

拉出健康 拉闊橡筋操

Exercise for Health
Elastic Band Exercise



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引言

一般上班族往往以工作繁忙、沒有伙伴和沒有方法等藉口而逃避運動。隨着資訊科技發達，人們依賴電腦處理工作上的大小事務，由搜集資料、編寫報告，甚至進行會議，都坐在工作桌前完成，進一步降低日常體能活動量，長遠而言有損健康，引致各種慢性疾病。

香港大學於 2005 年進行的一項調查顯示，九成的在職人士在過去 12 個月內有感到關節痠痛、麻痺、僵硬、活動不靈和腫脹等問題，近五成半的辦公室行政人員受肩膀和手肘痛的困擾。另外，過半的員工指出，關節問題影響他們的工作表現和效率，而超過三成人更認為有關問題直接影響家庭和社交生活。

世界衛生組織(WHO)建議，成年人每周應做兩天或以上的肌肉強化運動，以保持肌肉骨骼健康和預防骨質疏鬆，同時亦預防慢性關節勞損。事實上，要強化肌肉不一定要付出昂貴的會費到健身中心做運動，或購買複雜的運動器材。利用簡單的運動用品如橡筋帶，亦可以做到一系列的肌肉鍛鍊動作，從而提升身體的健康質素。

本運動手冊特別為上班族而設，內有一套簡單易學、省時方便的橡筋帶運動，令忙碌的上班族在有限的工作空間裏，也能完成整套練習動作。你還等什麼，快來體驗運動的好處和樂趣吧！

Introduction

Working people turn away from exercise with various reasons such as busy with work, lack of partners and being not skillful enough. With the advancement of information technology, people tend to handle every task, no matter important or trivial, by using computers. From information searching and report writing to attending meetings, people do all of them by just sitting in front of their desktop machines. This further reduces the level of daily physical activity, and in the long run adversely affects health due to occurrence of various chronic diseases.

A study from The University of Hong Kong conducted in 2005 revealed that 90% of responded staff reported having joint problems like pain, paralysis, inflexibility and swelling within the previous 12 months. Nearly 55% of office executives suffered from pains of shoulders and elbows. Moreover, over half of the respondents stated that joint problems had affected their work performance and efficiency. Furthermore, more than 30% of them perceived that such problems had directly affected their family and social life.¹

The World Health Organization (WHO) recommends adults to do muscle strengthening exercises twice or more every week so as to maintain muscle and bone health, to prevent osteoporosis, as well as to prevent over-use injury of joints. Indeed, paying for luxury gymnasium membership or purchasing sophisticated equipment is not a must. Muscle strengthening can also be done with the assistance of a simple tool such as an elastic band in a simple manner.

This exercise manual is specially designed for the working population. It contains a series of simple and easy-to-learn elastic band exercises that can be performed in limited working space. Act now to experience the joy and benefits of exercise!

1. Chung RTY et al. Hong Kong Working Class Joint Health Survey 2005

肌肉強化運動的好處

- 強化肌肉和骨骼
- 預防骨質疏鬆
- 有助維持正確姿勢
- 改善關節活動幅度和柔軟度
- 改善新陳代謝
- 改善體形，建立自信心和自我形象
- 舒緩壓力，促進心理健康

使用橡筋帶須知

- 運動前要檢查橡筋帶，確保它沒有破損。
- 避免橡筋帶與鋒利物件接觸(如：戒指)。
- 如有需要，確保橡筋帶已被繫穩於固定的物件上。
- 避免橡筋帶回彈至頭部，從而減低頭部和眼睛受傷的風險。
- 避免存放橡筋帶於陽光照射下和高溫的地方。
- 運動時避免穿緊身衣服和高跟鞋。
- 如感到太疲勞，就不適宜進行運動。

Benefits of Muscle Strengthening Exercises

- Strengthen muscles and bones
- Prevent osteoporosis
- Help to maintain proper posture
- Improve mobility and flexibility of joints
- Improve metabolism
- Maintain body shape, confidence and self-image
- Relief stress and promote psychological well-being

Precautions for Using the Elastic Band

- Examine the elastic band before use to ensure that it is free from tears.
- Keep elastic band away from sharp objects. (e.g. ring)
- Ensure that the elastic band is securely anchored if indicated.
- Avoid snapping the elastic band towards head in order to minimise the risk of head and eye injuries.
- Keep elastic band away from direct sunlight and extremely high temperature.
- Avoid wearing tight suit and high-heel shoes when doing exercises.
- Do not do exercises if you are feeling very tired.

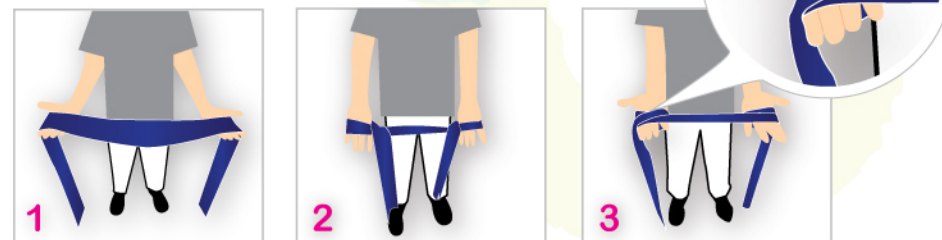
練習的實用小錦囊

- 運動前後應作適量伸展。
- 緩慢地操控着每個動作。
- 應在用力時呼氣，並在放鬆時吸氣，不要在運動閉氣。
- 每個練習(練習 1 - 10)，每次做 2 至 3 組(每組定義為重覆 8 至 12 次)。
- 每星期進行兩次或以上的肌肉強化運動。
- 當鍛鍊同一組肌肉時，建議相隔最少 48 小時。
- 運動時頭部要向着前方，腰背要挺直，挺胸並收緊腹部。
- 避免過度伸展手肘、膝蓋和肩膀等關節。
- 如你是初學者，不要過量運動。
- 結識運動伙伴，分享做運動的樂趣，並互相扶持。

Practical Tips for Exercises

- Perform adequate stretching before and after doing the elastic band exercises.
- Perform movements in a slow and controlled manner.
- Breathe out when contracting muscles and breathe in while relaxing. DO NOT hold your breath.
- Do each exercise (Exercise 1 - 10) for 2 to 3 sets (each set is defined as 8-12 repetitions).
- Perform muscle strengthening exercise twice or more per week.
- Separate the time for training the same muscle group by at least 48 hours.
- While doing exercises, keep head and chest up with back straightened and abdominal muscles tightened.
- Do not overstretch joints such as elbows, knees and shoulders.
- Do not overload yourself too much especially if you are a beginner.
- Have partners to share the joy of exercising and provide mutual support.

Grasping Method 握扣方法





1.1



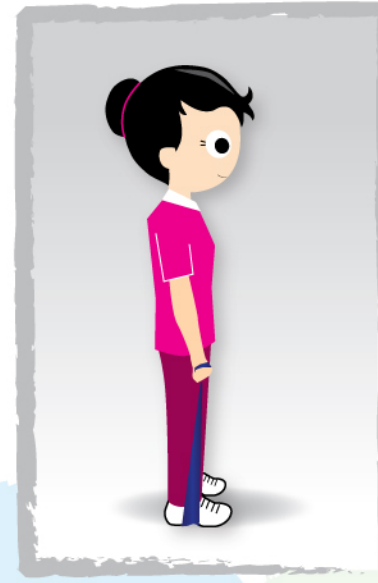
1.2

練習 1：肩膀上推

1. 如圖所示，坐在橡筋帶上。
2. 手肘屈曲 90 度在身旁，與肩膀成同一水平。
3. 舉直手臂過頭部。
4. 緩慢回復原來的姿勢。

Exercise 1 : Shoulder Press

1. Sit on the elastic band as shown.
2. Begin with both arms at side, elbows at shoulder level and bent at 90°.
3. Raise arms until they are straight overhead.
4. Slowly return to the starting position.



2.1



2.2

練習 2：肩前平舉

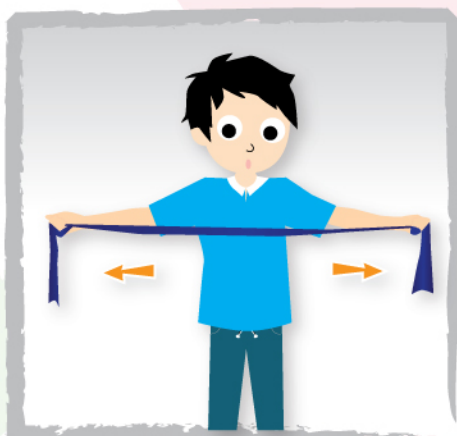
1. 如圖所示，踏在橡筋帶上，雙手放在大腿兩側。
2. 手掌保持向下，提臂至肩膀水平。
3. 緩慢回復原來的姿勢。

Exercise 2 : Shoulder Front Raise

1. Stand on the elastic band with arms at thigh sides as shown.
2. Raise arms with palms facing down until reaching the shoulder level.
3. Slowly return to the starting position.



3.1



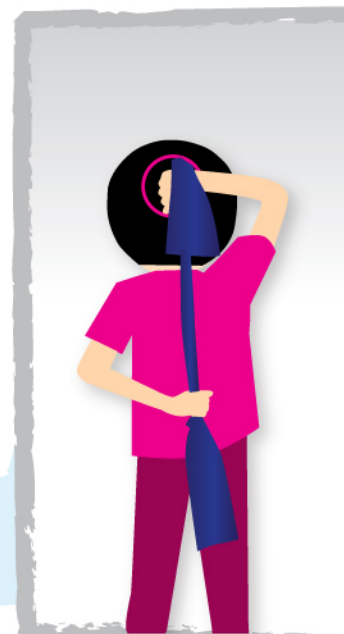
3.2

練習 3：反向飛鳥

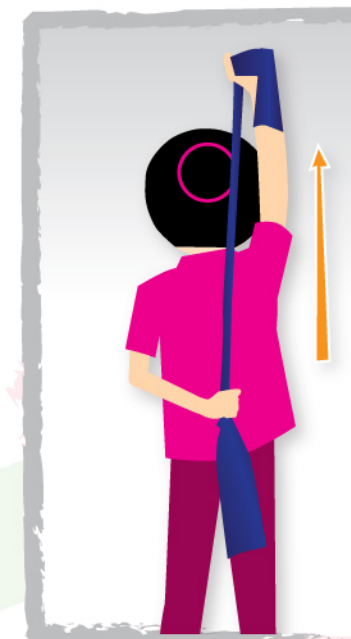
1. 如圖所示，伸直手臂至胸部水平，掌心向上。
2. 保持手肘伸直，展開雙臂至身體兩旁。
3. 緩慢回復原來的姿勢。

Exercise 3 : Reverse Fly

1. Straighten arms at chest level with palms up as shown.
2. Move arms sideways while keeping elbows straight.
3. Slowly return to the starting position.



4.1



4.2

練習 4：三頭肌伸展

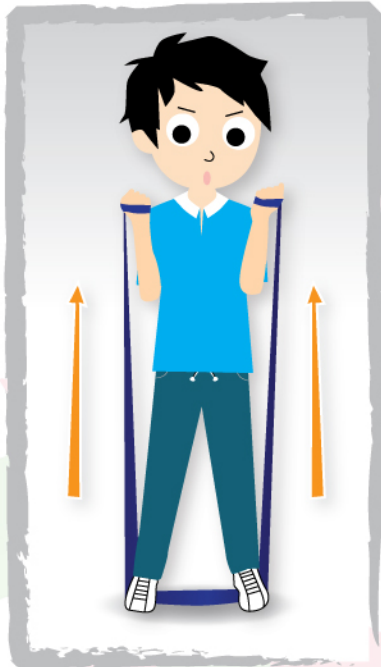
1. 如圖所示，握着橡筋帶於背後。
2. 固定左手，伸直右手直至前臂過頭。
3. 緩慢回復原來的姿勢。
4. 把這練習完成 1 組。
5. 換左手重複以上動作。

Exercise 4 : Over-head Triceps Extension

1. Grasp elastic band behind the back as shown.
2. With left hand fixed, extend right elbow until reaching the overhead level.
3. Slowly return to the starting position.
4. Finish this exercise for 1 set.
5. Repeat the above with left hand.



5.1



5.2

練習 5：二頭肌屈

1. 如圖所示，踏在橡筋帶上，雙手握着橡筋帶的兩端。
2. 手臂伸直，手肘於腰部兩側，掌心向上。
3. 屈曲手肘，直至手掌到胸部水平。
4. 緩慢回復原來的姿勢。

Exercise 5 : Biceps Curl

1. As shown, stand on the elastic band, grasp the two ends of the elastic band with both hands.
2. Arms straight, elbows at waist sides, palms up.
3. Pull upwards until palms reaching the chest level.
4. Slowly return to the starting position.



6.1



6.2

練習 6：軀幹側彎

1. 如圖所示，右手握橡筋帶並踏在其上。
2. 保持右手肘伸直，彎身至左側。
3. 緩慢回復原來的姿勢。
4. 把這練習完成 1 組。
5. 換左手重複以上動作 (彎身至右側)。

Exercise 6 : Trunk Side Bend

1. As shown, grasp elastic band with right hand and stand on it.
2. Bend trunk to the left side while keeping right elbow straight.
3. Slow return to the starting position.
4. Finish this exercise for 1 set.
5. Repeat the above with left hand (bend trunk to the right side).



7.1



7.2



7.2a



7.2b

練習 7：蹲

1. 如圖所示，隻腳分開至肩膀闊度並踏在橡筋帶上。
2. 緩慢屈膝至大約 90 度，過程中保持手肘伸直，並挺直腰背(蹲下時，保持膝蓋對齊你的腳尖(7-2 a)；膝部不應前於腳尖(7-2b))。
3. 緩慢回復原來的姿勢。

Exercise 7 : Squat

1. Stand on the elastic band with feet separated at shoulder width as shown.
2. Keep elbows and back straight. Slowly bend knees to about 90° (when you squat down, align your knees with your toes (7-2a) and do not let your knees go over your toes (7-2b)).
3. Slowly return to the starting position.



8.1



8.2

練習 8：坐式腿伸

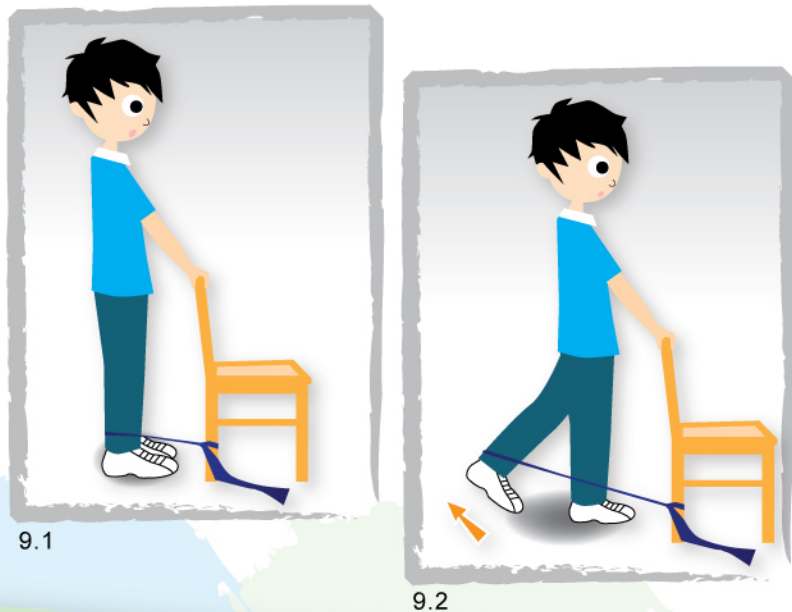
1. 如圖所示，把橡筋帶的一端拴於右足踝，並把另一端繫穩於固定物件(如椅子腳)上。屈膝 90 度角坐下。
2. 伸直右膝至水平。
3. 緩慢回復原來的姿勢。
4. 把這練習完成 1 組。
5. 換左腳重複以上動作。

註：椅子應沒有滑輪

Exercise 8 : Seated Knee Extension

1. Fasten one end of elastic band to your right ankle and attach the other end to a secure object (e.g. chair leg) as shown. Sit down with knees bent to 90°.
2. Straighten right knee to horizontal level.
3. Slow return to the starting position.
4. Finish this exercise for 1 set.
5. Repeat the above with left leg.

Note: The chair should be non-wheeled



練習 9：髖伸

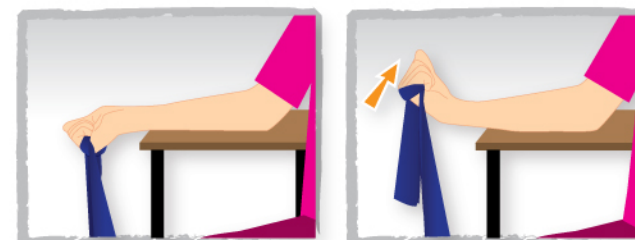
1. 如圖所示，把橡筋帶的一端拴於右足踝，並把另一端繫穩於固定物件上。
2. 大腿向後拉，期間保持右膝伸直，並挺直腰背。
3. 緩慢回復原來的姿勢。
4. 把這練習完成 1 組。
5. 換左腳重複以上動作。

註：椅子應沒有滑輪

Exercise 9 : Hip Extension

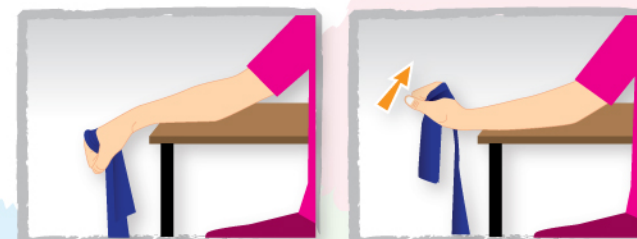
1. Fasten one end of elastic band to your right ankle and attach the other end to a secure object as shown.
2. Extend leg backwards, keeping knees and back straight.
3. Slowly return to the starting position.
4. Finish this exercise for 1 set.
5. Repeat the above with left leg.

Note: The chair should be non-wheeled



10-a1

10-a2



10-b1

10-b2

練習 10：(a)腕屈和(b)腕伸

1. 如圖所示，用右手握著橡筋帶的一端，並穩固另一端於雙腳下。
2. 坐下，桌子承托右前臂，手腕凌空，掌心向上(10-a1) / 掌心向下(10-b1)。
3. 捲曲手腕(10-a2) / 伸展手腕(10-b2)。
4. 緩慢回復原來的姿勢。
5. 把這練習完成 1 組。
6. 換左手重複以上動作。

Exercise 10 : (a) Wrist Curl and (b) Wrist Extension

1. Grasp one end of elastic band with right hand and secure the other end under both feet as shown.
2. Sit down and support right forearm on table, wrist off edge, palm up (10-a1) / palm down (10-b1).
3. Curl wrist up (10-a2) / extend wrist (10-b2).
4. Slowly return to the starting position.
5. Finish this exercise for 1 set.
6. Repeat the above with left hand.

溫馨提示

如想進一步學習橡筋帶運動或其他肌肉強化運動的技巧和動作，可請教專業體適能導師或物理治療師。如在運動期間感到刺痛、暈眩或呼吸困難，請立即停止。如情況持續，請立即求醫。記着，恆常運動才是健康的關鍵！

本運動手冊可以在中央健康教育組的網站免費下載。

<http://www.cheu.gov.hk/healthatwork>

衛生署中央健康教育組

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Friendly Reminder

You may wish to consult a professional fitness instructor or physiotherapist for the skills and movements of doing elastic band or other muscle strengthening exercises. If you experience sharp pain, dizziness or shortness of breath during exercise, stop immediately and consult your doctor if the condition persists. Remember, regular exercise is the key to good health.

This exercise manual can be downloaded free of charge from the Central Health Education Unit website at <http://www.cheu.gov.hk/healthatwork>

Central Health Education Unit, Department of Health

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