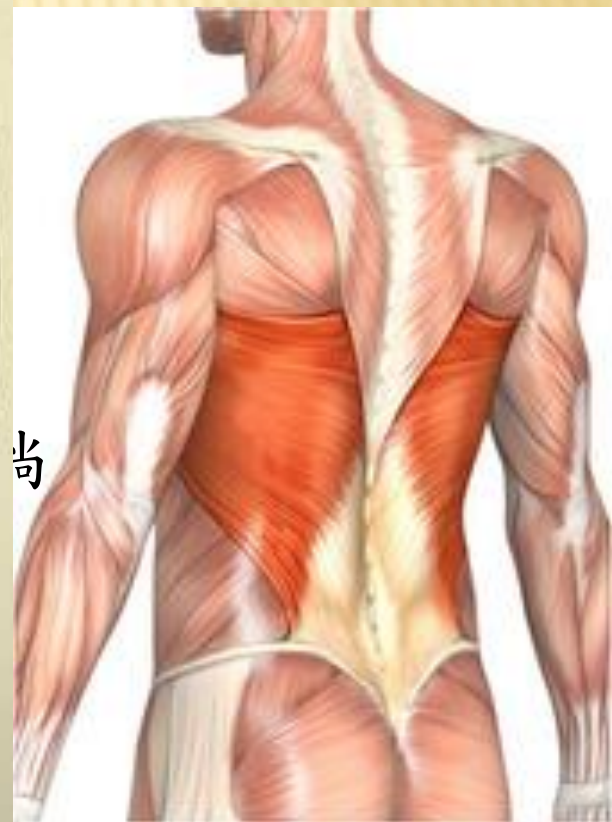
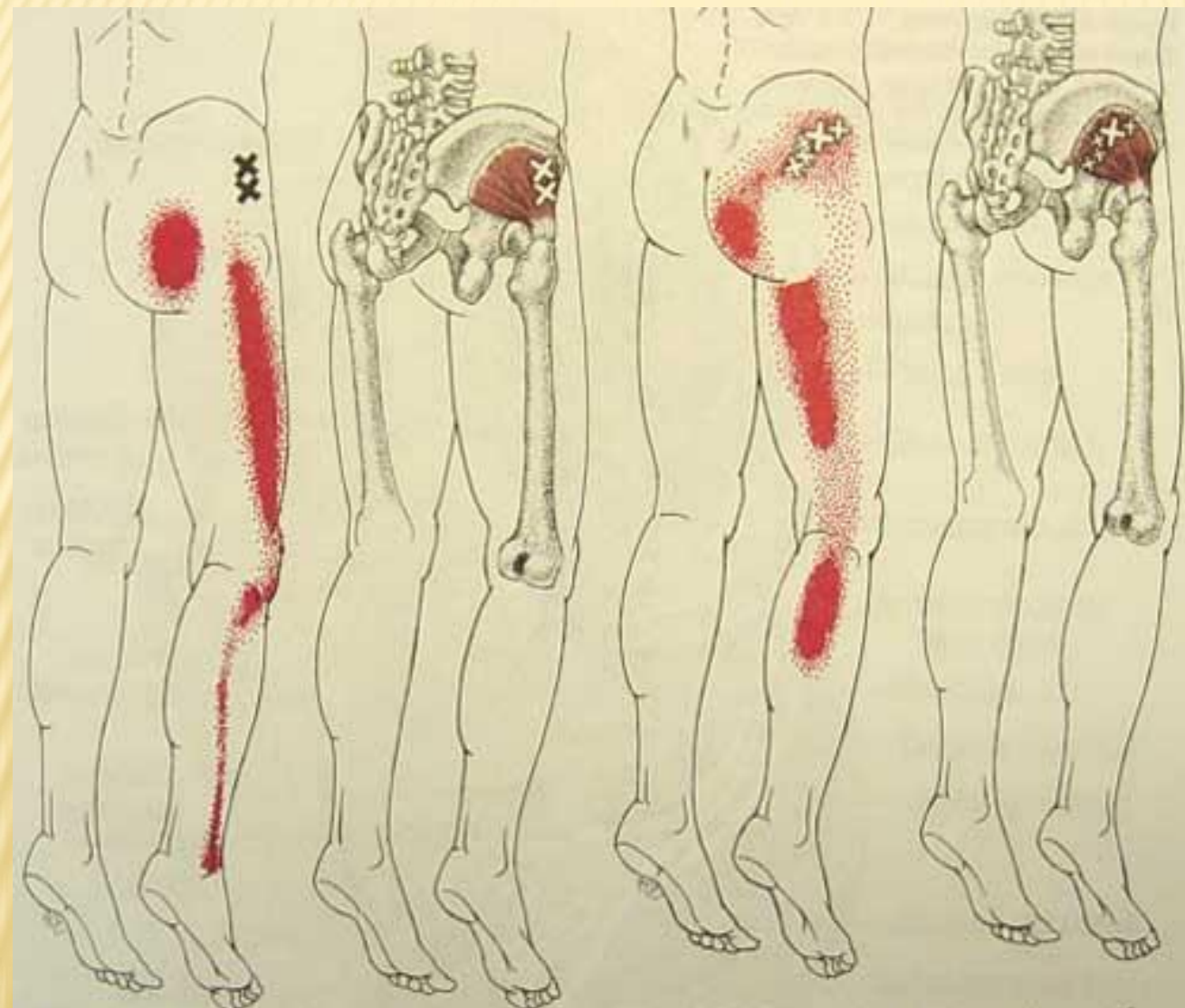


不斷的  
勞損

腰部肌肉  
壓力及  
肌肉勞損

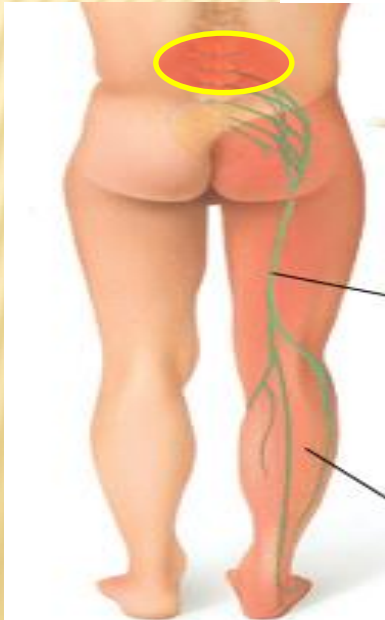
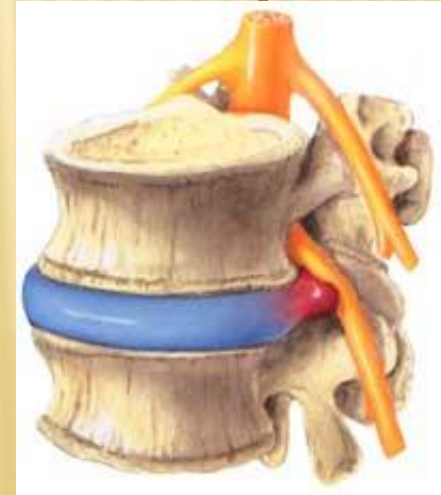
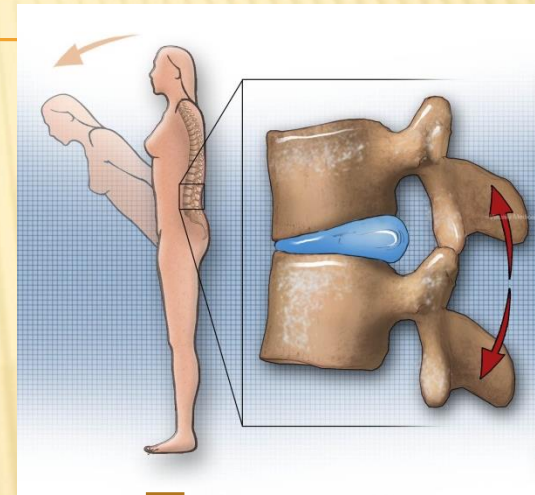
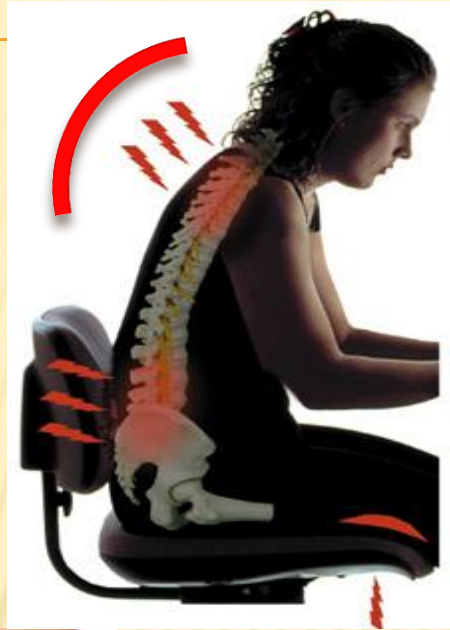
姿勢/肌  
肉性腰痛

# 近因－姿勢性的腰痛

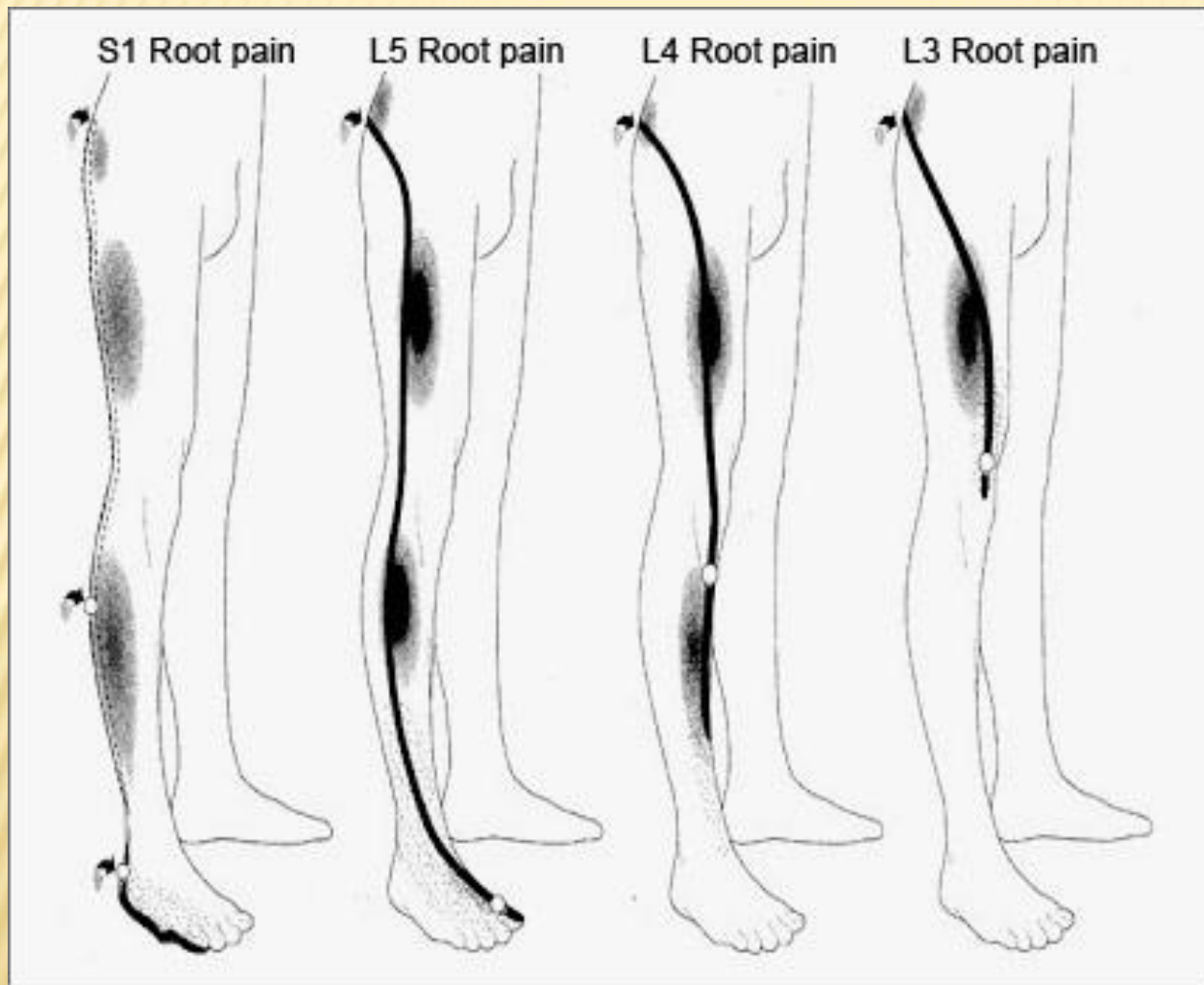




# 坐骨神經痛的機制



# 坐骨神經痛的徵狀





# 胸式呼吸與頸痛

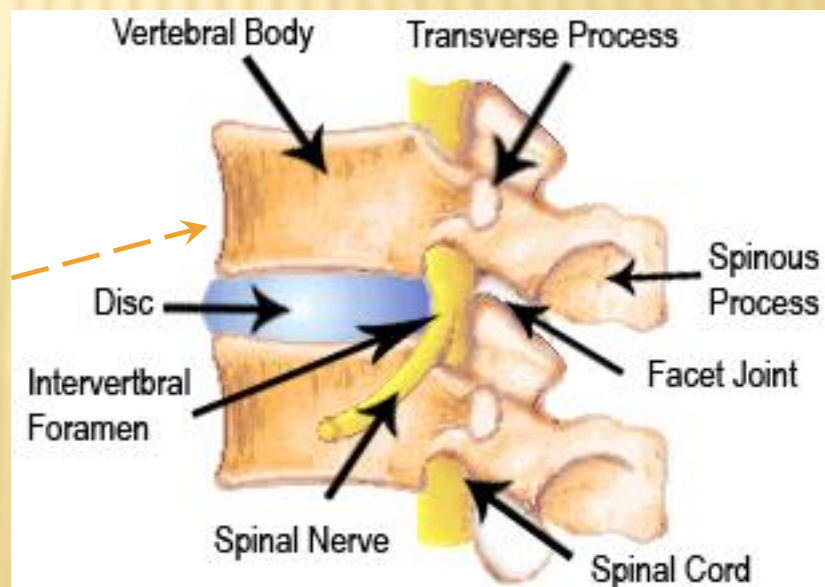
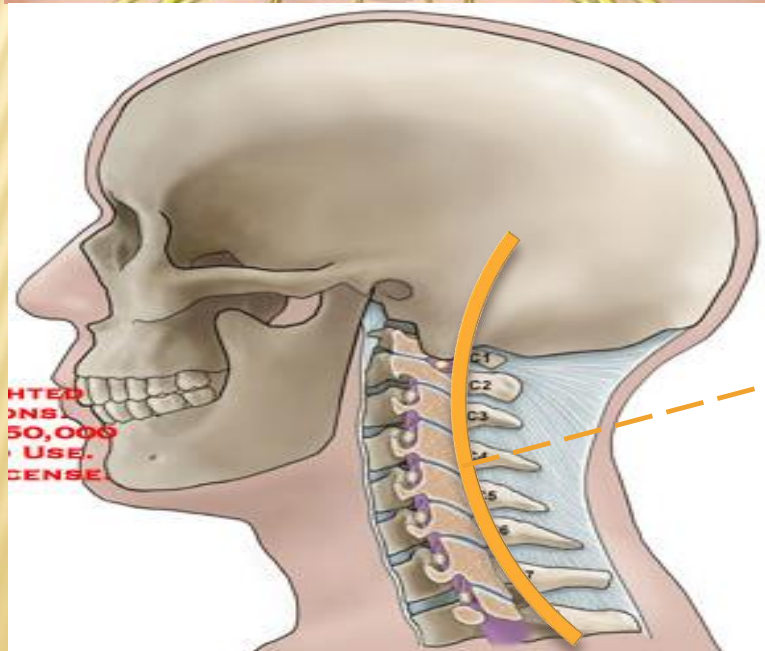
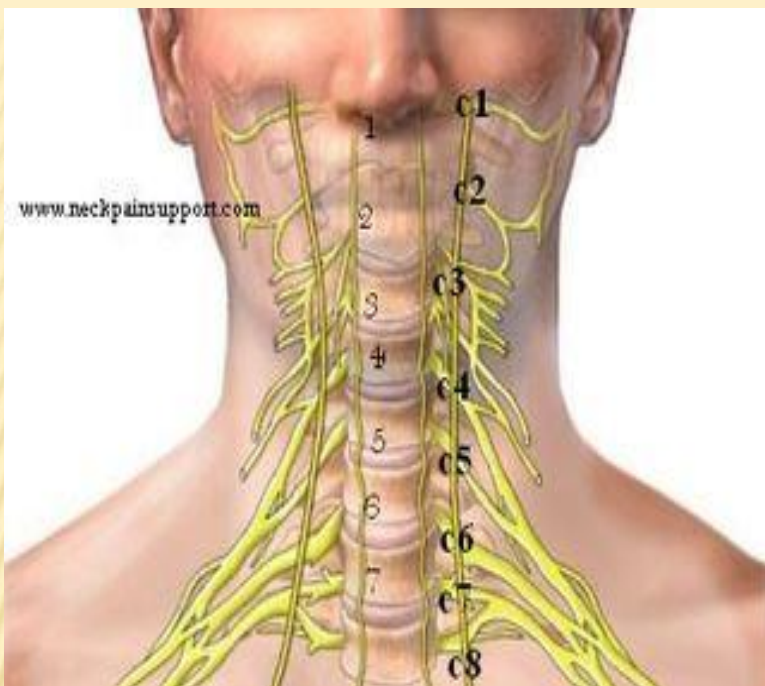
## 頸部的結構

七節頸椎

八對頸椎神經

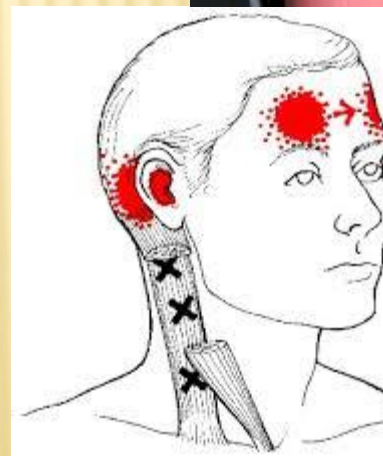
頸部的肌肉：十多組肌肉

頸椎弧度：20-30 度



# 胸式呼吸

- ✓ 吸氣時，頸兩旁的肌肉收緊和脹起，肩膀同時提起，整個胸腔、腹部收縮；呼吸短淺及快速
- ✓ 是一種應急的呼吸方法，只用於劇烈運動或呼吸困難

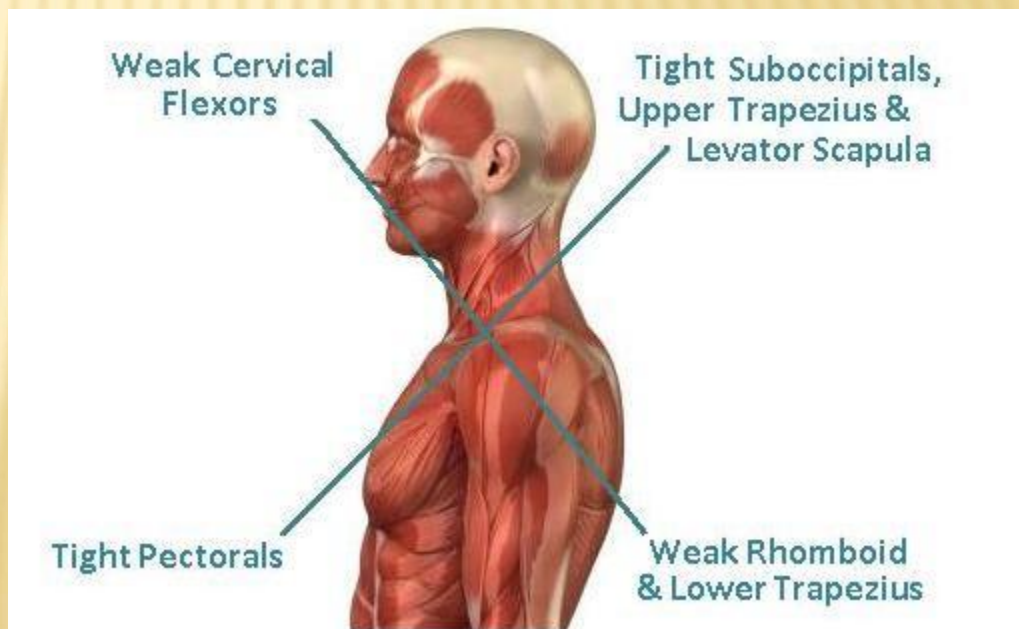


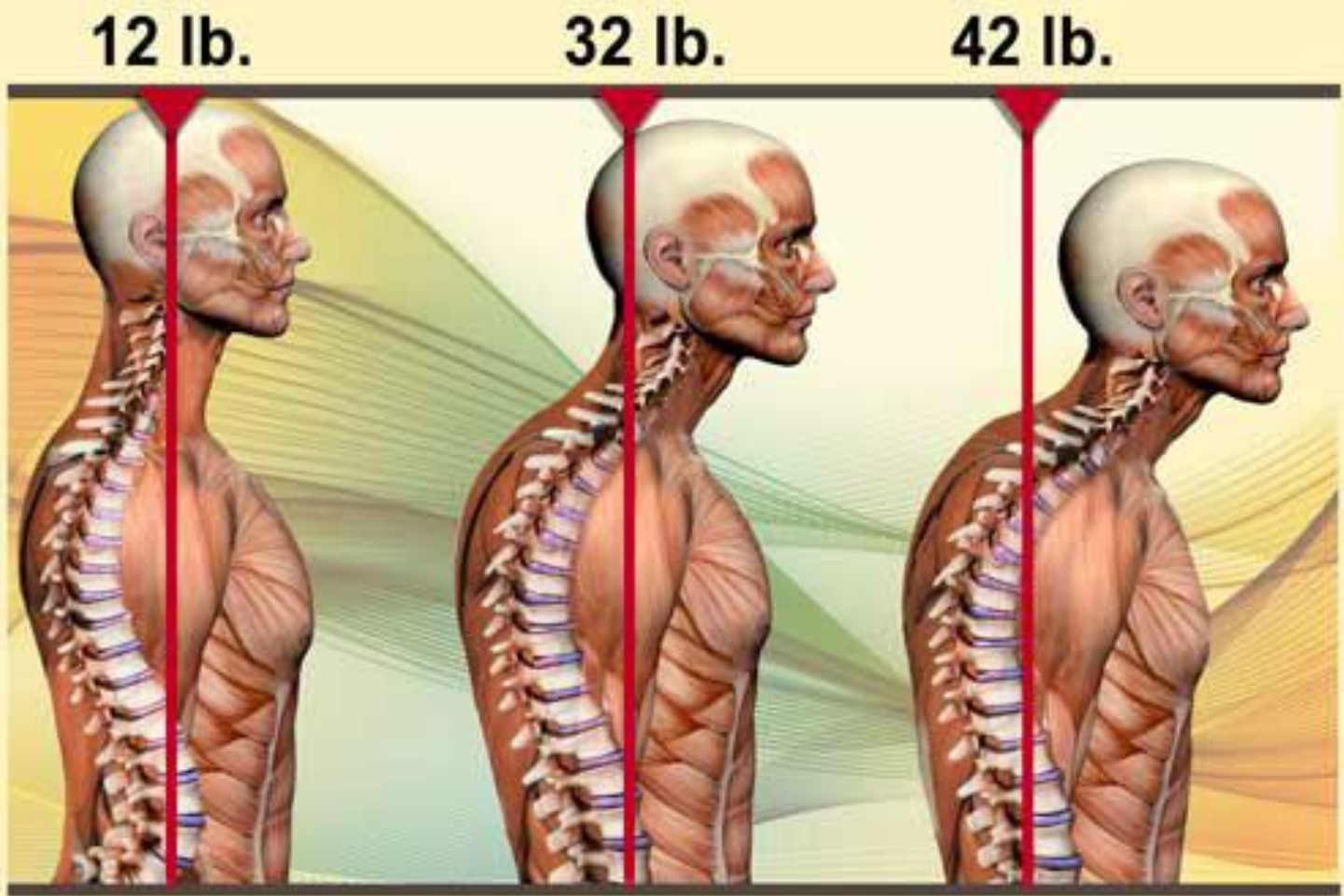


# 胸式呼吸

在呼吸時：

1. 胸口和肩膀是否向上升？
2. 呼氣和吸氣時是否較為急速？

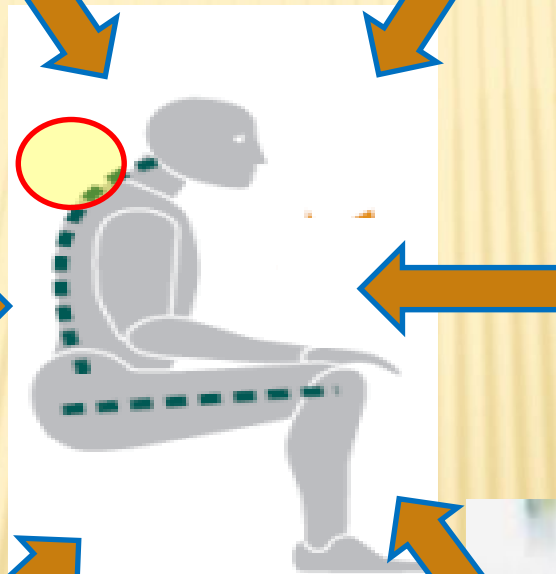
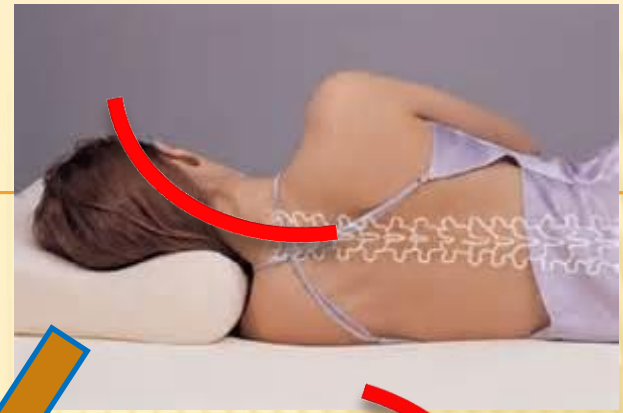




事實上，頭部每向前傾1吋，頭部及上背部的肌肉便多承受10磅的重力



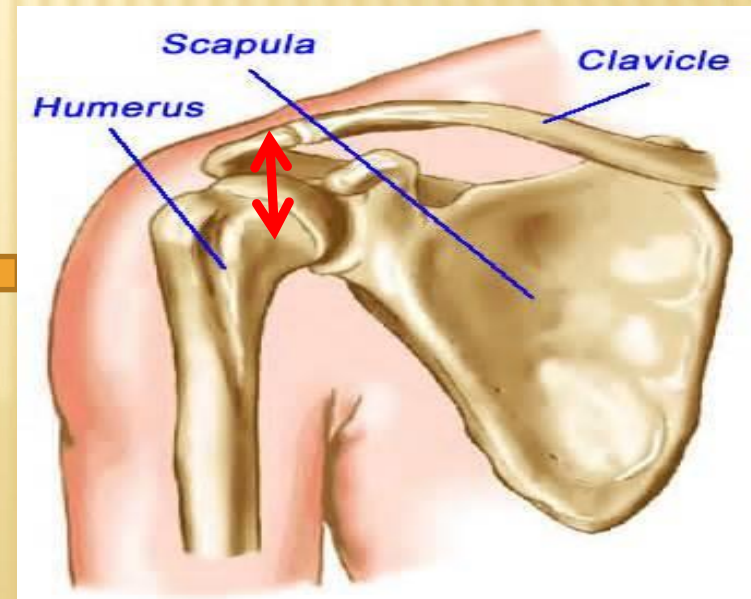
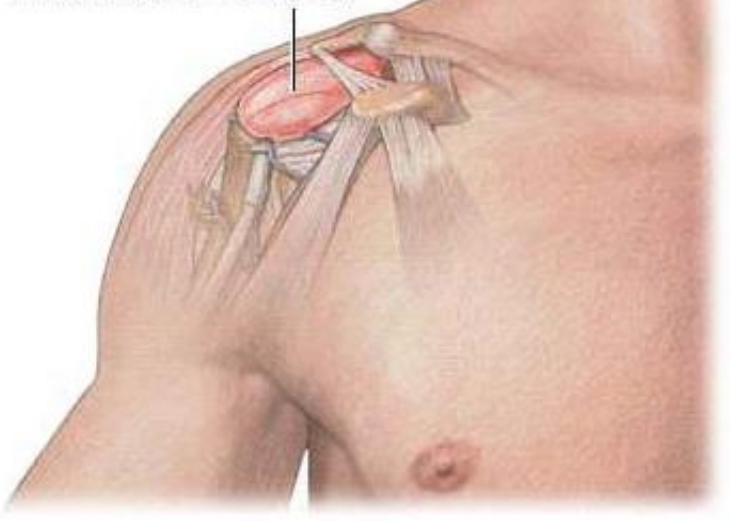
# 肩頸痛



# 肩關節夾擊症的機制



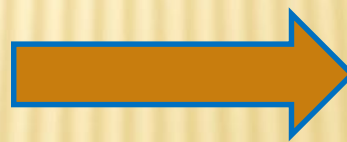
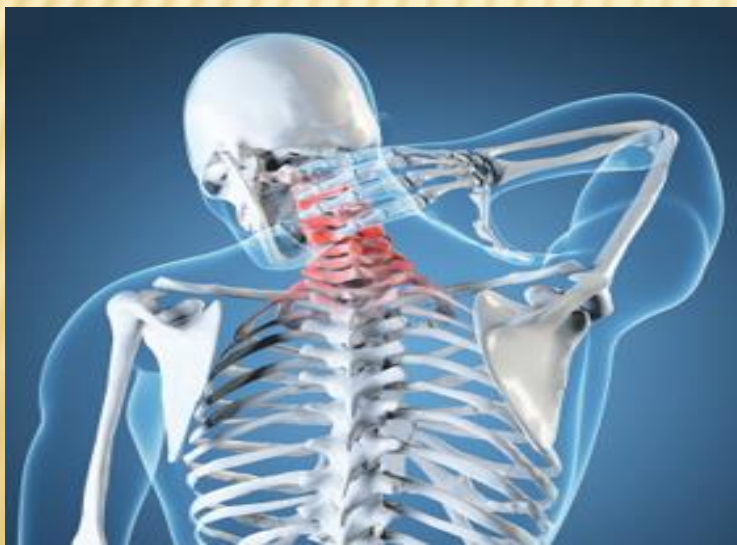
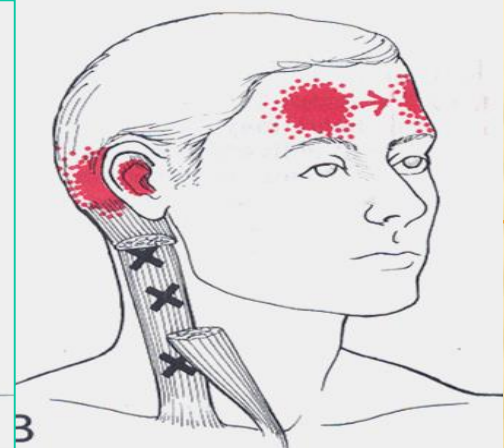
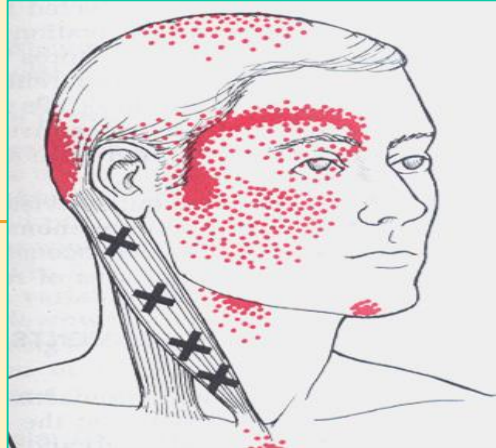
Inflammation of bursa





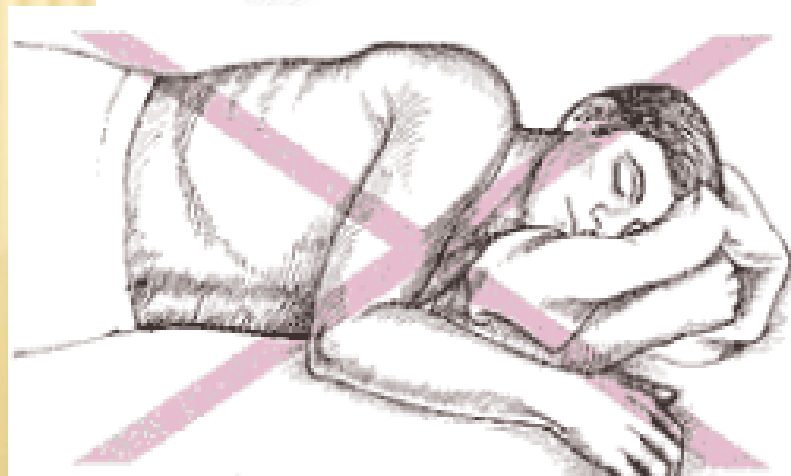
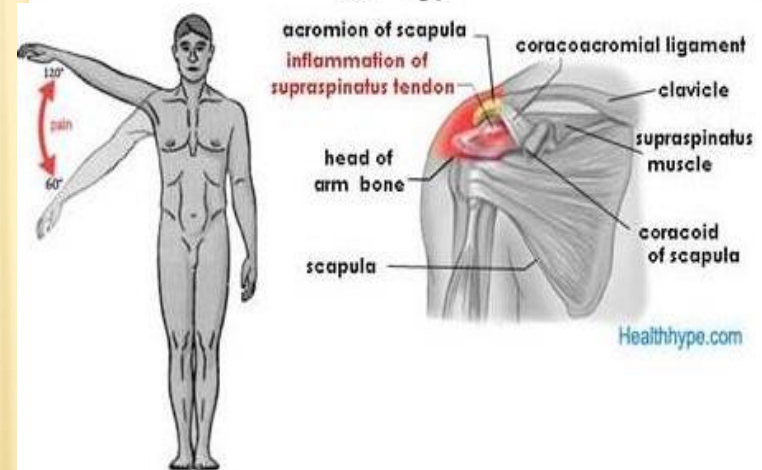
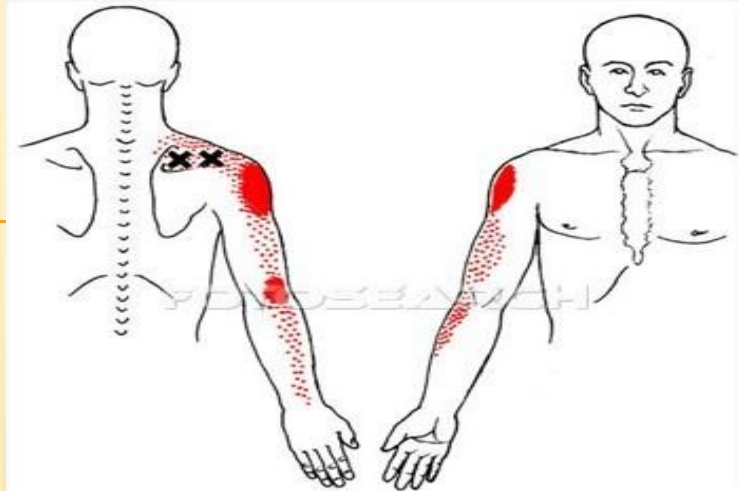
# 頸痛的徵狀

- ✖ 頸痛或頭痛
- ✖ 頸部的活動幅度受限
- ✖ 不同姿勢或動作亦可能會影響徵狀的輕重程度
- ✖ 疼痛的感覺可能擴散至肩、上臂、前臂甚至手掌



# 肩關節夾擊症

- ✗ 前側肩部位有局部疼痛
- ✗ 初發時，患者只感覺肩關節不適，有些悶痛
- ✗ 關節活動度受限（如痛弧角度約在外展 $60^{\circ}$ ~ $120^{\circ}$ ）
- ✗ 手臂上舉無力，難以穿著衣服、刷牙、洗臉、梳頭、拿公事包、夾菜、開燈、駕車
- ✗ 嚴重時，在睡覺時亦感到肩部痛楚（特別是側睡）



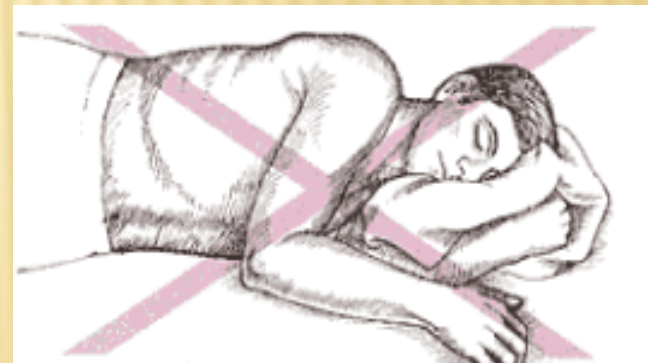


# 肩關節夾擊症-家居護理

- ✖ 若感痛楚可使用冰墊敷 (約15分鐘)
- ✖ 在睡覺時，宜避免舉高雙手/側睡
- ✖ 當疼痛減緩時，患者可開始作伸展運動

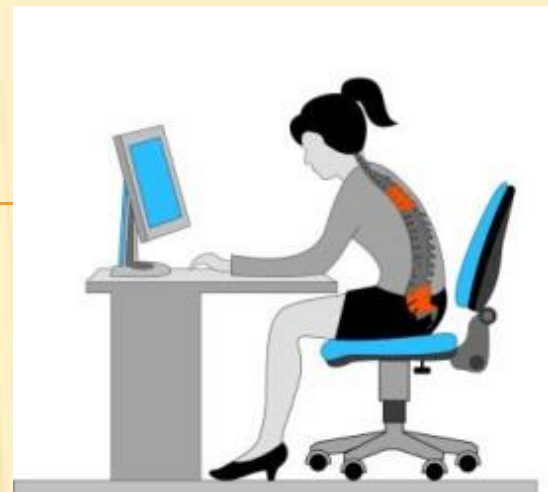
(如果患者年紀較大或寒背嚴重，可採用寒背帶)

- ✖ 當情況改善後，患者可使用肩滑輪作運動。
- ✖ 強化運動：訓練肩胛之間的肌肉



# 胸式呼吸的成因

1. 坐姿不當，促使胸式呼吸
2. 常穿著緊身衣物，容易引致胸式呼吸
3. 緊張的作息及生活





# 成年型寒背

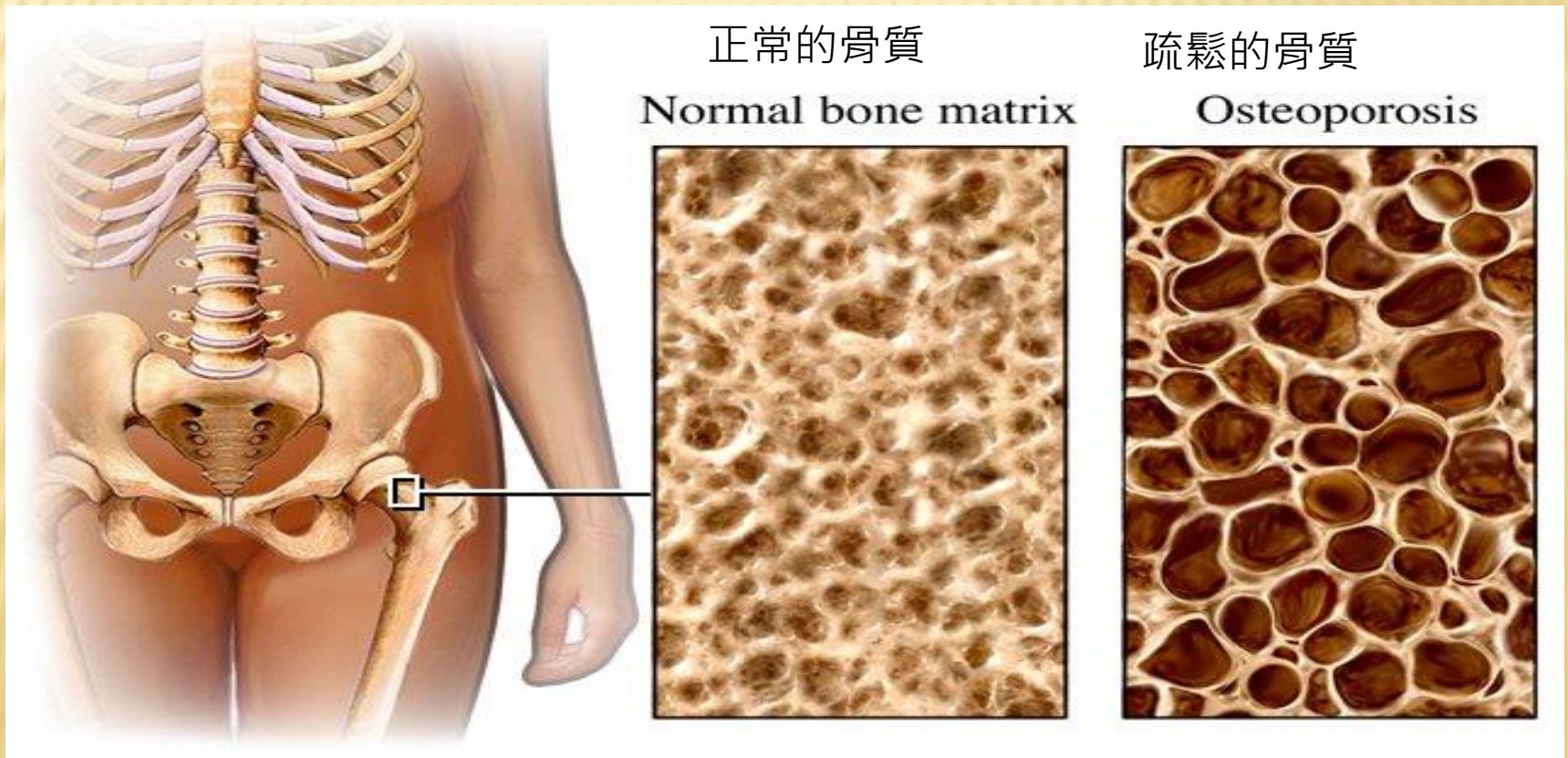


## ✕ 骨質疏鬆

- ✕ 醫學上，「骨質疏鬆」是指骨骼中之骨質與及骨質細胞逐漸減少而導致骨質密度減低
- ✕ 約在30歲後，骨質就會開始以每年約1%的速度流失，尤其女性在停經後，流失的速度會更快，約2~3%。
- ✕ 不正確的姿勢增加了脊椎骨的壓力，形成寒背

# 什麼是「骨質疏鬆症」

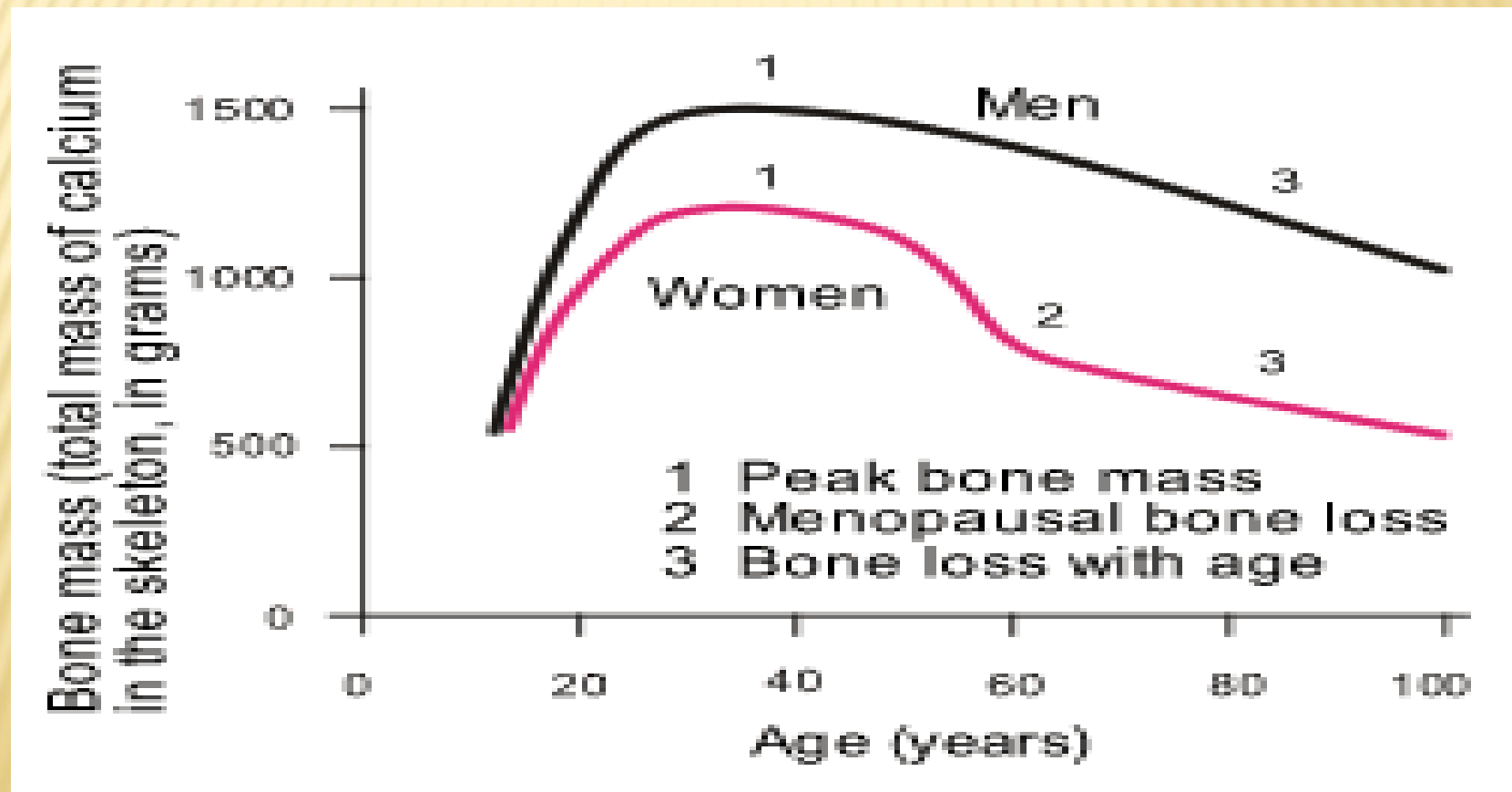
- ✖ 是一種“無聲無息”的骨骼疾病。
- ✖ 骨骼內的骨質的密度降低(骨質量減少)、孔隙增大，成許多疏鬆的空洞；此時儘管外型上與正常骨骼一樣,但事實上骨骼已變得又薄又脆，即使輕微碰撞壓擠，都會造成損傷(骨折)





# 什麼是「骨質疏鬆症」

- ✗ 根據統計，香港現時有30萬名停經婦女及10萬名50歲以上的男士患有骨質疏鬆症；
- ✗ 五十歲或以上的婦女有三份一患有骨質疏鬆症
- ✗ 女性比男性更多，每四人即有一人罹患(4:1)



# 誰是高危險群組？

- ✕ 停經婦女(荷爾蒙)
- ✕ 老化(特別55歲以上的老年人)
- ✕ 煙、酒、咖啡、汽水、茶 攝取過量
- ✕ 缺乏運動(一週少於3次，每次少於30分鐘)
- ✕ 鈣質攝取不足(成人少於800毫克/天；停經後婦女少於1000毫克/天)

(每日鈣的攝取量：青少年約1200毫克、成年婦女約1000毫克、停經後婦女約1500毫克)



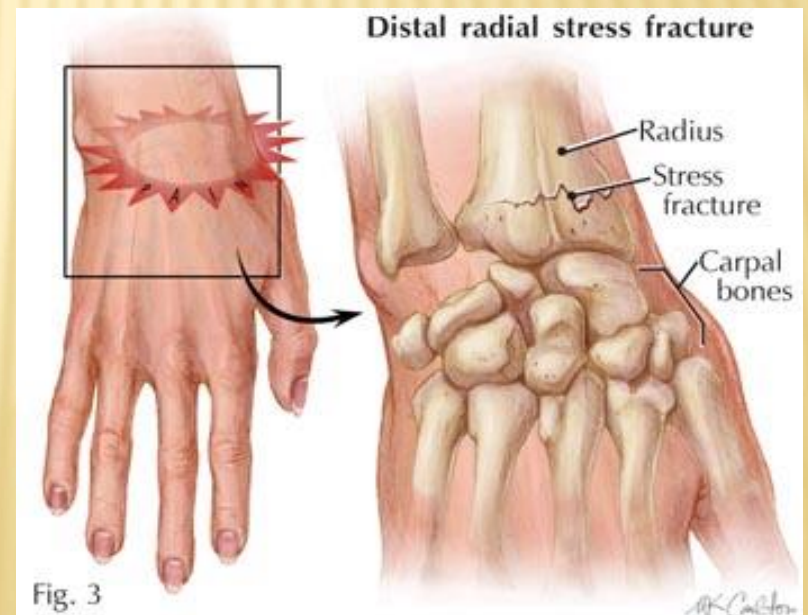
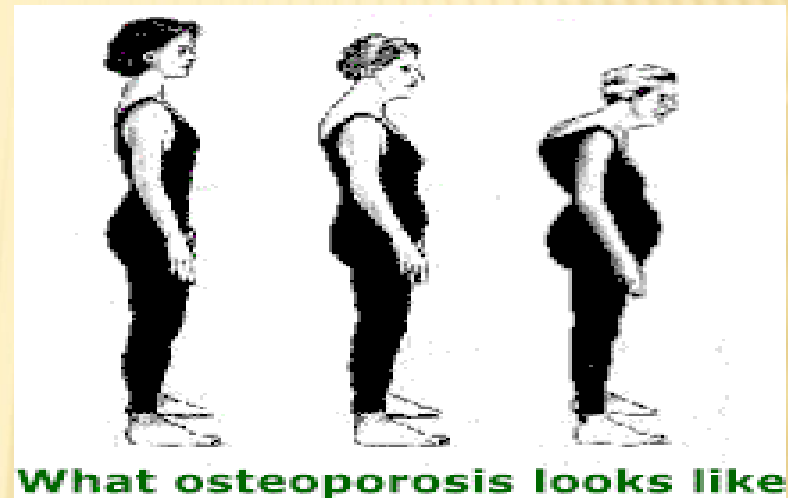
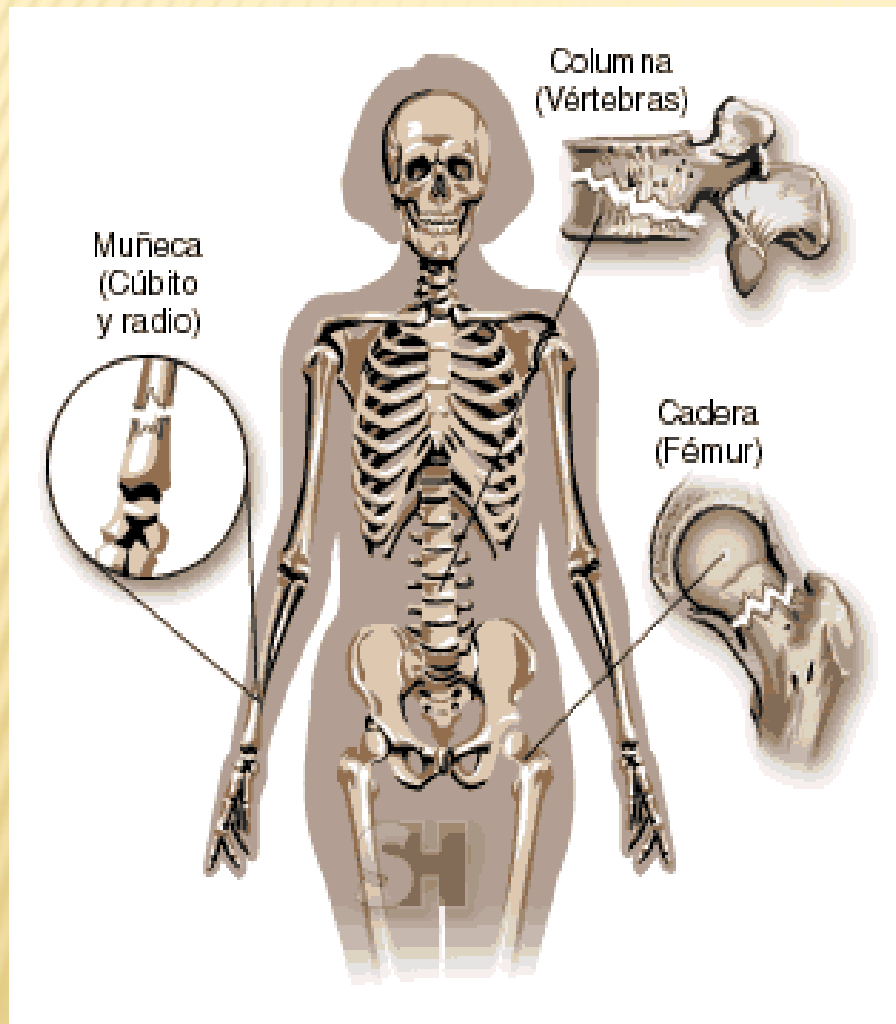
# 骨質疏鬆症常見症狀：

- ✕ 沒有症狀或疼痛
- ✕ 腰背痛
- ✕ 身高變矮及駝背
- ✕ 關節或脊椎變形(如脊柱側彎)
- ✕ 骨折



# 「骨質疏鬆」症狀

✦ 常見的骨折部份。(三處:脊椎、手腕、髖骨)





# 骨骼疏鬆可及早測出



- ✖ 您的骨骼強壯嗎？
- ✖ 醫生建議：35歲後起，定期做骨密度檢查

# 骨骼密度的檢測

- ✖ 超聲波測量
- ✖ 雙能量X 光測量(DEXA)





# 骨質密度檢查，你需要嗎？

- ✖ 更年期女性，尤其有高危因素者
- ✖ 有駝背或有變矮現象
- ✖ 曾經有骨折，腕骨，股髖骨或脊骨骨折
- ✖ 定期評估藥物治療是否有效（一或兩年）



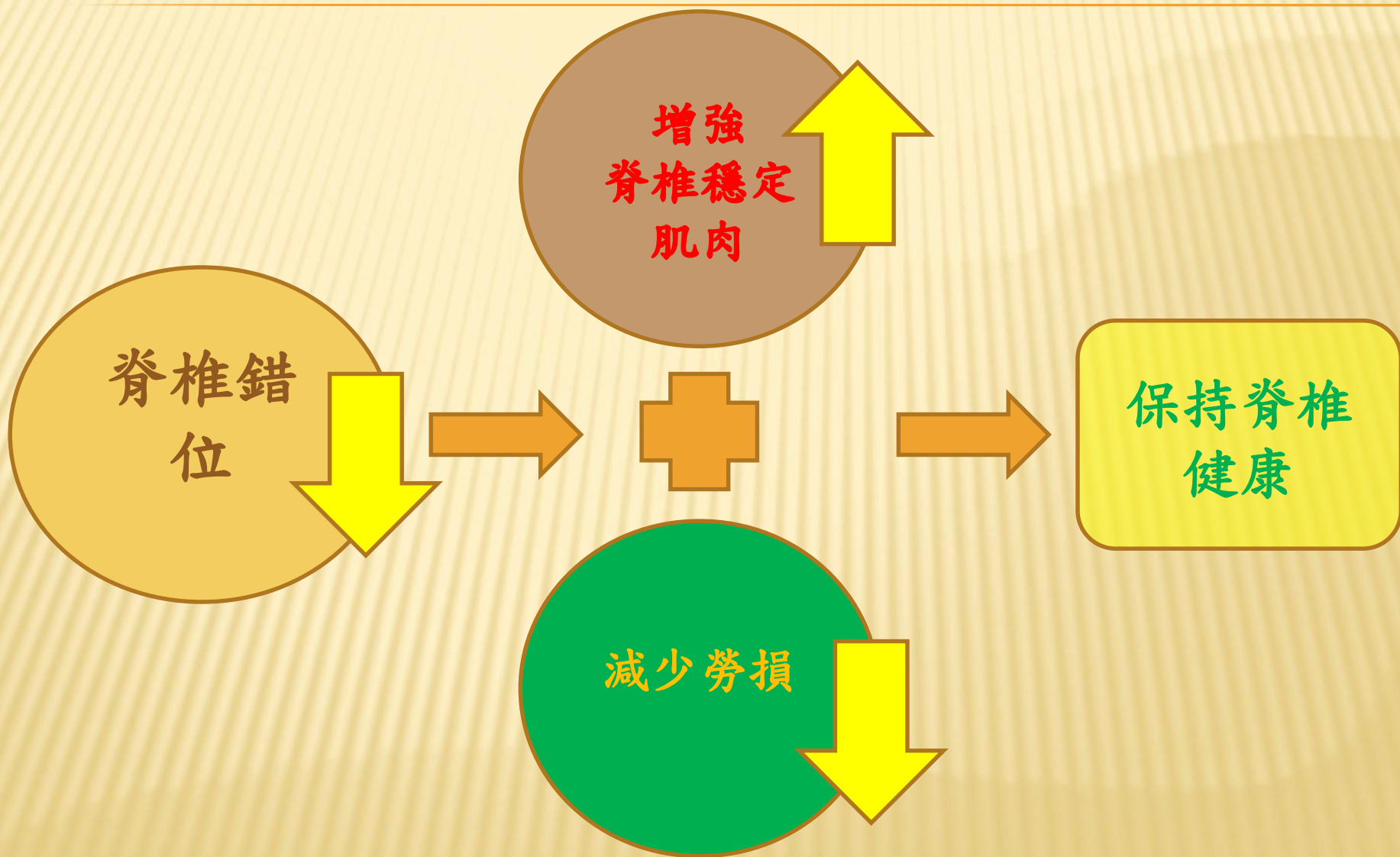
# 世界衛生組織(WHO)標準值

## 骨質密度檢查

T-score 值	情況	描述
0 以上	骨質良好	骨質密度屬正常，多攝取鈣質，多存骨本。
-1～0	骨質正常	骨質密度屬正常，多攝取鈣質，多存骨本。
-1～-2.5	骨質流失	骨質逐步流失，減少不良習慣，定期健康檢查並和醫師配合。
-2.5 以下	骨質疏鬆	遠離不良習慣，定期健康檢查，個人應注意避免跌倒及外力撞擊，以免發生骨折並和醫療院所密切配合。



# 減少痛症復發機會(頸痛和腰痛)



## 找出引致痛的原因

詳細病歷



脊科檢查



X 光片 / MRI



診斷



適當的脊科手法治療或轉介





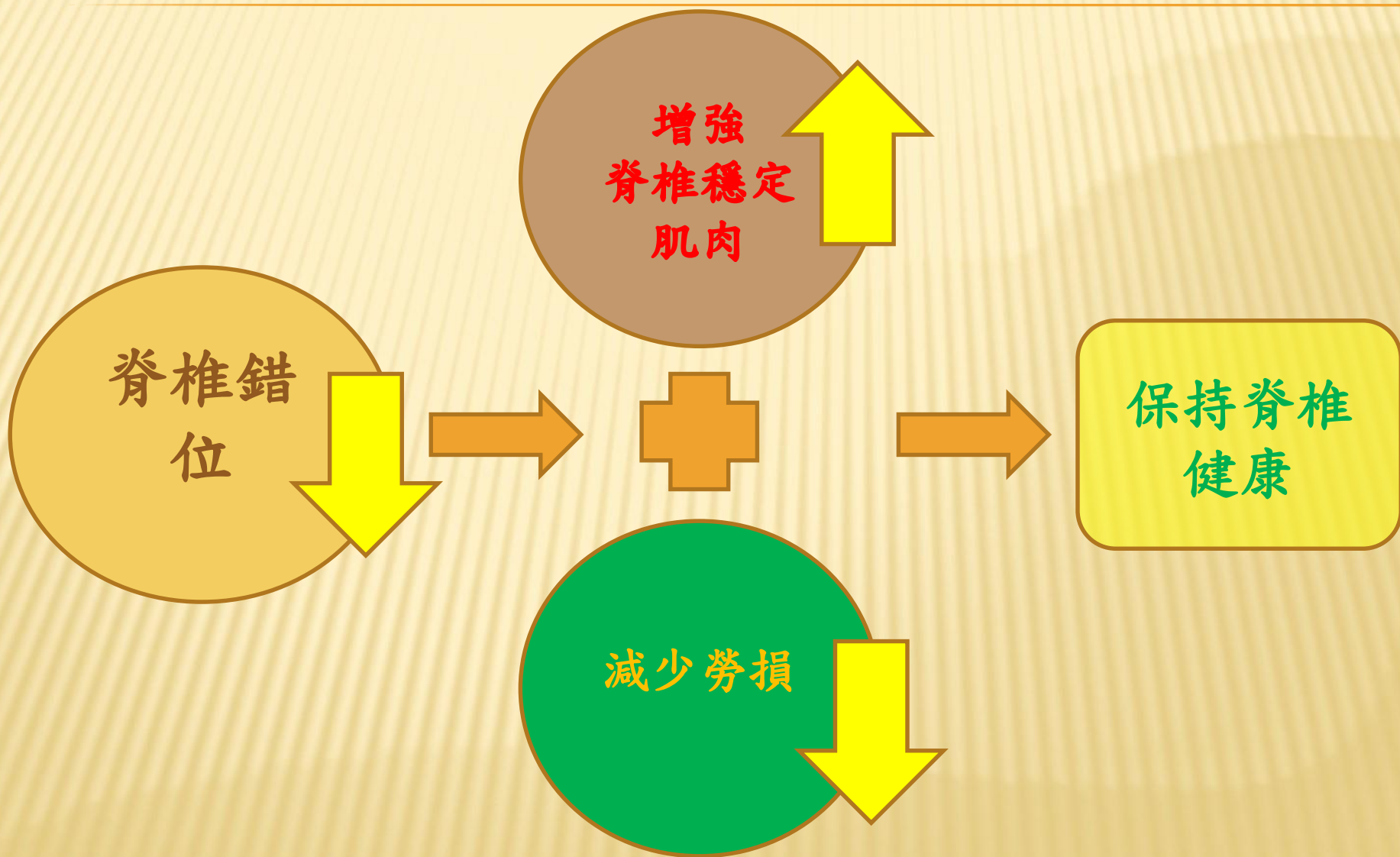
# 整脊手法治療

## ◆ 整脊手法:

- 改善脊椎關節間的活動幅度及運作
- 減少了神經線路傳遞受阻礙的機會



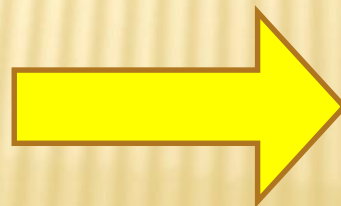
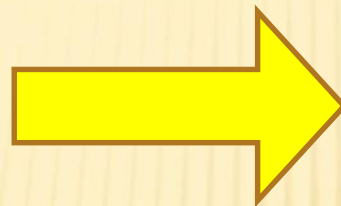
# 減少痛症復發機會(頸痛和腰痛)





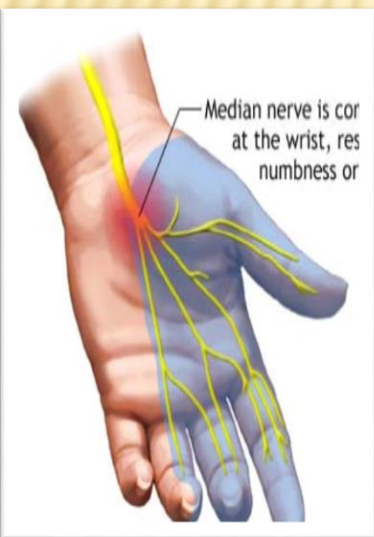
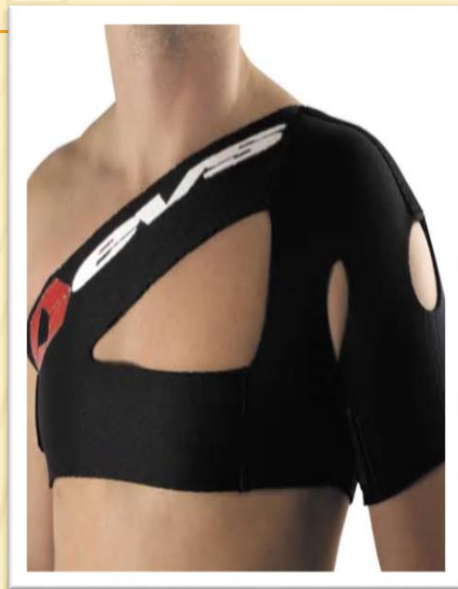
# 減少勞損

## 穩定頸和腰部



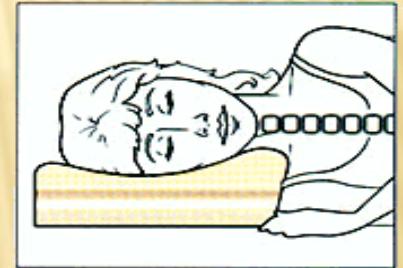
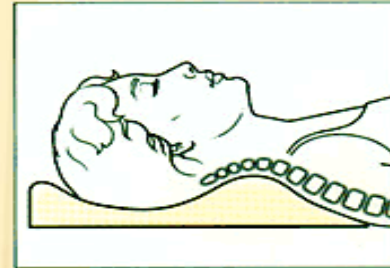
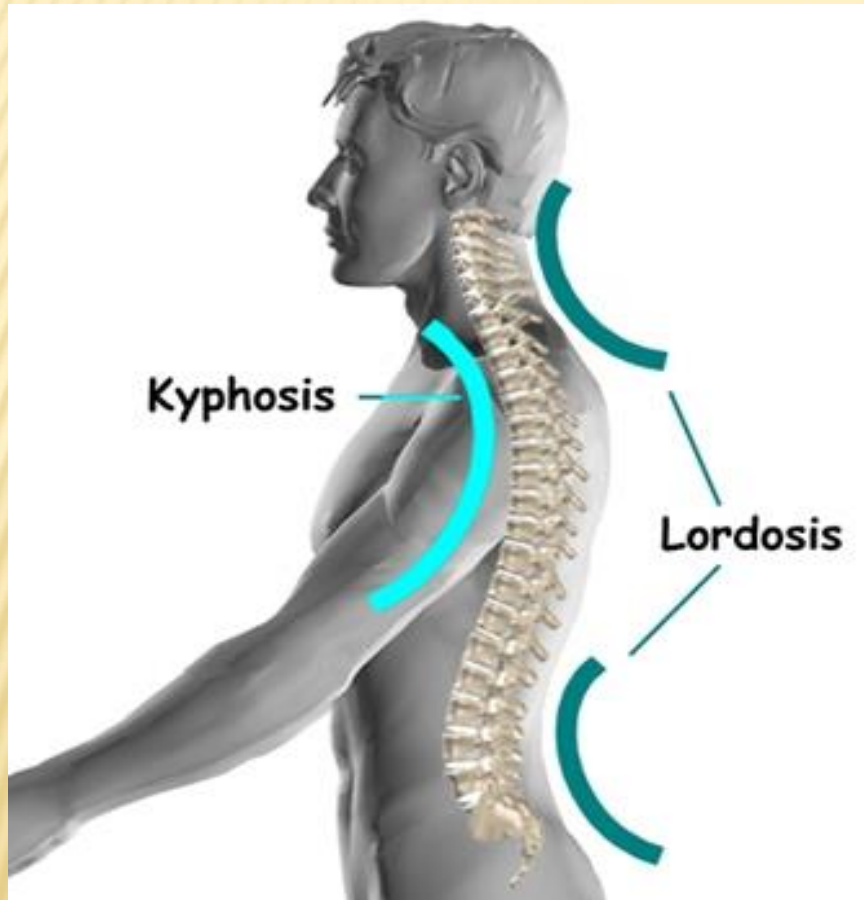
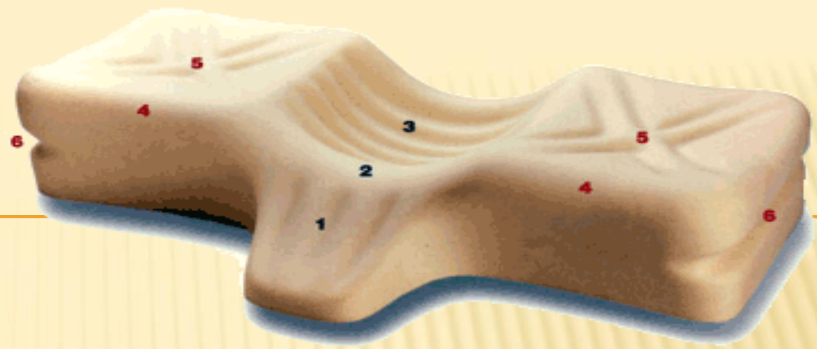
# 減少勞損

## 固定和保護已勞損的部分





# 正確的姿勢



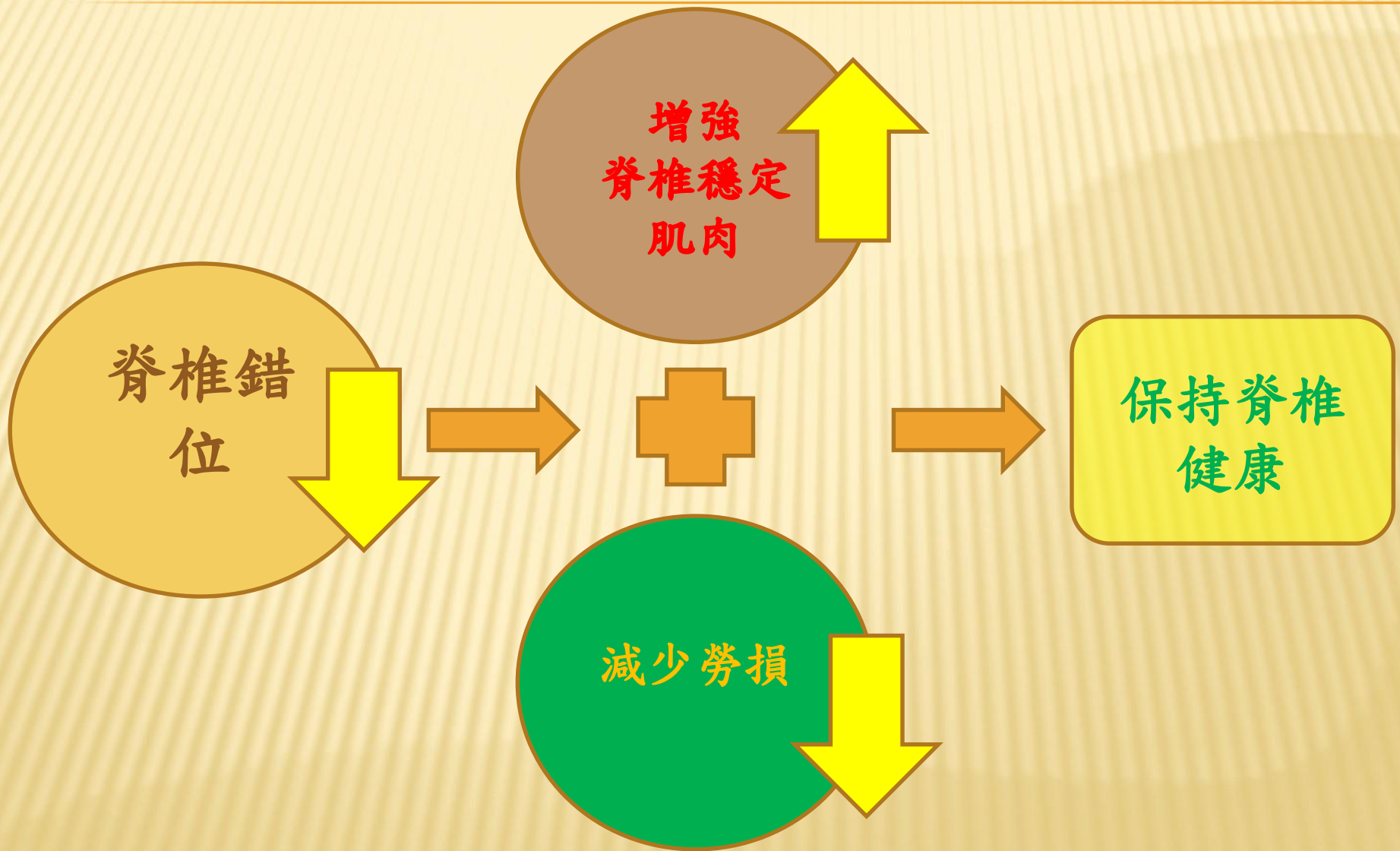
# 正確的坐姿

## 辦公室





# 減少痛症復發機會(頸痛和腰痛)



---

在日常生活中，可以做一些輕便的  
自我檢查和伸展及強化運動



# 自我脊骨檢查

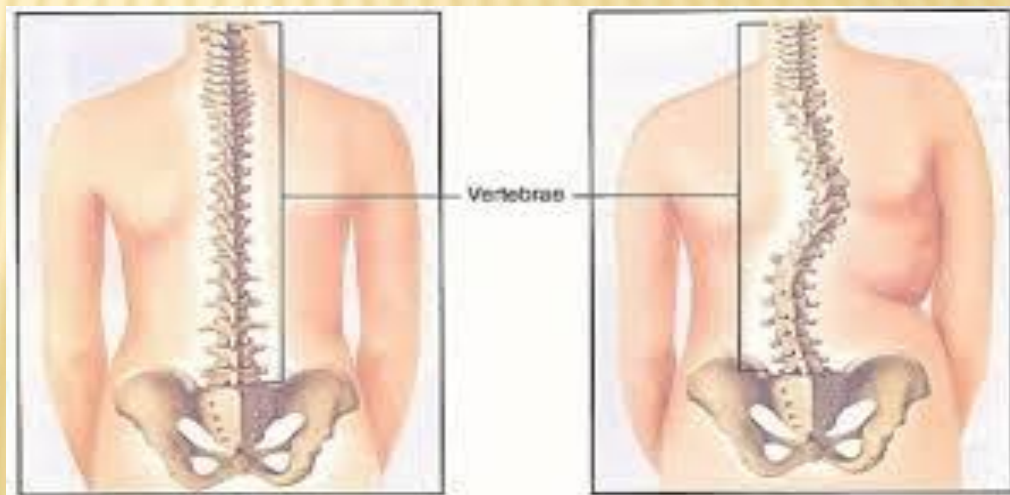
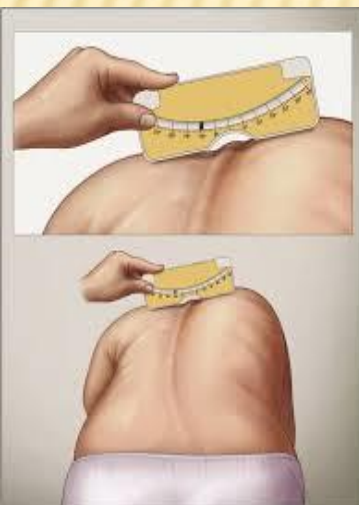
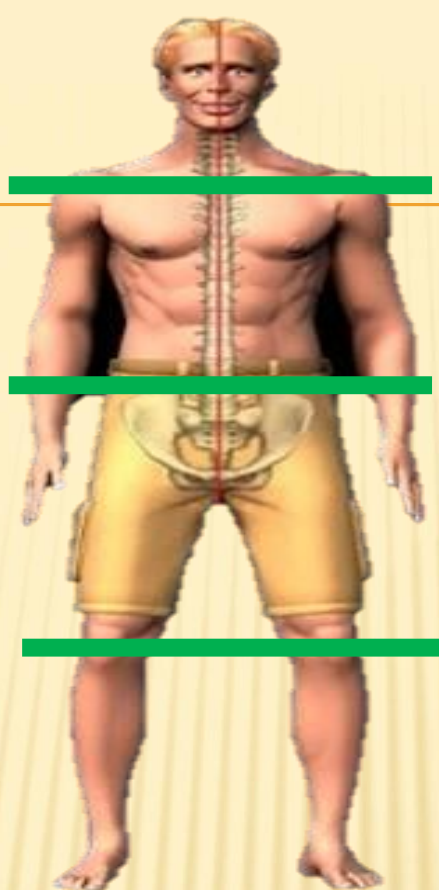
## ✓ 正常姿勢的檢閱

從正面看，

1. 兩邊的肩膀是否在同一水平？
2. 兩邊的盆骨是否在同一水平？
3. 兩邊的膝部是否在同一水平？

從側面看，

1. 耳珠、肩膀、盆骨和膝部是否在同一直線？



# 自我脊骨檢查

## ✕ 肩膀

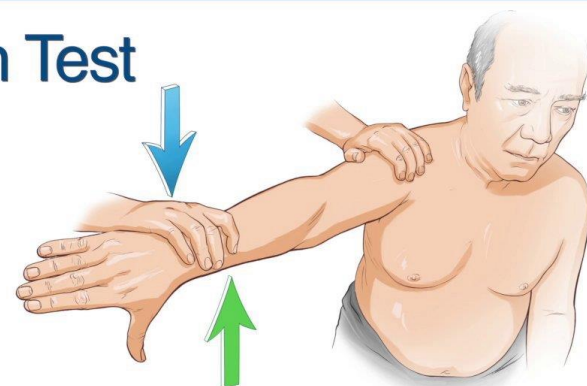
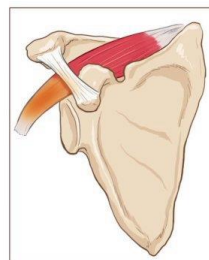


### Hawkins-Kennedy Test



© www.cpdo.com.au

### Empty Can Test

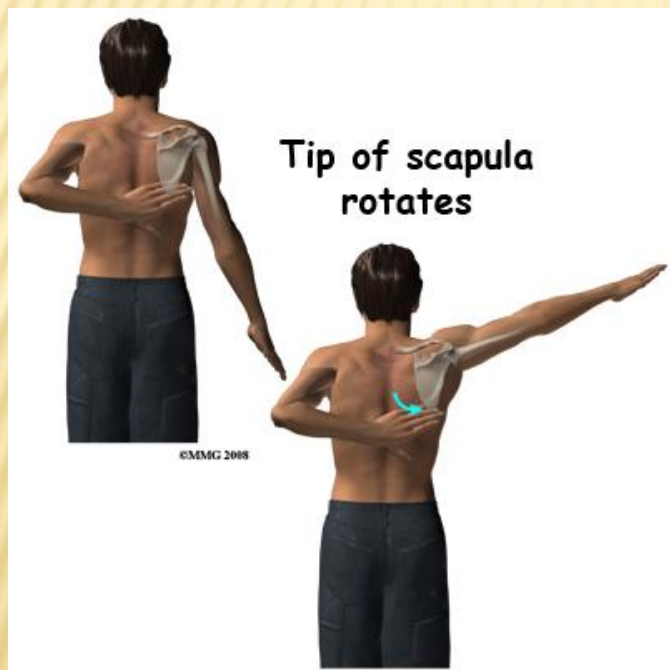


© www.cpdo.com.au



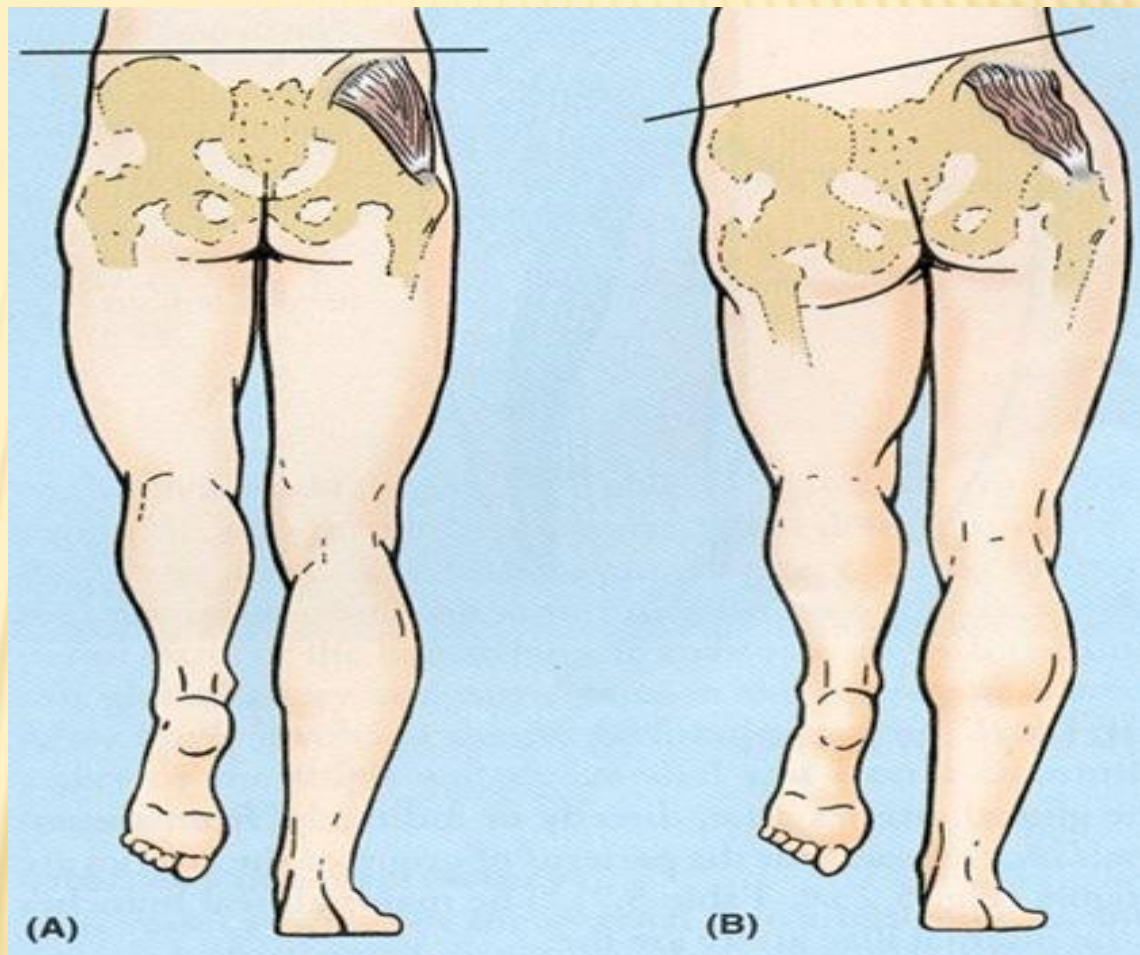
# 自我脊骨檢查

## 肩膀



# 自我脊骨檢查

臀部肌肉與腰部  
穩定性的關係！



右邊臀部肌肉變弱



# 實證的護脊運動

- ✖ 利用自然生理的原理，來帶動患者的肢體產生適度的動作或姿勢
- ✖ 目的：
  - 伸展關節組織
  - 強化肌肉收縮
  - 增進動作協調
  - 減輕水腫疼痛
  - 降低肌肉痙攣

# 實證的護脊運動

---

- ✕ 伸展運動(flexibility exercise)
- ✕ 阻力運動(resisted exercise)
- ✕ 呼吸運動(breathing exercise)



# 伸展運動(FLEXIBILITY EXERCISE)

- ✖ 是一系列運動或體操動作，
- ✖ 透過緩慢地拉長身體各部位的肌肉、肌腱和韌帶等，以求達到增加關節活動範圍



# 阻力運動 (RESISTED EXERCISE)



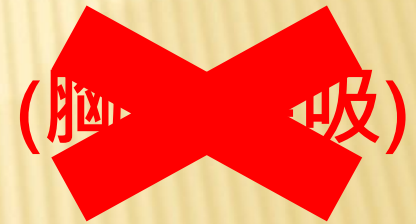
- ✖ 訓練肌力與肌耐力的有效方法
- ✖ 阻力訓練 (resistance training) 的型態可以分為兩大類：
  - 1) 靜態 (等長訓練 - 適合疼痛時期)
  - 2) 動態 (等張訓練 - 適合非疼痛時期)



# 呼吸運動(BREATHING EXERCISE)

## 如何簡單測試脊椎穩定肌肉乏力

✖ 首先，作一正常的呼吸，約3-4 次

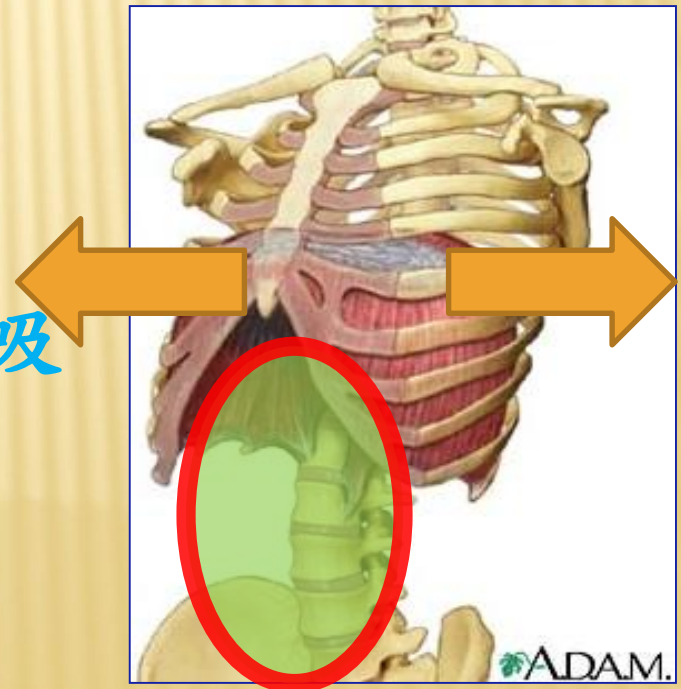


✖ 在呼吸時，請留意2 點：

1. 胸口和肩膀是否向上升？
2. 呼氣和吸氣時是否較為急速？

✖ 正確的呼吸應是 **橫膈膜式呼吸**

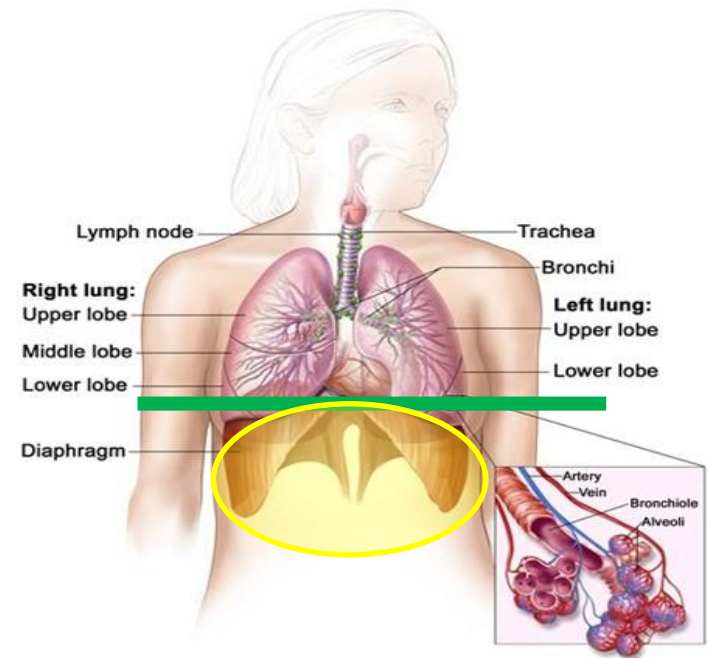
1. 胸口和肩膀不會向上升
2. 肋骨是向外展



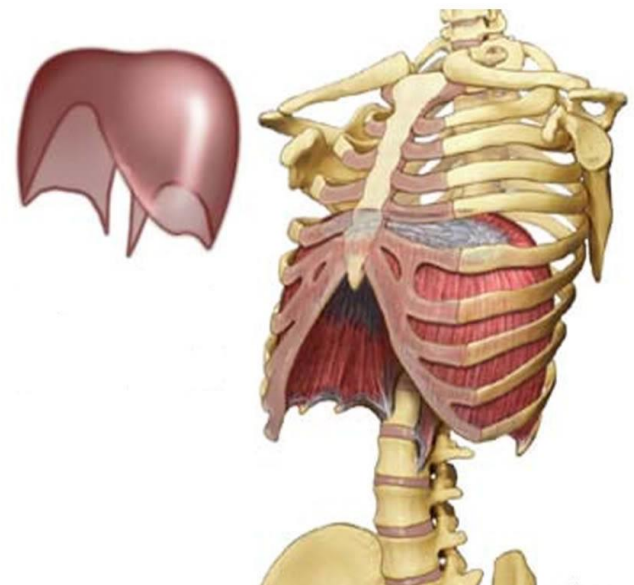
# 橫膈膜式呼吸的機制

## 橫膈膜

- ✓ 是一塊薄薄的肌肉，橫跨軀幹，分隔胸腔及腹腔
- ✓ 主要呼吸及穩定脊柱的功能
- ✓ 呈圓拱形，像降落傘，但圓拱不一
- ✓ 右邊的肝臟較大，右邊的橫膈膜處於較高的位置，位於第五肋骨的上端
- ✓ 左邊的橫膈膜較低，位於第五肋骨的下端
- ✓ 吸氣時，橫膈膜下降，腹壓增加(靜態：1.5cm；用力：6-10cm)
- ✓ 呼氣時，橫膈膜上升



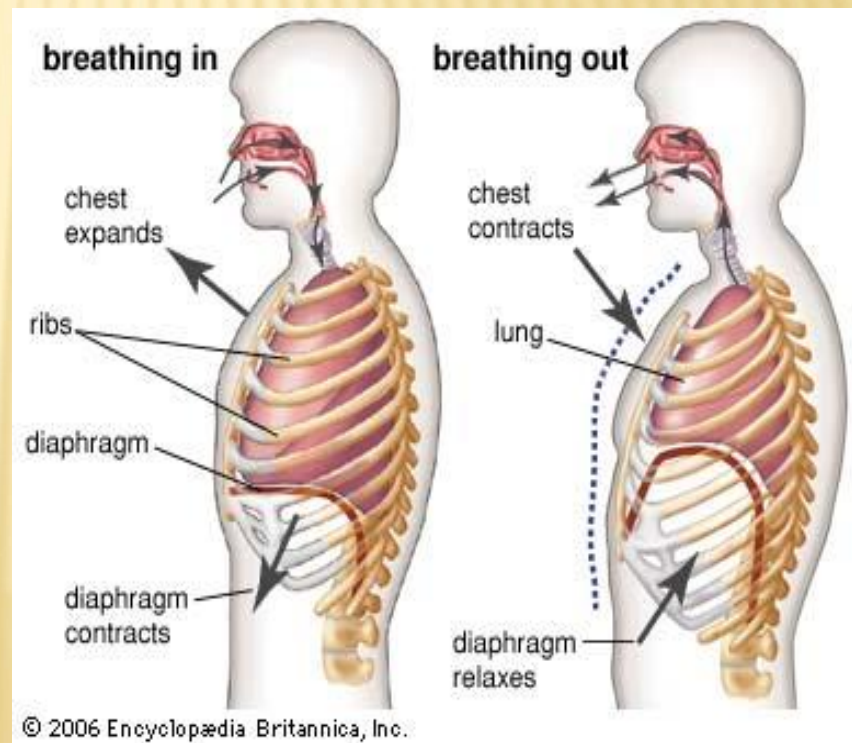
National Cancer Institute





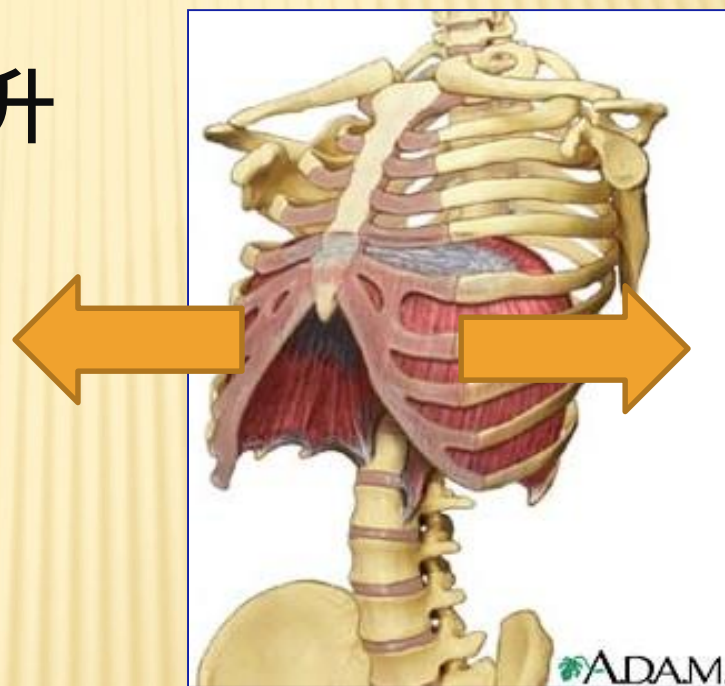
# 橫膈膜式呼吸

- ✖ 一種深長的呼吸
- ✖ 呼吸一次約8-10 秒，能吸入約400-500毫升空氣
- ✖ 擴大肺活量，改善心肺功能
- ✖ 可能提高放鬆能力，使脈搏、血壓穩定
- ✖ 脊柱穩定性



# 橫膈膜式呼吸

1. 胸口和肩膀不會向上升
2. 肋骨是向外展





# 橫膈膜式呼吸

- ✖ 首先，留意脊柱的自然彎度
- ✖ 如紮馬般，屈髖及屈膝  $90^{\circ}$ ，背部平直



正確

不正確

# BRUGGER RELIEF EXERCISE



坐直，頭向內收，將手掌向外  
以及拇指向後





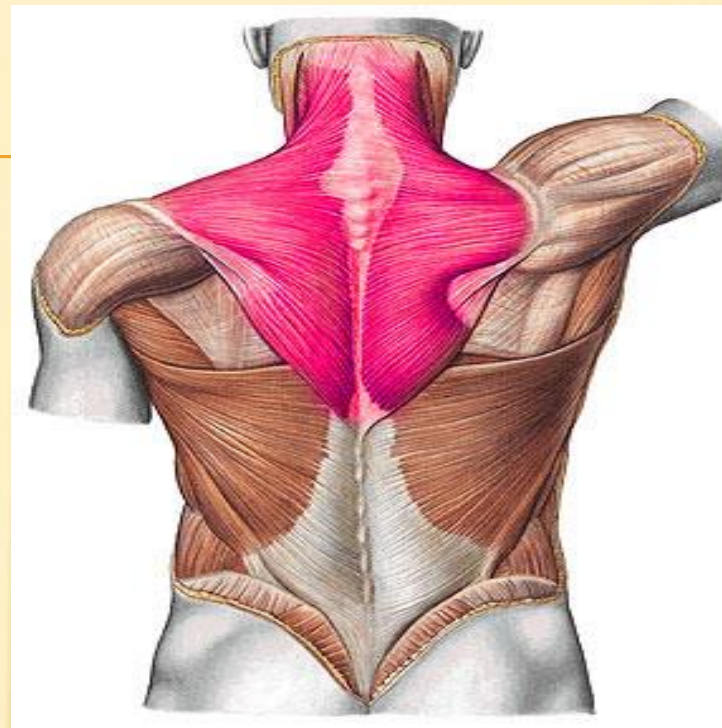
## 肩頸部



# 家居護理：伸展運動

## 上斜方肌

- 當有微少拉扯的感覺時，保持15-20 秒
- 每天大約15-20 次
- ✕ 適合頸背酸痛的人士

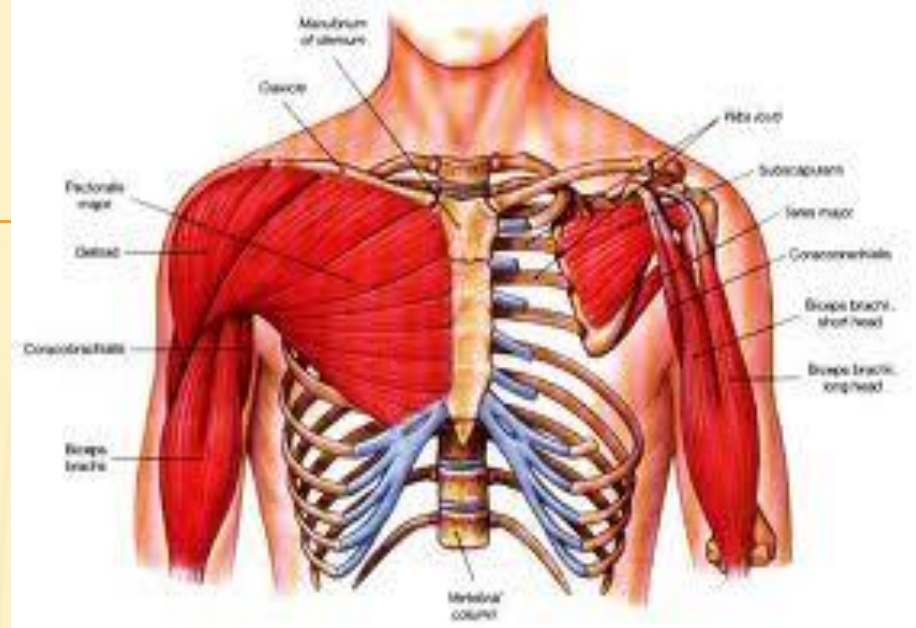




# 家居護理: 拉伸運動

## ✧ 胸大、小肌

- 當有微少拉扯的感覺時，保持15-20 秒
- 每天大約15-20 次
- ✧ 適合頸背酸痛的人士



# 阻力運動(RESISTED EXERCISE)

✕ 靜態：





# 家居護理：伸展運動



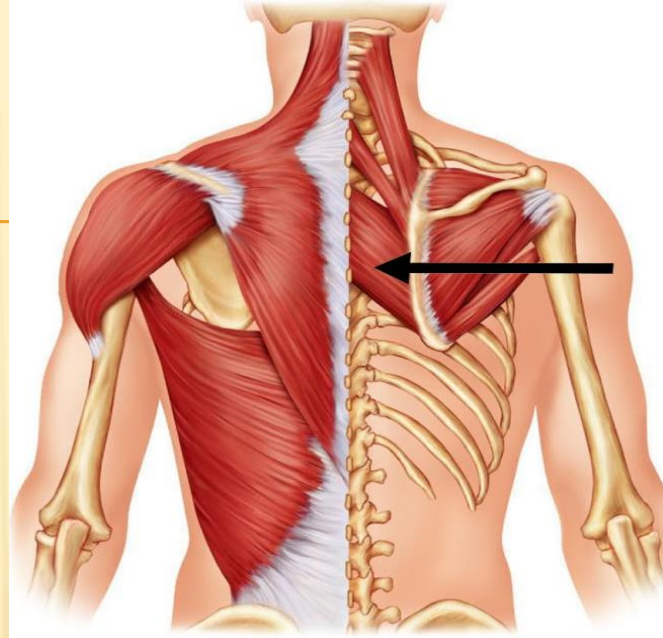
鳳

魚

# 阻力運動 (RESISTED EXERCISE)

主要訓練：上背頸部的穩定肌肉

每天大約50-60 次，可分為兩段，每段 25-30次



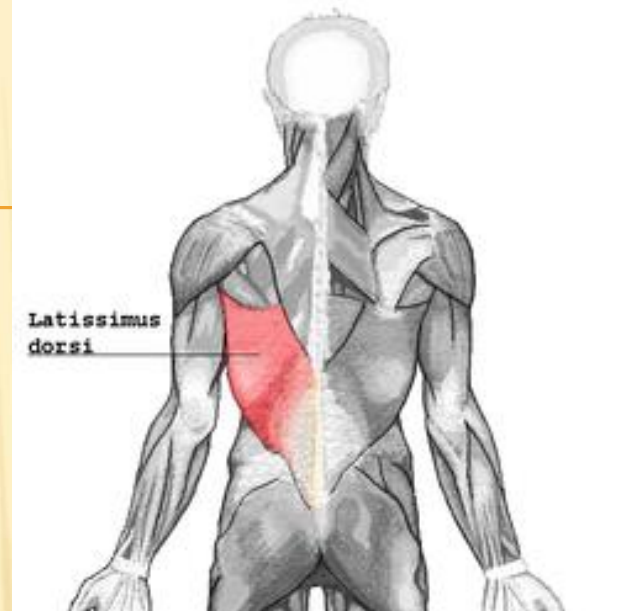


## 腰部



# 家居護理:伸展運動

## 腰背肌



- 抹窗，抹桌子，抹天花板
- 當有微少拉扯的感覺時，保持8-10 秒
- 每天大約20-30 次
- 適合腰背酸痛的人士

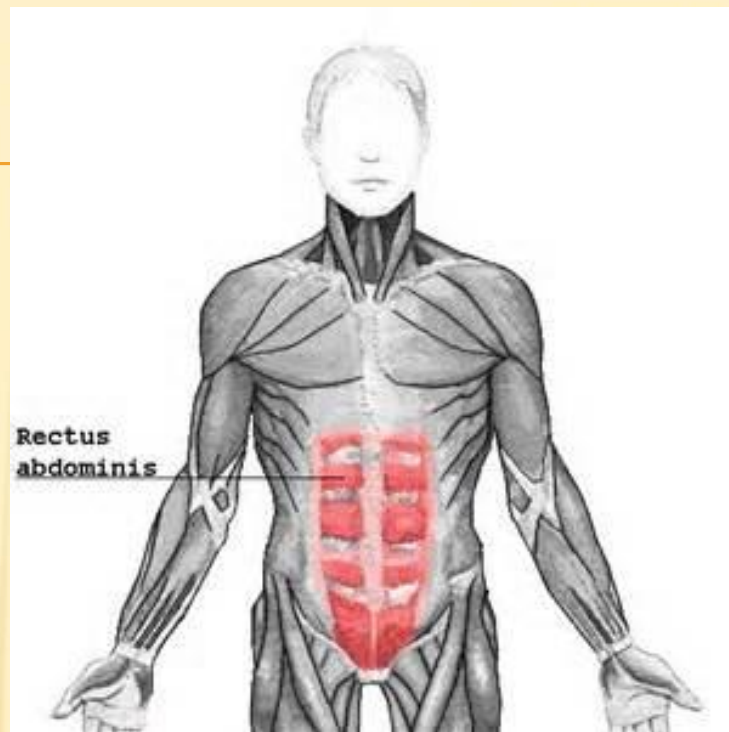




# 家居護理:伸展運動

## 腹肌

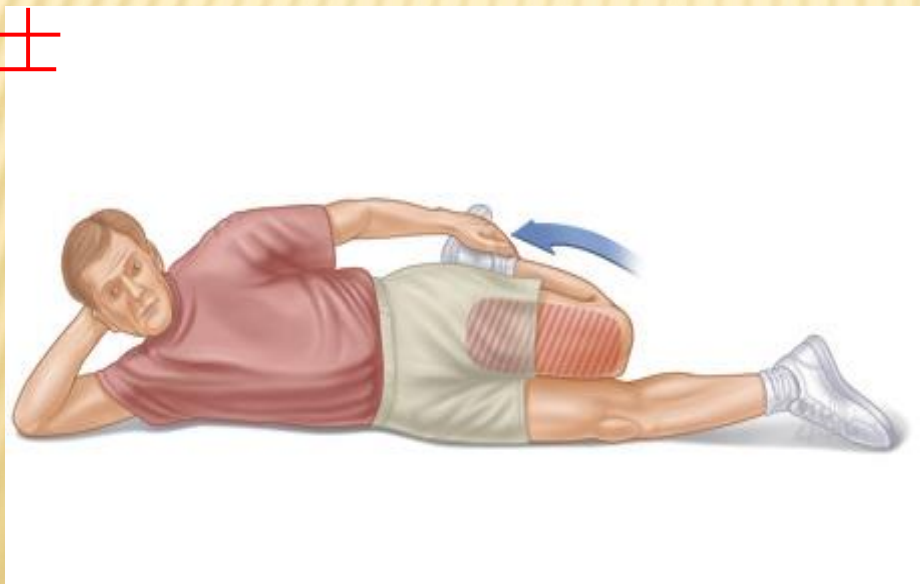
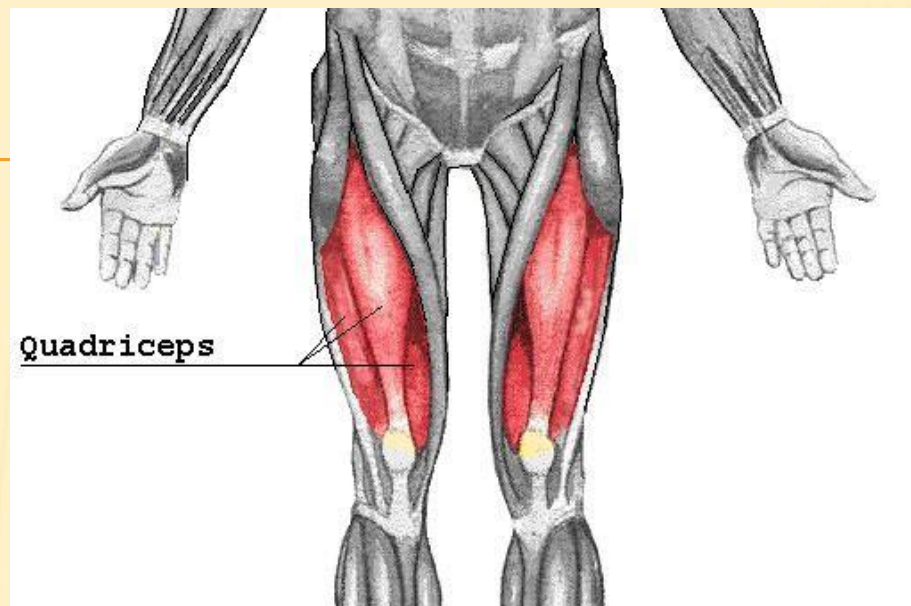
- 當有微少拉扯的感覺時, 保持8 - 10秒
- 每天大約15-20 次
- 適合腰背酸痛的人士



# 家居護理:伸展運動

## ● 大腿四頭肌

- 當有微少拉扯的感覺時, 保持8 -10 秒
- 每天大約20-30 次
- 適合大腿酸痛的人士

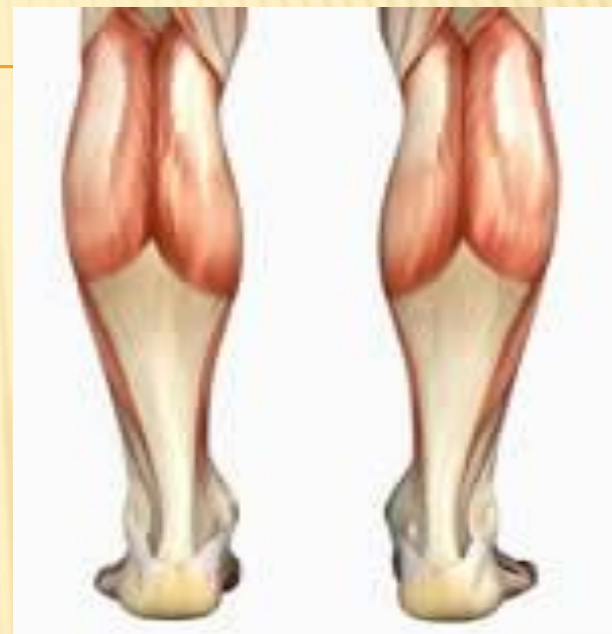




# 家居護理:伸展運動

## 小腿肌

- 當有微少拉扯的感覺時, 保持8-10 秒
- 每天大約 20-30 次
- 適合小腿酸痛的人士



# 家居護理:伸展運動

## ✧ 臀部肌肉



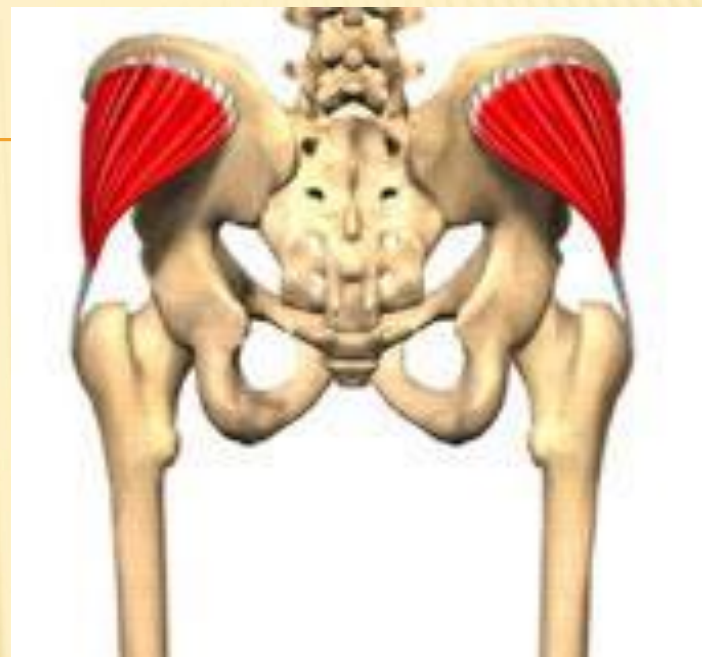
- 當有微少拉扯的感覺時, 保持15-20 秒
- 每天大約15-20 次
- 適合坐骨神經痛的人士



# 阻力運動 (RESISTED EXERCISE)

主要訓練：下腰臀部的穩定肌肉

每天大約50-60 次，可分為兩段，  
每段 25-30次





謝謝！



A large, irregular pink watercolor splash serves as the background for the text. The splash is centered and has a soft, painterly texture with various shades of pink and some darker spots. The text is overlaid on this splash in a clean, white, sans-serif font.

日常家居護理及護脊運動

普拉提運動PILATES

日常運動

2019年1月26日(六) Angela YIU

# FLEXIBILITY

[whyiexercise.com](http://whyiexercise.com)

*Do you have the flexibility necessary for...*

1) Squatting to the floor?



2) Reaching overhead?



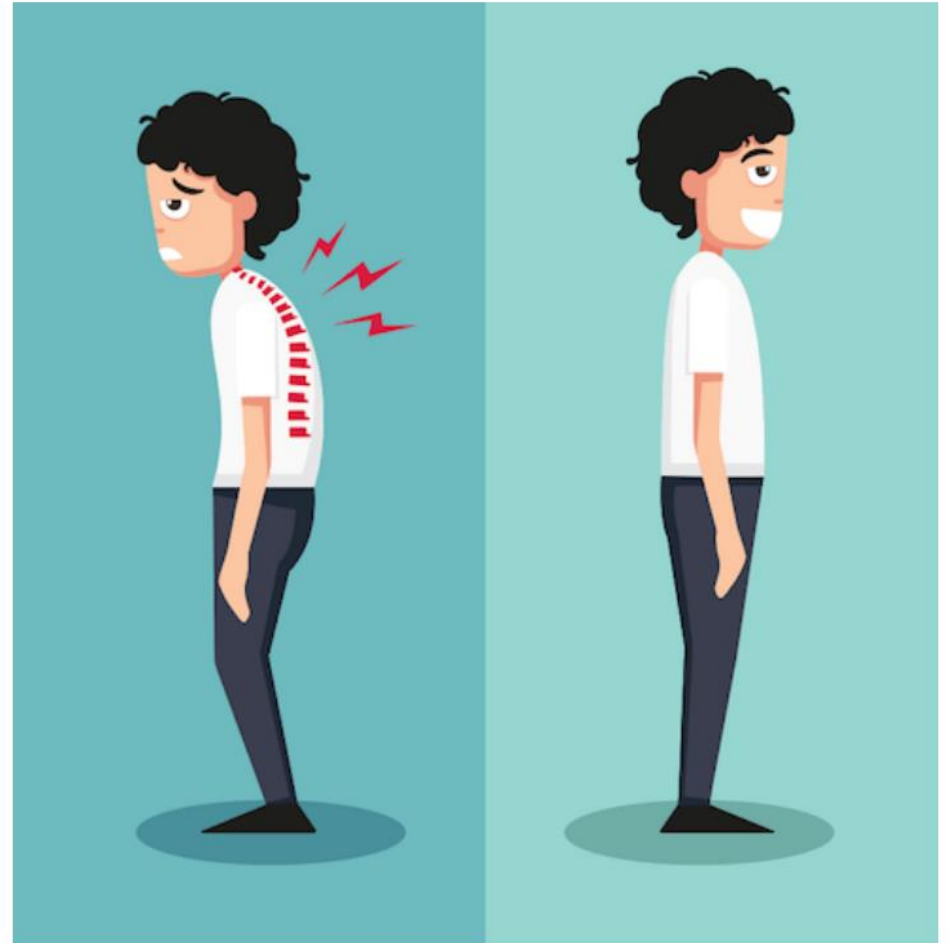
3) Sitting on the floor to play with kids?



4) Working in tight or awkward spaces?



- **Have you ever injured your arms and shoulders?**
- **Do carry stress and tension in your neck, upper back?**
- **Do you ever notice your shoulders hiked up around your ears?**



## **Common Exercise For Women After Breast Surgery**

**1** Elbow winging

**2** Wand exercise

**3** Chest wall stretch

**4** Side bending

**5** Shoulder blade squeeze

**6** Shoulder blade stretch

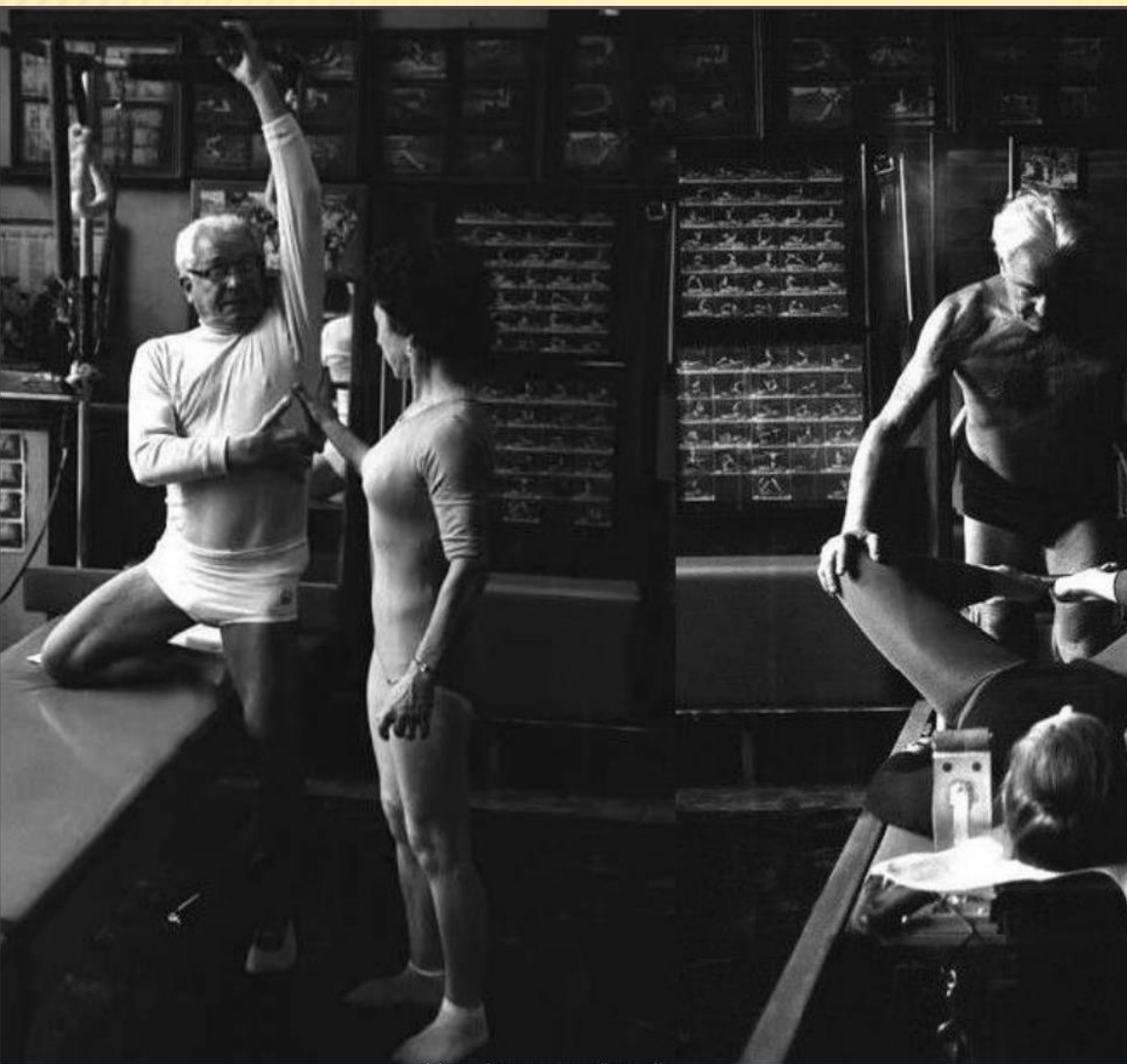
**7** Shoulder stretch

**8** Shoulder stretch



Good Pilates exercise techniques makes a healthy body.

- If you have a weak core, chances are your shoulders like to be hiked up around your ears.
- With a strong center it's much easier to improve shoulder mechanics, reduce joint pain, and maximize your Pilates workouts.
- Doing the right exercises to strengthen your abdominals and back, along with practicing your “Diamond” down shoulder blade cue and you'll be off to a great start for developing strong and healthy arms and shoulders with any and all of the exercises you do.



- *"I must be right. Never an aspirin, Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier.*

- *——"Joseph Pilates, age 83*

- 我一定是正确的。在我的生命中，从来没有阿司匹林，从来没有一天遭受损伤病痛。整个美国，整个世界，都应该来做这个锻炼，他们将从中受益变得更快乐。

- ——约瑟夫·普拉提于83岁



"Good posture can be successfully acquired only when the entire mechanism of the body is under perfect control."

J. Pilates



# 臨床普拉提的優點

增強軀幹核心  
(脊椎、肩部和盆  
骨帶)的穩定性

改善身心控制

增強姿勢的意識

鍛鍊有效的呼吸及  
動作模式

發展平衡的身體

提升肌肉的狀態及  
靈活性



## 皮拉提斯

『專注、呼吸、核心、控制、精確與流暢』是Pilates原創的六大原則，而Pilates針對現代人不同的生活習慣加入更多不同的指導方針例如延伸脊柱增加脊椎活動度建立穩定的肩頸重新檢視軀幹的穩定排列動作靈活整合進而達到穩定核心的效果

## [ Sports Physical Therapy ]

# Pilates: What Is It? Should It Be Used in Rehabilitation?

Christine E. Di Lorenzo, PT, DPT, CPI

**Context:** The interest and popularity of Pilates is increasing worldwide. In addition to being used in fitness programs, it is being used in some rehabilitation programs.

**Evidence Acquisition:** This review summarizes level III evidence from 1995 to 2009 obtained from PubMed (MEDLINE), CINAHL, and the Internet. Meta-analyses, systematic reviews, randomized controlled trials, and controlled trials published in peer-reviewed journals were retrieved for appraisal. The key words searched were *Pilates* and *core stabilization*.

**Results:** Ninety articles were identified in MEDLINE and CINAHL; 9 articles satisfied the inclusion criteria for level III evidence.

**Conclusion:** There is a scientific basis for the effectiveness of Pilates exercise, with limited evidence to support it as a rehabilitative intervention.

**Keywords:** Pilates; rehabilitation; core strengthening

Joseph Pilates was self-educated in anatomy, bodybuilding, boxing, wrestling, yoga, gymnastics, and martial arts. At the outbreak of World War I, he was interned as an enemy alien in England and became a nurse-physiotherapist to his fellow internees who were sick or injured. He took bedsprings and rigged them to posts, headboards, and footboards of the bed frames, transforming them into resistance-type equipment for disabled patients. These designs were the early models of his universal reformer (Figure 1) and trapeze table (the "Cadillac"; Figure 2) and are the benchmark apparatuses in every Pilates studio today.

Joseph Pilates published 2 books,<sup>25,26</sup> the first in 1934 and the second in 1945, in which he passionately described his overall philosophy on holistic health and balanced well-being but not his method of exercise. Pilates believed that his method, called *contrology*, would activate brain cells to stimulate the mind and affect the body.<sup>27</sup> Recently, science has substantiated that exercise improves cognition—specifically, executive function.<sup>21,28,29</sup>

### FAD OR TREND?

In Google, there are 16 400 000 entries for *Pilates*. Entering the term *Pilates* exercise reduces that to 11 700 000. There are also 350 000 citations for the *benefits of Pilates*. In 2000, Yuhlin Chang reported in *Newsweek* that 10 years ago, 5000 people



Figure 1. The reformer (image courtesy of True Pilates, New York, New York).

did Pilates exercise; today, the number is 5 million in America alone.<sup>30</sup> According to a 2005 Sporting Goods Manufacturers Association Topline Report,<sup>31</sup> the growth of Pilates skyrocketed from 1.7 million in 2000 to 10.5 million in 2004; 67% of Pilates participants took up the activity in 2002. The growth rate from 2000 to 2006 was 613.5%.<sup>32</sup> The American College of Sports Medicine's survey of fitness trends worldwide shows:

From the West Side Physical Therapy, New York, New York.  
Address correspondence to Christine E. Di Lorenzo, PT, DPT, CPI, (e-mail: christinediorenzo@gmail.com). Note: CPI = Certified Pilates Instructor. Romana's ® Pilates, New York, NY.

DOI: 10.1177/1941738111410285

© 2011 The Author(s)

Downloaded from spt.sagepub.com by A Carman on July 23, 2011

# PILATES FOR BREAST CANCER SURVIVORS

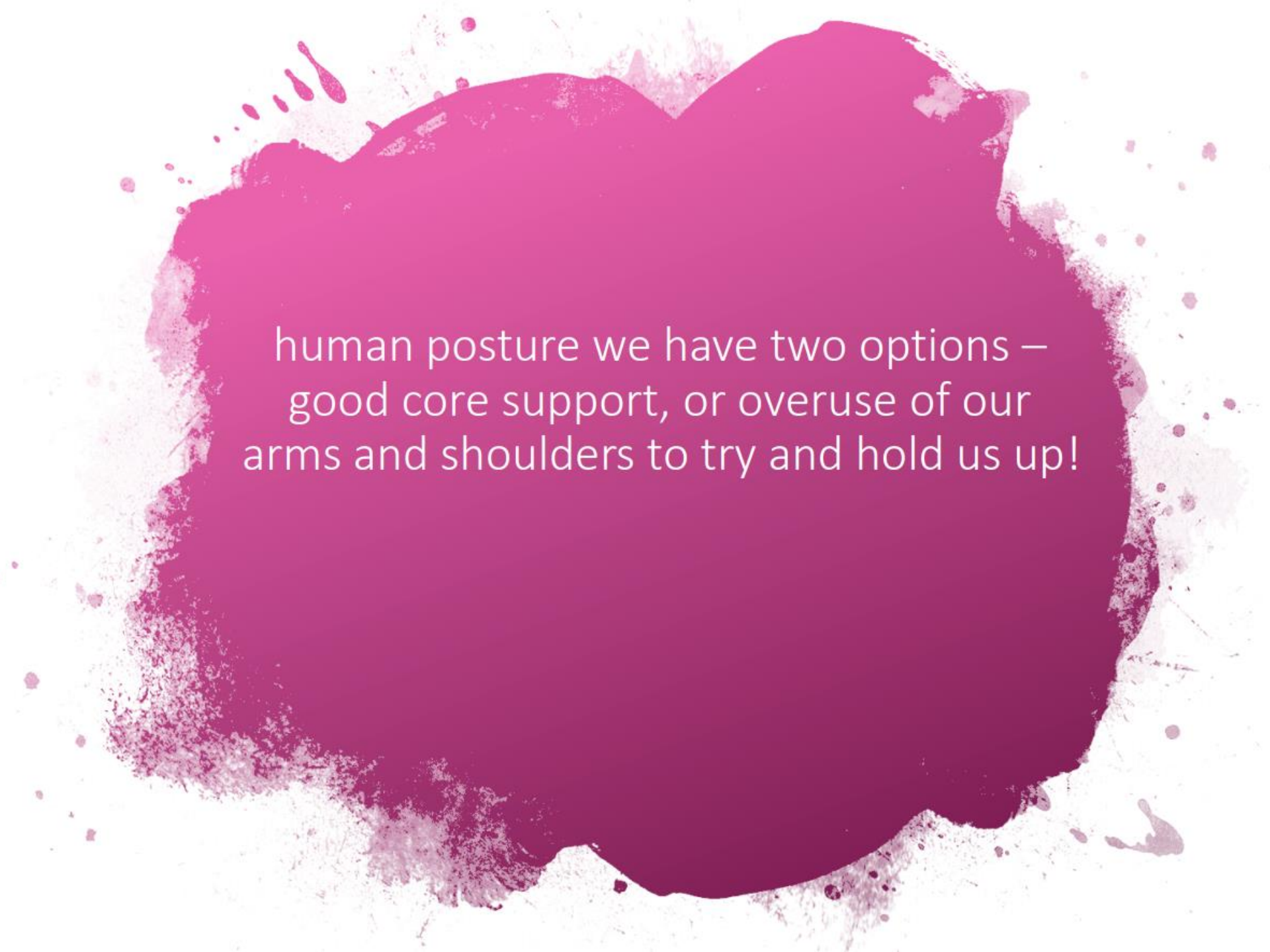
A Guide to Recovery,  
Healing, and Wellness



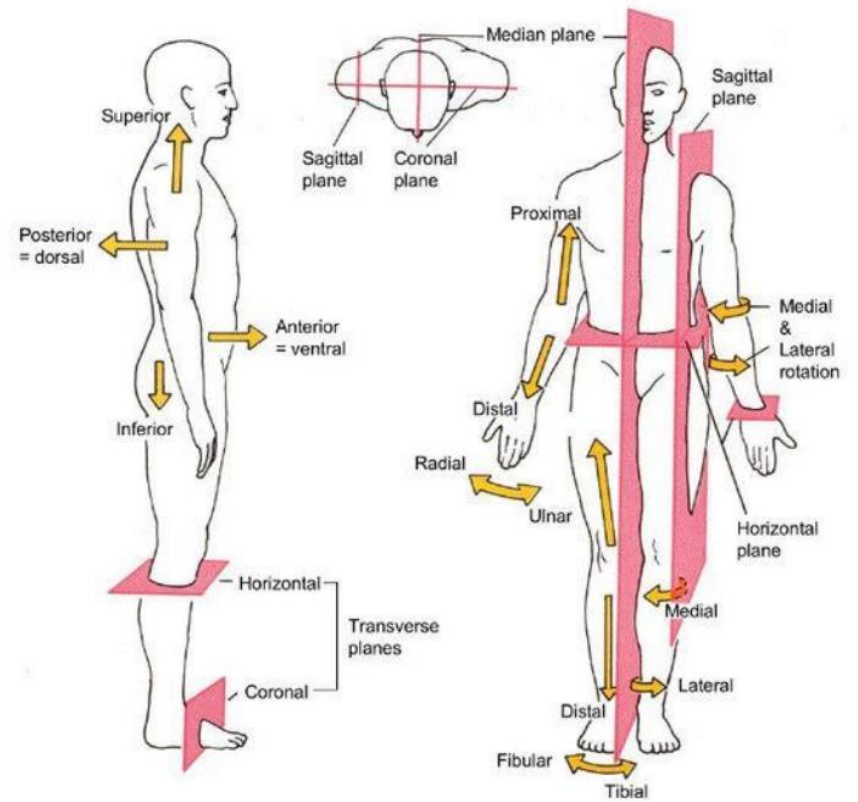
Naomi Aaronson, MA, OTR/L, CHT, CPI, CET  
and Ann Marie Turo, OTR/L

# 普拉提





human posture we have two options –  
good core support, or overuse of our  
arms and shoulders to try and hold us up!











# Pilates Exercise Tips for Strong and Healthy Shoulders



## “Diamond Down.”

---

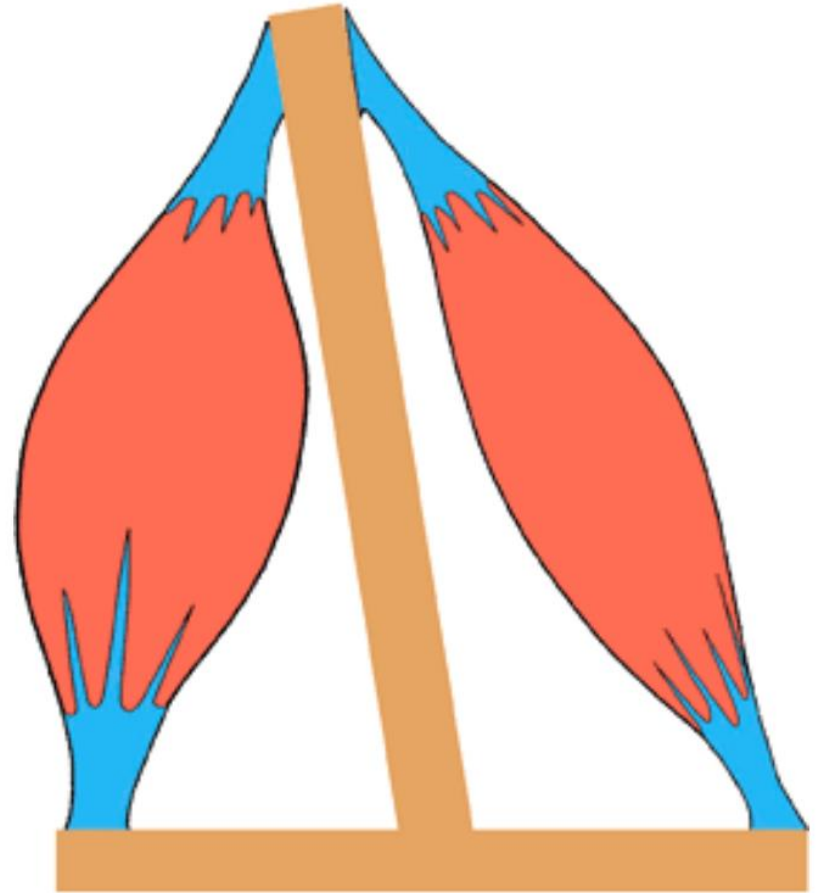
- The Trapezius muscle is a broad diamond shaped muscle that has fibers running in three different directions.
- The upper fibers elevate the shoulders.
- Middle fibers assist in pulling the shoulder blades together, and the lower fibers draw the shoulder blades down.

# strong healthy shoulders /strengthen your core

- **Tips for Practicing “Diamond Down”**

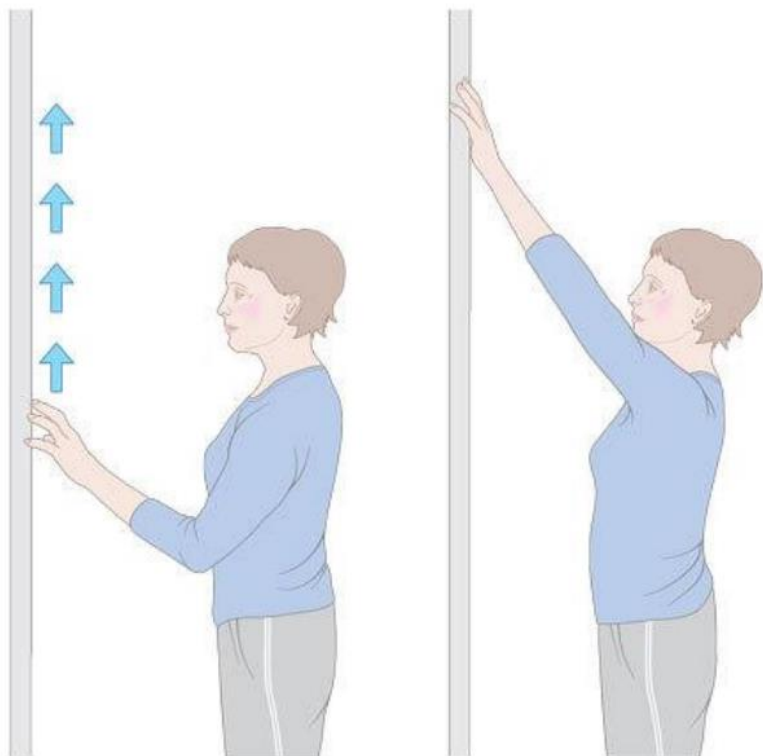
- Start Standing with good posture and core support. The upper spine should be slightly curved in its natural position so that the shoulder blades can lay flat on the back. Just let the arms hang by your sides.
- Inhale breathing into the back to lift the ribcage and lengthen the spine, Exhale and from the bottom tips of the shoulder blades and draw the “Diamond Down” gently pulling the shoulder blades down towards the back of your waist.
- Repeat this three times, lifting the spine higher, and deepening the “Diamond Down” contraction. Then release. Repeat your “Diamond Down” exercise 3-5 times as a warm-up exercise before any other Pilates or gym exercises. Or do it as a stand-alone exercise a couple of times throughout your day to remind you to keep your shoulders away from your ears!





## What Are the Benefits of Strengthening the Lower Trapezius Muscle with “Diamond Down?”

- It places the shoulder joint in a more optimal place for movement of the shoulder and arm during exercise.
- Better movement improves strength and flexibility and reduces risk of injury.
- It provides the counter-leverage necessary to lengthen and open joint space for the upper thoracic spine, neck and head, which means improved posture and upper spine mobility.



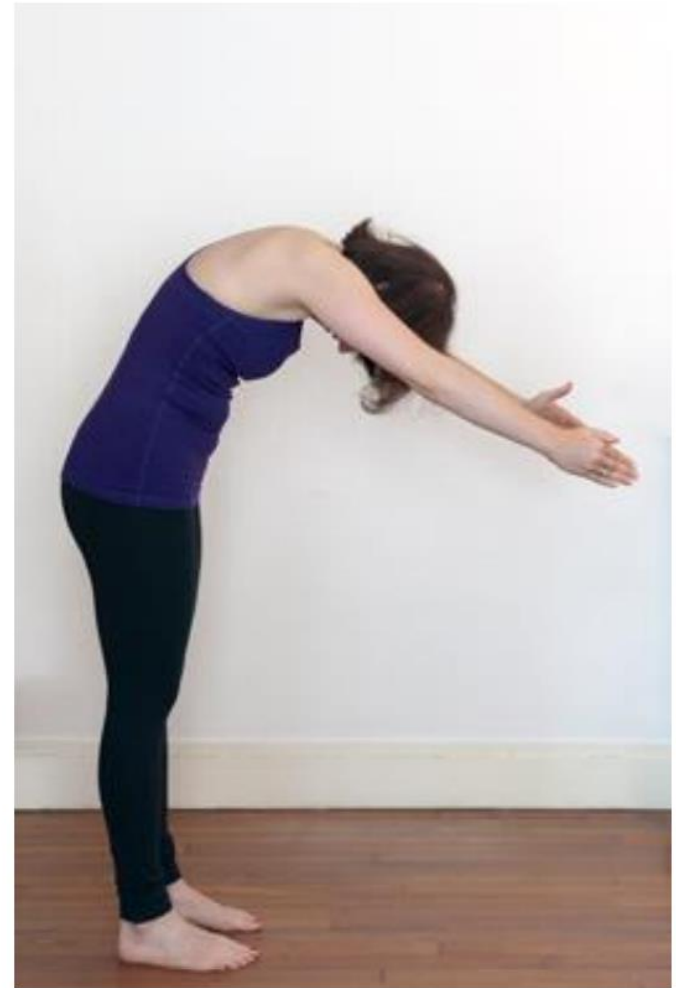
Cancer Research UK



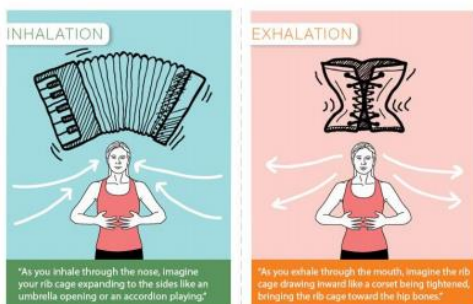


## BENEFITS OF STANDING PILATES

- Warms the fascia and muscles in the body by moving through various planes
- Activates the stabilisers through simple balance movements
- Mobilises joints through range of motion exercises
- Introduces the benefit of conscious diaphragmatic breathing through movement
- Creates awareness of posture and alignment
- Establishes connection and rapport with participants, through the instructor being able to see how they move and what quality of movement they have.







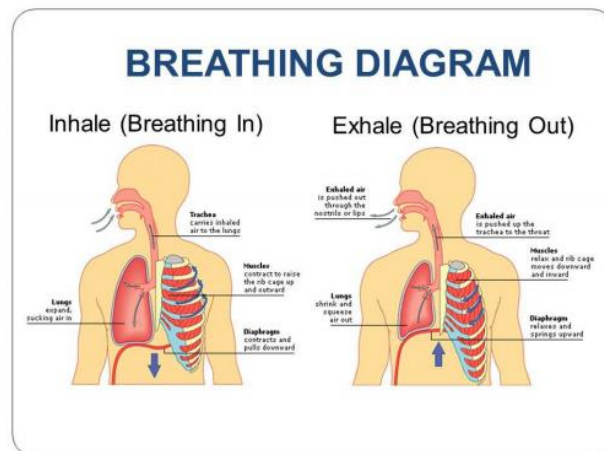
Sources: Pilates illustrated, by Pirella Göttsche (Human Kinetics 2011)  
Pilates Anatomy, by Rael Isacowitz and Karen Clippinger (Human Kinetics 2011)

## 呼吸的方法：

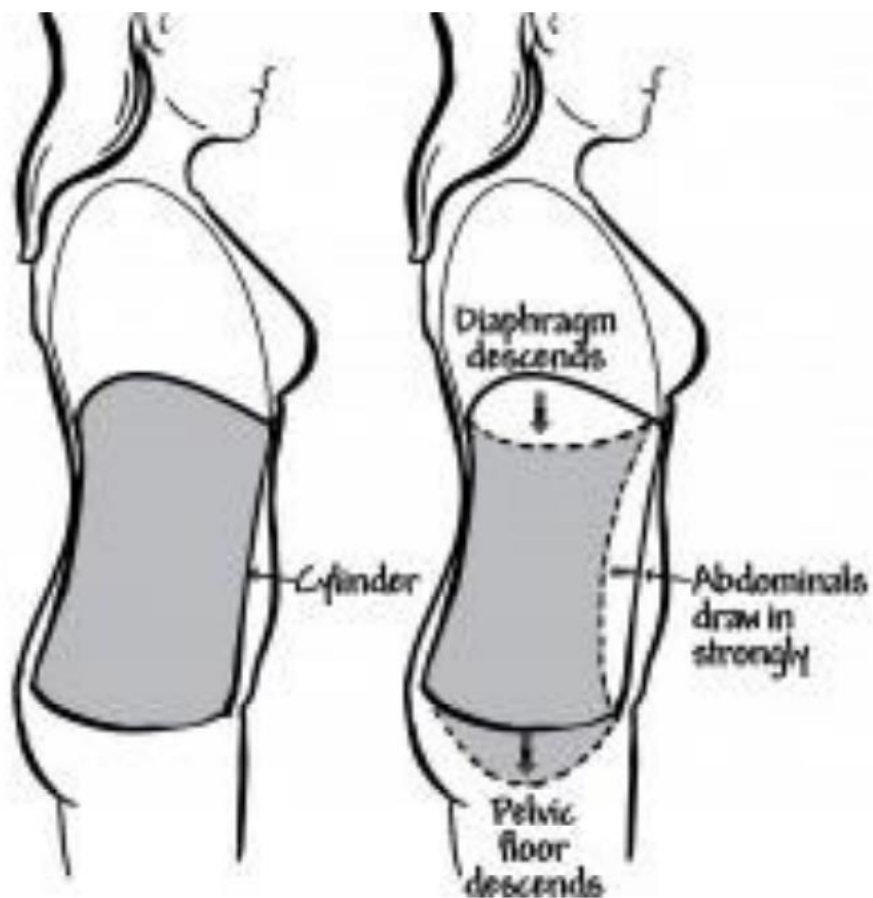
- ①用鼻子吸氣，用嘴呼氣，講究呼氣的深度，盡可能地運用腹式呼吸的方法。
- ②呼吸的速度不易太快，與動作的速度基本一致，不要憋氣進行訓練。

③運動時注意呼氣，靜止時注意吸氣。這樣可以緩解因肌肉用力而給身體內部帶來的壓力。

④通過控制呼吸，把注意力集中在呼吸上，減少人對肌肉酸痛的敏感度。



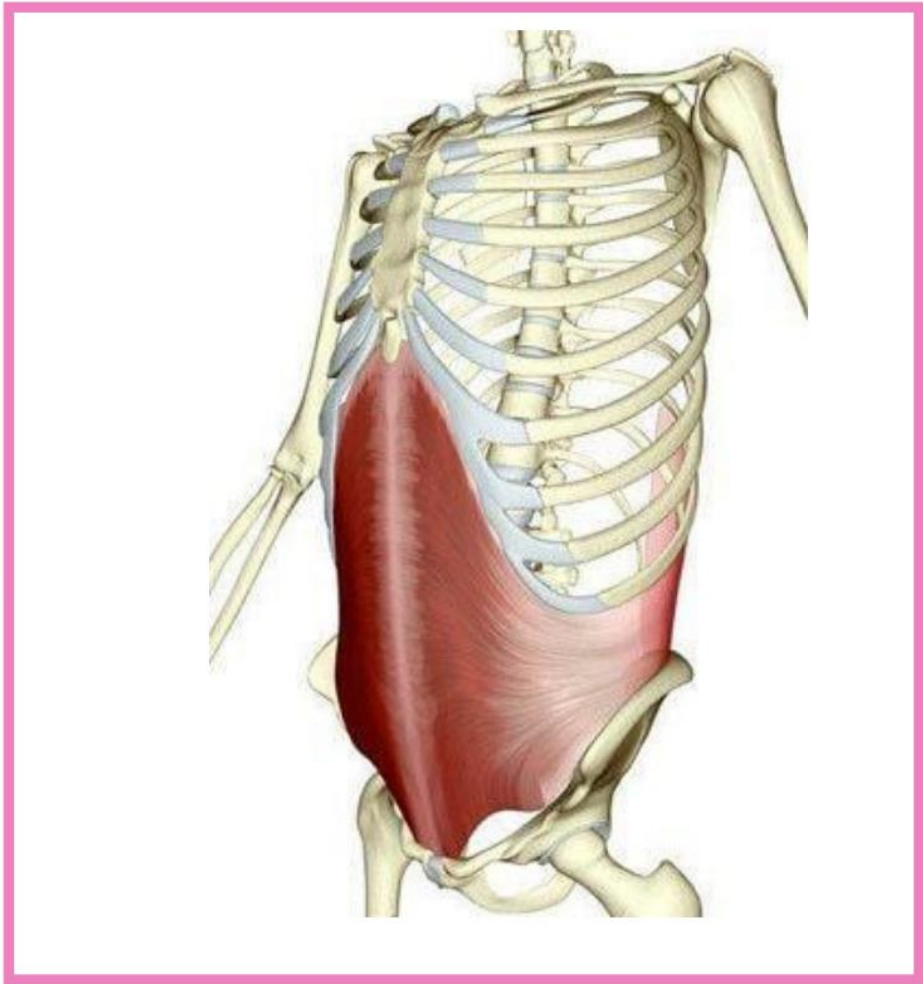
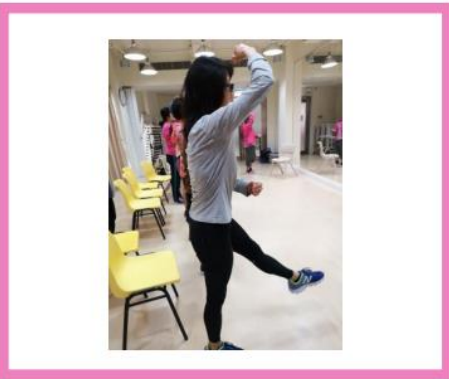
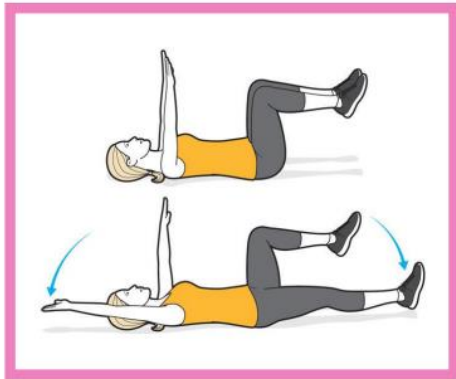
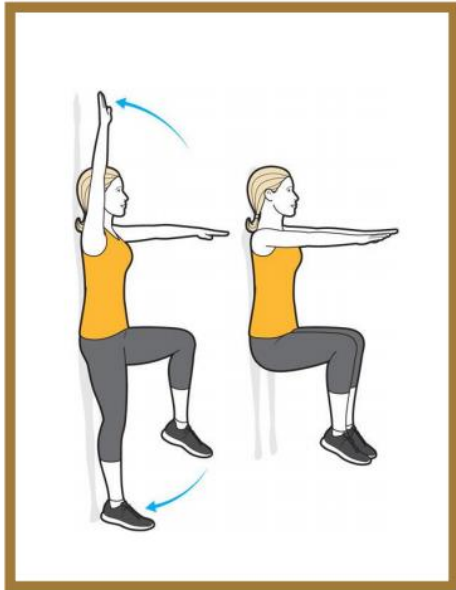




Copyright © 2006 ThePhysicalTherapySource.



Sit in a straight backed chair in a comfortable position and relax. Place both of your hands on your lower ribs, out to the side. When you breathe in, concentrate on pushing your ribs and hands out. When you let your breath out, let your hands go in and push in slowly. Repeat.



## Pilates Exercise Tips for Strong and Healthy Shoulders

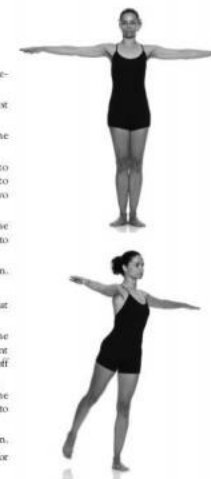


THE STANDING EXERCISES

### Level II

Add longer arms (more to spiral) and one-leg balance.

1. Inhale and stand with your legs in first position.
2. Exhale and float your arms out to the sides at shoulder level.
3. Inhale to rotate your upper body to the right as your right foot reaches to the front right corner and is lifted two inches off the floor.
4. Exhale to rotate your upper body to the left as you circle your right lifted leg to the back right corner.
5. Inhale to return to the starting position.
6. Repeat two more sets for this side.
7. Exhale and float arms out to sides at shoulder level.
8. Inhale to rotate your upper body to the left as your left foot reaches to the front left corner and is lifted two inches off the floor.
9. Exhale to rotate your upper body to the right as you circle your left lifted leg to the back left corner.
10. Inhale to return to the starting position.
11. Repeat the sequence two more sets for this side.





## 9 SPINE TWIST

Spinal Rotation and One-Leg Balance



### Level I

Preparation

1. Inhale in the Standing Foundation with your arms crossed in front of your chest like a genie.
2. Exhale and firmly press your feet into the floor to activate the legs.
3. Inhale while floating your ribs away from your pelvis and twist to your right side (your nose stays in line with the breast bone).
4. Exhale to lift and rotate your upper torso back to the center.
5. Inhale to spiral your ribs to the left side.
6. Exhale to return to the center.
7. Repeat for three sets.

## 10 THE CORKSCREW

Pelvic Rotation and Complex Choreography



### Level I

Preparation

1. Inhale and stand with your legs in first position.
2. Exhale and cross your arms one on top of the other with elbows aligned to your shoulders.
3. Inhale to rotate your upper body to the right as your right foot reaches to the front right corner.
4. Exhale to rotate your upper body to the left as you circle your right leg to the back right corner.
5. Inhale to return to the starting position.
6. Repeat two more sets for this side.
7. Inhale to rotate your upper body to the left as your left foot reaches to the front left corner.
8. Exhale to rotate your upper body to the right as you circle your left leg to the back left corner.
9. Inhale to return to the starting position.
10. Repeat the sequence two more sets for this side.



## Pilates Exercise Tips for Strong and Healthy Shoulders





### Level III

Adds arm elevation.

1. Inhale in the Standing Foundation as you raise your arms high.
2. Exhale, bow, and roll down the spine as your arms follow the movement to as low as you can go.
3. Inhale and feel the length of the back body.
4. Exhale and press feet firmly down to activate legs.
5. Inhale to roll up.
6. Exhale to the Standing Foundation with arms at sides.
7. Repeat the sequence four times.







# Dynamic Pilates

## HIGH MARCH TO LOW RUN

- A. March in place, lifting your knees higher each time.  
B. Run in place for 15 seconds.



## SHOOT THE HOOP

- A. Bend knees and lower into a squat.  
B. Push up as though shooting a basketball.



## REPEATERS

- A. Step one foot forward, then lift opposite foot to knee.  
B. Tap foot back to the floor and repeat lift 7 times. Change legs.



## SQUAT TO KICK

- A. Step feet out and sink into a squat.  
B. Stand and extend one leg as though kicking open a door.







## SPINE STRETCH

(continued)



### Level III

Adds arms high to increase the lever of the top body.

1. Inhale as you lift your arms up to the ceiling, palms facing each other, with your legs wide.
2. Exhale to hinge at your hips with a neutral spine (your arms stay in line with your ears).
3. Inhale and keep lengthening your spine away from your active legs.
4. Exhale and curl the tailbone under, using your abdominals only. In this position your legs are not working as actively.
5. Inhale and lengthen back to a neutral spine parallel to the floor (or to your own ability).
6. Exhale to reactivate your legs into greater length.
7. Inhale to return to standing with your arms reaching over your head to ceiling.
8. Repeat four times.



## Think of it this way...

You are either like a coat on a hook (*shoulders up*), or a circus tent with a tall pole up the center and the edges sloping down (*core support & shoulders down*).

Being like a coat on a hook means lots of neck and shoulder tension. You might experience more headaches, or be prone to shoulder injuries and rotator cuff problems.

The good news, things can change quickly with the right body awareness, exercises, and improving your posture.



普拉提- 肩頸運動班

普拉提-伸展運動班

普拉提- 護脊運動班

動感普拉提-舞蹈班



THANK YOU