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帕金森  
运动  
实用手册

# Exercises for People with Parkinson



Parkinson Society Singapore

### Parkinson Society Singapore

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Parkinson Society Singapore (PSS) supports People with Parkinson (PwP) and caregivers holistically through their Parkinson journey. The society was founded in 1996 by a group of doctors and caregivers and opened Singapore's first community-based Parkinson Centre in 2013 to provide the much-needed support beyond hospitals.

PSS offers a wide range of therapeutic programmes as well as social and recreational activities to help PwP live better with Parkinson, including physiotherapy, yoga, Tai Chi, kickboxing, Chinese calligraphy and vocal classes. PSS also provides information, training and support to PwP, caregivers and community partners.

新加坡帕金森协会(PSS)在患者整个患病期间为帕金森病患者及其看护者提供全方位的支持。该协会由一群医生和护理人员于1996年创立，并在2013年开设了新加坡首家社区帕金森病医疗中心，以提供医院以外的特需支持。

PSS提供各种不同的治疗课程、社交和娱乐活动，以帮助帕金森病患者更好地与帕金森病共存，包括物理治疗、瑜伽、太极拳、踢拳、中国书法和声乐课程。PSS还为帕金森病患者、看护者和社区合作伙伴提供信息、培训和支持。

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Disclaimer: "Exercises for People with Parkinson" and its contents are provided for your personal reference in addition to the professional advice given by the healthcare team. Please consult them if you require further clarification.

声明：此小册子及其内容，应配合医疗团队的专业意见作参考。如有任何疑问，请咨询阁下的医疗团队。

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Parkinson is a long-term neurological condition that causes difficulties in initiation, co-ordination and control of movements such as standing up and walking. Imbalance and falls are also common, and may lead to injuries. As movement becomes difficult, people with Parkinson are prone to become inactive, resulting in declining strength, joint flexibility and fitness levels.

Regular exercise has been shown to delay the progression of Parkinson and stop the vicious cycle of functional decline. Hence, it is important to start on an exercise program **early** to improve or maintain your strength, joint flexibility, balance and fitness levels!

#### Tips for safe exercising at home:

- 1) Obtain clearance from your medical doctor before the start of any exercise programme, especially if you have any existing cardiac conditions.
- 2) Activities should be conducted in a safe environment
  - Ensure the floor is not slippery
  - Sufficient lighting
  - Avoid placing loose rugs/carpets on the floor
  - Keep away loose wires and other trip hazards
- 3) Find a time of day when you find it easiest to move to exercise. This is usually between half to one hour after you have taken your Parkinson medications.
- 4) If you have difficulty balancing with certain exercises, have your caregiver around you. Alternatively, exercise within reach of a grab bar, rail or close to a wall.
- 5) If at any time you feel sick or you are in pain, stop and consult your physiotherapist.

In this book, you will find exercises to improve your flexibility, strength, balance, mobility and endurance. Please ensure that you have consulted your physiotherapist on which exercises are suitable for you.

帕金森症是一种慢性脑部衰退疾病，直接影响肌肉活动及协调，从而大大阻碍了患者的活动能力，例如从椅子上站起或在房间走动。帕金森患者平衡力差及跌倒风险高，跌倒更会导致受伤。随着帕金森症的恶化，患者的行动越来越不便，使患者变得更不活跃，从而令肌力衰退，关节僵硬及体能下降。

研究证明恒常适量运动有助缓慢病情恶化及增强患者的活动能力。因此**及早**开始一个运动训练计划是非常重要的。

#### 家居运动安全小提示:

- 1) 在开始增加运动量或进行体能评估前，请先致电或亲身与医生商谈（特别是有心脏病的患者）。
- 2) 在安全的地方做运动
  - 确保地面干爽
  - 光线要充足
  - 避免使用地毯及放置杂物在地上
  - 电线及电话线不要横放在地上
- 3) 于药效最佳的时间内进行运动。
- 4) 如运动时有机会失去平衡，建议有照顾者在傍协助或者靠近墙壁或有扶手地方做运动。
- 5) 运动时如遇到不适，请停止运动及咨询你的物理治疗师。

在这运动小册子，你可以寻找一些能改善关节灵活性、柔软度、强化运动肌力，提升平衡力及活动能力体的运动。开始计划训练运动前，请咨询你的物理治疗师。

# FLEXIBILITY EXERCISES

## 舒展运动

### Facial Exercises

- Raise your eyebrows.
- Make a frown.
- Smile widely.
- Repeat 10 times each.



### 脸部运动

- 把眉毛挑高。
- 皱眉。
- 张大嘴巴露齿。
- 重复每项运动十次。

### Head Turns

- Slowly turn your head right and left, stretching as far as you can each time.
- Repeat 10 times.



### 转动头部

- 把头慢慢地右转, 然后再向左转。
- 重复10次。

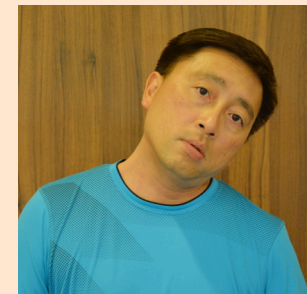
### Head Tilts

- Looking straight ahead, tilt your head slowly towards your right shoulder.
- Hold for 5 seconds then tilt your head towards your left shoulder.
- Repeat 10 times.



### 倾斜头部

- 向前看, 保持肩膀平直。
- 把头向右倾斜, 维持5秒, 然后同样的向左倾斜。
- 重复10次。



### Head Lifts

- With your mouth closed, lower your chin slowly to your chest.
- Bring your head back slowly to look up at the ceiling.
- Repeat 10 times.



### 抬起头部

- 将你的嘴巴合起, 慢慢地把头前弯直到下巴靠近胸前。
- 然后再把头慢慢地抬起直到看到天花板。
- 重复10次。



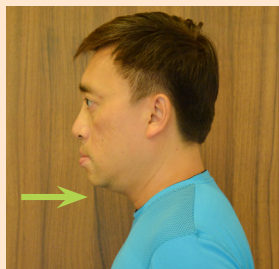


# FLEXIBILITY EXERCISES

## 舒展运动

### Chin Tucks

- Bring your chin back to your neck as much as you can.
- Hold for 5 counts and relax.
- Repeat 10 times.



### 下巴后缩

- 将下巴往后缩。
- 维持5秒,再放松。
- 重复10次。



### Arm Lifts

- In standing or sitting, clasp both hands together.
- Raise both hands upwards as far as you can.
- Repeat 10 times.

### 双臂抬高

- 站立或坐下,把双手紧握在一起。
- 把双手向上提高,越高越好。
- 重复10次。



### Bow and Arrow

- Bring your arms up in front.
- Pull your left arm back as if drawing a bow.
- Do this again with the right arm.
- Repeat 10 times.

### 射箭动作

- 把双手抬至齐胸的高度。
- 左手肘往后拉,并维持右手向前伸,仿佛在拉弓似的。
- 把这动作在右手重复。
- 重复交替弓箭动作10次。



### Pectoralis Stretch

- Stand next to the door. Place one foot in front of the other.
- Place your forearm on the side of the door and bend your elbow to 90 degrees.
- Shift your weight onto your front leg, leaning forward, until you feel a stretch in your chest muscles.
- Hold for 30 seconds. Repeat 5 times.

### 胸肌拉伸

- 站在门旁,一只脚放在前方。
- 把前臂放在门旁及弯曲手肘到90度。
- 将你的重心力移到前脚,身体前倾直到你能感觉到胸肌有些舒展。
- 维持这姿势30秒,重复5次。



# FLEXIBILITY EXERCISES

## 舒展运动

### Opening Chest Stretch

- Sitting upright in a chair with feet flat on the floor, place your hands behind your head with your chin slightly tucked in.
- Open up your chest by bringing your elbows backwards and squeeze both shoulder blades together.
- Hold for 10 seconds. Repeat 10 times, 3 times per day.



### 扩张胸膛伸展

- 如图所示, 坐在椅子上。
- 将手放在脑后,
- 微微将下巴往后缩。
- 胸膛挺直, 手肘往外展开, 挤两个肩胛骨。
- 维持10秒, 重复10次。一天做三遍。

### Cross-over Reach

- Sit/stand with feet comfortably apart.
- With your left arm, reach across the chest to the right. Relax. Return to the starting position.
- With your right arm, reach across the chest to the left, and relax.
- Repeat 10 times for each arm.



### 手臂交叉伸展

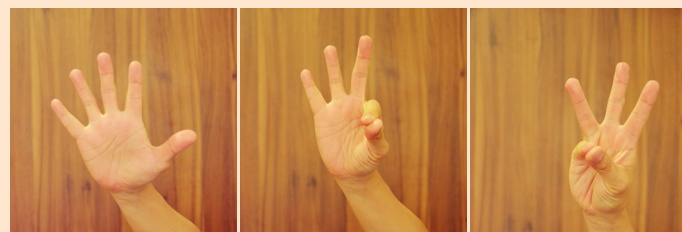
- 双脚稍微分开地坐下或站立。
- 把左手抬至齐胸的高度, 向右边伸张。
- 放松, 把左手放下。
- 再用右手抬至齐胸的高度, 向左边伸张。
- 放松, 把右手放下。
- 重复动作10次。

### Twinkle Stretch

- Bring each finger to the tip of your thumb.
- Start slowly and then increase the speed.
- Repeat 10 times.

### 手指伸张

- 将每一指尖触碰拇指指尖, 再打开手指。
- 然后慢慢加快速度。
- 重复10次。



### Palm Flips

- Turn your hands, such that both palms face upwards.
- Flip them over, so that both palms face downwards.
- Repeat 10 times.
- Next, have one palm face upwards and keep the other one faced down.
- Flip them over and flip them back.
- Repeat 10 times.



### 翻转手掌

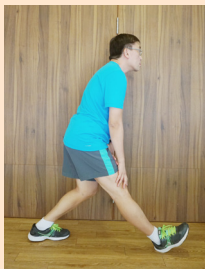
- 把双手掌心向上, 翻转直到双手掌心朝下。
- 重复10次。
- 然后, 将一只手掌心朝上, 同时保持另一只朝下。
- 把它们来回翻转。
- 重复10次。

# FLEXIBILITY EXERCISES

## 舒展运动

### Hamstring Stretch

- In standing, place one foot forward on your heel.
- Keep that front leg straight as you slowly bend the other knee, as if bringing your bottom down to sit.
- You will feel the stretch at the back of your front leg.
- Hold for 30 seconds, repeat 5 times for each leg.
- If seated, place one foot forward on your heel.
- Keeping your back straight, lean forward from your hips till you feel a stretch at the back of your leg.



### 后腿肌肉拉伸

- 站立, 将一只脚的脚跟向前着地, 并维持腿伸直。
- 同时把后腿慢慢地弯曲臀部往下, 彷彿坐的姿势。
- 您会感觉到前腿的后方有一些舒展。
- 保持30秒, 重复5次。
- 若以坐的姿势: 将一只脚的脚跟向前着地, 并维持腿伸直。
- 把身体挺直再倾前, 直到您感觉到前腿的后方有一些舒展。

### Calf Stretch

- Place one foot forward while keeping your back knee straight and heel on the floor.
- Lunge forward.
- You will feel the stretch at the back of your calf.
- Hold for 30 seconds.
- Repeat 5 times for each leg.



### 小腿肌肉拉伸

- 将一只脚向前。
- 同时保持后腿伸直和脚跟平放在地板上。
- 身体向前倾。
- 您会感觉到小腿后有一些舒展。
- 保持30秒, 重复5次。

### Thigh Muscle Stretch

- With one hand on a stable support in standing, bend the right knee backwards with your hand.
- Pull the foot as close to your buttocks as possible.
- You should feel a stretch on the front part of your thigh.
- Hold for 30 seconds.
- Repeat for 5 times for each leg.



### 大腿前肌肉拉伸

- 单脚站立, 用手扶着另一脚向后弯曲。
- 用手把脚贴近臀部。
- 你的大腿前肌肉会有舒展的感觉。
- 维持30秒, 重复5次。
- 换上另一只腿重复以上的步骤。



# FLEXIBILITY EXERCISES

## 舒展运动

### Iliopsoas Muscle Stretch

- Lie on your back, with your legs hanging over the edge of the bed.
- Bend knees and hang off the edge of the bed.
- Pull one knee up to chest while keeping the other thigh flat on the bed.
- You should feel a little stretch in the front of your upper thigh (which is resting on the bed).
- Hold for 30 seconds. Repeat 5 times for each leg.



### 髂腰肌伸展

- 背部躺在床边。
- 弯曲膝盖并悬挂在床边。
- 将一只膝盖拉到胸部, 同时保持另一条大腿平放在床上。
- 您应该在下腹部前方感觉有点伸展。
- 保持30秒。每条腿重复5次。

### Trunk Rotators Stretch

- Lie on your back with your hips and knees bent.
- Slowly bring both knees to one side and hold for 5 seconds.
- Then slowly bring both knees to the opposite side and hold for 5 seconds.
- Repeat 10 times on each side.



### 躯干旋转肌伸展

- 躺在背部上, 将髋关节和膝盖弯曲。
- 双膝缓慢地带到一侧并保持5秒。
- 然后缓慢地将双膝带到另一侧并保持5秒。
- 每边重复10次。

# STRENGTHENING EXERCISES

## 强化肌肉运动

### Sit To Stand

- Sit in a chair of a comfortable height, with feet shoulder-width apart, firmly flat on floor.
- Shuffle bottom near edge of chair (half of thigh on chair) if necessary.
- Lean forward and straighten hips and knees to stand up tall.
- Bend your knees and lean forward to slowly sit.
- Repeat this exercise 10 times.
- Use arm rest or assistive devices where necessary.
- Progression: Place one foot closer to the sitting surface.

### 坐下和起立运动

- 一张适合您高度的椅子坐着, 双脚张开至肩膀宽, 双脚须着地。
- 腰坐直, 身体稍微往前倾, 慢慢站起来。
- 接着将双膝弯曲, 身体倾前, 缓慢地坐下。
- 重复10次。
- 若有须可使用扶手或拐杖以帮助维持平衡。
- 提升高难度: 将一脚摆放靠近座椅再站起来。





# STRENGTHENING EXERCISES

## 强化肌肉运动

### Heel/Toe Raise

- Stand upright. Hold on to a stable support if necessary.
- Lift your heels off the ground, standing on your toes. Hold for 5 counts.
- Next, rock back onto the heels, lifting your toes off the ground.
- Hold for 5 counts. Repeat 10 times.



### 小腿运动

- 站直, 如果有需要请握着稳固的物体。
- 然后抬起两只脚跟, 用脚趾站立, 维持5秒。
- 将脚跟降落回地面, 然后抬起你的脚趾离开地面, 保持身体笔挺。
- 维持5秒, 重复10次。



### Side Leg Raise

- Keeping your body upright, lift your left leg to the side.
- Return to the starting position.
- Repeat 10 times.
- Repeat with the right leg.

### 侧抬腿

- 双脚站立。
- 把左腿向侧抬起, 保持身体挺直。
- 返回起始位置, 重复10次。
- 然后右腿重复运动。

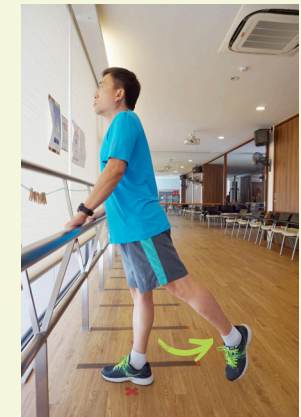


### Standing Hip Extension

- Keeping your knee straight, bring your left leg backwards.
- Return to the starting position.
- Repeat 10 times.
- Repeat with the right leg.

### 后抬腿

- 左膝盖伸直, 把你的左腿往后抬。
- 返回到起始位置。
- 重复10次。
- 右腿重复运动。



# STRENGTHENING EXERCISES

## 强化肌肉运动

### Hamstring Curls

- Bend your left knee backwards as high as you can while keeping your body upright and straight.
- Return to the starting position and repeat 10 times.
- Repeat with the right leg.



### 后腿弯曲

- 左膝盖弯曲, 把腿往后抬。
- 再回到起始位置, 重复10次。
- 右腿重复运动。

### Lunges

- Stand with hands on hips or at the side.
- Step forward with your right leg. Slowly bend your left knee, keeping your body upright. Do not let your right knee go beyond the toes.
- Return to the starting position.
- Repeat with the other leg.
- Do this exercise 10 times.



### 弓步

- 站立, 把双手放在臀部或身旁。
- 保持身体直立, 右脚向前踏一步, 后腿的膝盖慢慢地往下弯曲, 并避免右膝盖超越脚趾。
- 然后再以前腿把身体的中心点移到后腿, 维持平衡, 回到站立姿势。
- 再用另一脚向前走一步, 重复动作。
- 重复这运动交替10次。

### Bridging

- Lie on your back with your hips and knees bent.
- Slowly raise your buttocks off the floor as high as you can.
- Hold for 5 seconds, and then slowly lower your buttocks to the starting position.
- Repeat 10 times.



### 拱桥

- 躺下, 将膝盖弯曲。
- 慢慢地提高你的臀部离开地面。
- 维持5秒, 然后缓慢地把臀部降落回起始位置。
- 重复10次。

### Straight Leg Raise

- Lie on your back with one leg bent.
- Raise the other leg up, keeping the knee straight.
- Slowly lower the leg down to the starting position.
- Repeat 10 times with each leg.



### 直腿抬高

- 躺下, 把左腿膝盖弯曲。
- 将右腿的膝盖伸直并向上抬起。
- 再慢慢地把右腿放回地面。
- 重复抬起动作10次。
- 再用另一腿重复这运动。

# STRENGTHENING EXERCISES

## 强化肌肉运动

### Wall Squats

- Lean back against the wall.
- Place both feet 2 steps away from the wall.
- Bend your knees and lower buttocks towards the floor.
- Keep back in contact with the wall and knees behind toes.
- Hold for 10 seconds.
- Then straighten up and return to starting position. Repeat 10 times.



### 靠墙蹲

- 背靠墙, 将双脚远离墙面2步之远。
- 保持背和臀部贴在墙面, 缓慢地弯曲双膝, 靠墙滑落直到你还能看到脚趾。
- 维持这蹲的姿势10秒。
- 保持背和臀部贴着墙面, 再以双膝缓慢地笔直, 回到起始位置。
- 重复运动10次。

### Tricep Wall Push Up

- Standing with feet apart, place both palms on the wall at shoulder height.
- Keeping your feet still and back straight, slowly lean towards the wall by bending your elbows tucked close to your body. Next, straighten your elbows in a controlled manner to return to the starting position.
- Hold for 10 seconds. Repeat 10 times, 3 times per day.



### 伏墙挺身

- 双脚与肩膀同宽, 双手放在与肩膀相同高度位置的墙壁上。
- 双脚保持原位, 挺直背部。将手臂贴近胸口并慢慢地弯曲手肘, 身体渐渐前倾。然后伸直手肘, 身体回到原位。
- 维持10秒, 重复10次。一天做三遍。

# BALANCE EXERCISES

## 平衡运动

All balance exercises should be practised near a stable support.  
请握着稳固的物体以维持你的平衡。

### Hip Strategy

- Lean back against the wall.
- Place both feet 2 steps away from the wall.
- Bring your shoulders, followed by your hips away from the wall.
- Maintain your balance.
- Bend forward at the hips and slowly bring your bottom back to the wall to the starting position. Repeat 10 times.

### 髋部策略运动

- 背靠墙, 将双脚远离墙面2步之远。
- 先将你的肩膀倾前离开墙面, 然后再把你的臀部使劲地倾前远离墙面。
- 站立并维持平衡, 再把你的臀部倾后回到墙面, 回到起始位置。
- 重复这运动10次。





# BALANCE EXERCISES

## 平衡运动

### Standing Balance

The following exercises are designed to improve your balance.

- Stand with your feet shoulder width apart. Hold for 30 seconds.
- Stand with your feet together. Keep your body upright. Hold for 30 seconds.
- Stand with one foot in front of the other, keep your body upright and maintain your balance. Hold for 30 seconds.
- Stand with one heel in front of the toes of the other foot. Keep your body upright and maintain your balance. Hold for 30 seconds.
- Stand on one leg. Keep your body upright and maintain your balance. Hold for 30 seconds.

### 站立平衡

试以不同的站立姿势来练习平衡。

- 站立, 双脚与肩同宽。保持30秒。
- 将双脚放在一起, 维持身体笔直, 站立。保持30秒。
- 将一只脚踏前一步, 维持身体笔直, 保持平衡。站立, 保持30秒。
- 将一只脚摆放在另一脚的脚尖前, 联成一线, 维持身体笔直, 保持平衡。站立, 保持30秒。
- 单脚站立, 维持身体笔直, 保持平衡, 保持30秒。



### Walking Sideways

- Take a step sideways with one leg, followed by the other leg.
- Continue walking sideways for 10 steps.
- Repeat in other direction.



### 侧步行走

- 维持身体笔直, 向一方侧步行走10步。
- 再向另一方重复侧步行走。

### Walking Backwards

- Step back leading with your toes, followed by your heel.
- Repeat on the other leg.
- Continue for 10 steps.



### 倒步行走

- 将脚趾往后着地, 再将你的脚跟着地。
- 维持平衡, 把另一脚相似地往后着地。
- 重复这动作, 往后迈行10步。



# BALANCE EXERCISES

## 平衡运动

### Alternate Stepping

- Stand close to a stable support.
- Place one foot on the step and then place it back on the ground.
- Repeat with the other leg.
- Continue for 10 steps while changing between legs.



### 踏步练习

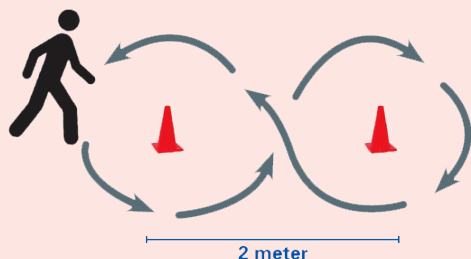
- 如果须要维持平衡, 请握着稳固的物体。
- 将一脚放在踏板上, 然后放回地面。
- 以另一脚重复相同的动作。
- 继续交替踏步10次。

### Figure of 8 Walk

- Place 2 objects about 2m apart on the floor.
- Walk in a figure of eight pattern and maintain your balance.
- Repeat 10 times.

### 8字行走

- 把2个物件摆放在地上。
- 以8的字形, 绕着物件行走, 保持平衡。
- 重复10次。



### Dual Task Exercise

Practise walking for 2 minutes while performing one of the following tasks:

#### Cognitive Tasks

- Subtract a random number by 3.
- Naming objects e.g. animals, colours.
- Holding a conversation with a person.

#### Motor Tasks

- Holding a cup of water.

### 双任务运动

步行2分钟并同步练习以下的任务:

#### 智力任务

- 从一个号码减去3。
- 说出物种的例子, 如动物, 颜色等。
- 与另一人谈话。

#### 动作任务

- 拿着一杯水。



# CARDIOVASCULAR EXERCISES

## 心肺运动

**Use this chart to measure your level of effort during cardiovascular exercises and give it a score ranging from 1 to 10.**

在做心肺运动时，请参考此表来衡量你的努力程度，并给一个分数1到10之间。

### Rate of Effort Chart 努力图表

10	Very very hard activity. Out of breath, unable to talk.	非常非常辛苦的活动。 喘气, 无法说话。
9	Very hard activity. Out of breath, can speak only one word at a time.	非常辛苦的活动。 喘气, 只能一次讲一个字。
7-8	Hard activity. Out of breath, can speak a sentence or two.	辛苦的活动。 喘气, 只能讲一到两个句子。
4-6	Moderate activity. Can continue a conversation.	适度的活动。 还能继续对话。
2-3	Light activity. Breathing is easy.	轻微的活动。 呼吸自如。
1	No activity.	无活动。

\*adapted from Cleveland clinic (2016) Rate of Perceived Exertion (RPE) scale. Retrieved from <http://my.clevelandclinic.org/services/heart/prevention/exercise/rpe-scale>.

**When should I stop exercising?** Stop immediately if you experience any of the following:

**应该在什么的情况下才停止运动呢?** 如果您遇到下列情况, 请停止运动:

Pain or tightness in chest 胸痛或胸闷	Excessive sweating 过多出汗
Feeling dizzy 头晕	Pain and swelling in joints 疼痛和关节肿胀
Excessive shortness of breath 呼吸困难或气短过度急促	Nausea 恶心

## Treadmill Walking

- Understand how your treadmill works before using it. Consult your gym instructor if necessary.
- Attach the safety cord to the bottom of your shirt. Start the treadmill. Hold onto the handrails for support.
- Adjust the speed of the treadmill to start walking. Face forward.
- Land on your heel with each step. Take long steps. Walk for 10 minutes.
- Slow down/ stop the treadmill if you start to lose your balance or are overexerting yourself.
- Stop the treadmill and wait for it to stop completely before getting off the machine.



## 跑步机行走

- 在使用跑步机前, 请确保你知道如何运作这机器。若有疑问, 请咨询你的健身教练。
- 将安全线夹在你的衣衫底部。启动机器, 抓住扶栏。
- 按部地调整跑步机的速度来行走。面向前方。
- 当你迈步行走时, 确保每一步都以脚跟着地为先及保持大步。步行10分钟。
- 若觉得自己即将失去平衡或以超越该努力程度, 请你减速/停止机器。
- 停止跑步机的运作, 在它完全停止运作后才安全地下机。

# CARDIOVASCULAR EXERCISES

## 心肺运动

### Stationary Upright Bicycle

- Adjust the seat height of your stationary bicycle to just below your hip bone.
- Choose a suitable level of resistance.
- When pedaling, your leg should be almost straight.
- Pedal forward for 10 minutes.



### 固定直立自行车

- 自行车的座位高度应调整到略低于你的胯骨。
- 调整您所需的阻力水平。
- 在蹬踏时, 你的腿几乎是笔直的。
- 尽力地踏板前进10分钟。

### Stairs Climbing

- Hold onto the handrail for support.
- Repeat 2 flights in descending and ascending direction. Stop if your knees or back begin to hurt.



### 楼梯攀登

- 握住扶栏。
- 向上/向下重复攀登2楼层。若膝盖或背部感觉疼痛, 请停止这项运动。

# MOVEMENT STRATEGIES

## 动作训练策略

### Walking

When you freeze during walking:

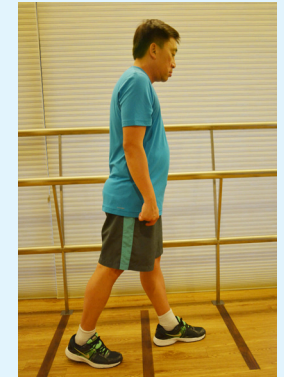
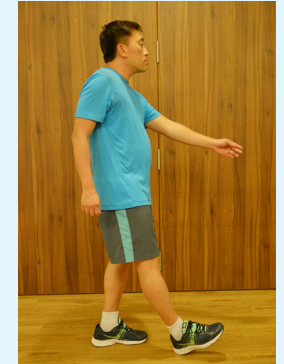
- Stay calm.
- Take a deep breath.
- Recall the methods below.

#### 1. Attention Strategies

- Land with your heel first on the ground.
- Swing arms alternately with each step i.e. right arm-left foot, and right foot-left arm.
- Try vocal instructions:
  - "Take big, long steps".
  - "1, 2, 3, 4".
  - "Left, right, left, right".

#### 2. Visual Cues

- Use lines on floor tiles or walking aid with a laser cue.
- Step over the line, landing with your heel first before toes.



### 行走

若行走时经历冻结现象

- 保持冷静态度。
- 深呼吸。
- 记起以下的策略。

#### 1. 注意力提示

- 脚跟应先着地。
- 手臂摆动与跨步的动作交替协调 (例如: 右手-左脚, 右脚-左手)。
- 试以下的指令:
  - "大步行走"。
  - "1、2、3、4"。
  - "左, 右, 左, 右"。

#### 2. 视觉提示

- 利用地砖线或使用助行器的激光提示。
- 先用脚跟跨越线条。

# MOVEMENT STRATEGIES

## 动作训练策略

### Turning

When you freeze during turning:

- Stay calm.
- Take a deep breath.
- Recall the methods below.
- Remember that for every step; lift the leg up with conscious effort.

### 转弯

若转弯时经历冻结现象,

- 保持冷静态度。
- 深呼吸。
- 记起以下的策略。
- 记得在转弯时, 尽力地将脚抬起。

### 1. Clock-Based Turn

- Imagine a clock on the floor.
- Step with each leg lifted up high, one at a time, towards 3 o'clock (if turning to the right) or 9 o'clock (if turning to the left).
- Ensure that the feet do not cross over each other at any one time.

### 1. 时钟转弯

- 试想地上有一个时钟。
- 抬起每一腿, 一次一步, 指向三点钟位置(如果是右转)或九点钟位置(如果是左转)的方向。

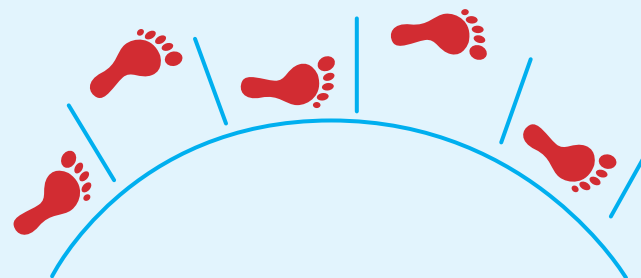


### 2. Turn in a Big Arc

- Whenever possible, step with each leg lifted up high and walk round to turn in a wide circle.
- When space is limited, make a conscious effort to use the clock-based turn strategy.

### 2. 大圈转弯

- 转弯时, 尽可能转大圈。
- 若空间有限时, 有意识地提醒自己停下来并使用时钟转弯方法。





# MOVEMENT STRATEGIES

## 动作训练策略

### Bed Mobility

### 从床坐力立活动

#### 1. Rolling

- Bend hips and knees.
- Move buttocks away from the side you are turning towards.
- Turn your head to look in the direction of your turn as you reach across, bringing your hand and knees towards the side of the bed.

#### 1. 转身

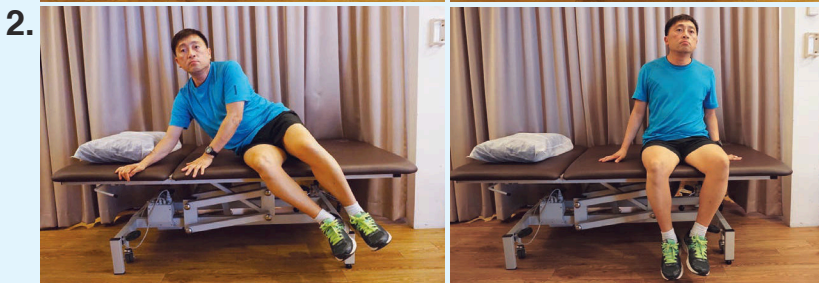
- 将膝盖及腰部弯曲。
- 把头转到同边。
- 同时把手跨过胸膛，转身侧躺的姿势。

#### 2. Sit at Edge of Bed

- Roll to side (use rolling strategy).
- Move legs down edge of bed. Cue 'Legs down'.
- Push your body up with both hands as you move your legs off the bed to sit up. Cue 'Push up'.

#### 2. 坐在床边

- 在侧躺的姿势。
- 将双脚挪出床边，指示“双脚往下移动”。
- 指示双手从床边推起身体，同时续把双脚往下移，直到坐立的姿势。



# HOW TO GET UP FROM THE FLOOR AFTER A FALL

## 如何跌倒后再站起来

- Assess for injuries by slowly moving your limbs and checking for any pain, bruising or bleeding.
  - If alone and/or in severe pain on movement, or if you suspect a serious spine injury, seek help. Getting up the wrong way may worsen an injury.



- If there are no serious injuries sustained, and you feel that you are able to get up by yourself, gently but firmly prop yourself up onto your elbows, and then to your hands.



- 试着缓慢地移动四肢以检查伤势，检查身体是否有疼痛、瘀青或流血的情况。
  - 若身旁无人/或在移动时感到非常疼痛，或你怀疑患有严重的脊椎挫伤，就立刻求救。如用了不正确的方法，会导致伤势更严重。



- 若你觉得没有受到严重伤势，并且觉得能独立地起来。轻而有力地用手肘及手掌支撑身体。

# HOW TO GET UP FROM THE FLOOR AFTER A FALL

## 如何跌倒后再站起来

3. Using both hands, push up onto both hands and knees. Subsequently, perform either (a) or (b).

### (a) If there is a stable surface

3. 利用双手及膝盖将身体支撑起来, 再试用(a)或(b)步骤:

#### (a) 若有稳固物件的情况下



1. Crawl to the nearest stable surface and place both hands on it.
  2. Slowly pull stronger leg up and place that foot firmly flat on the ground.
  3. Count loudly: "1, 2, 3!" and push off with the stronger leg and both hands.
  4. Lift your body up and sit on the surface.
1. 爬向固定的物件, 将双手放在上面。
  2. 慢慢地将有力的脚拉起并平稳地着地。
  3. 大声地数 "1, 2, 3!" 并将有力的腿及双手往上推。
  4. 把身体抬上, 坐在稳固物件上。



### (b) If there is no stable surface

#### (b) 若没有稳固物件的情况下

1. Place both hands on the ground. Pull stronger leg up with foot firmly planted flat on the ground.
2. Count loudly: "1, 2, 3!" and push off with the stronger leg and both hands.
3. Lift the other foot under self and move body weight slowly back to the heels as you achieve a balanced position.



1. 将双手放在地面上。慢慢地将有力的脚拉起并平稳地着地。
2. 大声地数 "1, 2, 3!" 并将有力的腿及双手往上推。
3. 把另一脚摆放在身体底下, 并将身体的中心移到有力的脚跟, 直到一个平衡的姿势。



# HOW TO GET UP FROM THE FLOOR AFTER A FALL

## 如何跌倒后再站起来

### (b) If there is no stable surface

### (b) 若没有稳固物件的情况下

4. With hands on thighs, stand up straight.
  5. Ensure that you are steady before moving off.
4. 双手放在大腿上, 然后站起来。
  5. 确保双脚站稳后才开始行走。



# INTRODUCTION TO PWR! MOVES

## PMR! 运动引言



**PWR! Moves** is a Parkinson Disease-specific skill training program to maintain or restore skills that deteriorate and interfere with everyday movements. They can be combined and progressed into a stand-alone group program or integrated into any exercise program or activity in any setting. The BASIC 4 | **PWR! Moves** are performed with large amplitude, high effort, and attention to action in multiple postures (floor, all 4's, sitting, and standing). They specifically target 4 skills shown by research to interfere with mobility in people with Parkinson Disease (antigravity extension, weight shifting, axial mobility, and transitional movements).

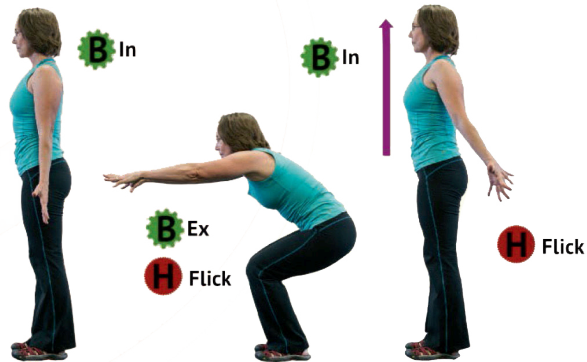
PWR!运动是一套针对帕金森病人活动技能的训练计划。此计划目标是要维持或恢复帕金森病人的活动能力，以及减少他们在生活上的活动障碍。PWR!运动本身可以是一套运动计划，也可以配合其他运动一同进行。PWR!基本的四大元素为大幅度动作，讲求力量，及关注在不同姿势(躺身、四肢下跪、坐立、站立)的每个动作。同时PWR!运动也非常注重四种关键的活动技能，包括反地心吸力的伸展运动，重心转移，躯干的灵活转动性，身体活动的转移。






## POSTURE

- Stand with FEET at least HIP width apart.
- BEND KNEES, pushing HIPS BACK (as if sitting in a chair) REACHING HANDS FORWARD.
- Stand into a **PWR!** Up position, reaching arms back, opening chest and hands.



## 姿态

- 双脚比肩更宽站立。
- 把双膝弯曲，臀部推向后，像似坐立姿势，双手往前伸出。
- 以PWR! 向上的姿势，双手再往后伸出，开拓胸膛及手掌。

 In INHALE through nose or open mouth, expand chest DEEPLY./ 用鼻或开口深深吸一口气并扩张胸膛。

 Ex EXHALE through OPEN mouth, push air out VIGOROUSLY./ 张开口用力呼气。

 Flick Finger Flicks./ 拨动手指。



## WEIGHT TRANSFER

- Stand with feet at least hip width apart.
- Shift your body weight over to your LEFT leg, and reach up towards the ceiling with your LEFT arm.
- Now, shift weight to the RIGHT leg, and reach up towards ceiling with your RIGHT arm.



## 站立重心转移

- 双脚比肩更宽站立。
- 将你的体重转移到左腿，并用左手及手指向上伸张。
- 现在将你的体重转移到右腿，并用右手及手指向上伸张。





## TRUNK ROTATION

- Start with arms out in a “T” position (center), feet at least hip width apart, and palms facing forward.
- Reach and twist your LEFT hand to meet the RIGHT hand in a “clap”.
- Return to the “T” position.
- Repeat opposite side.



## 身体旋转

- 站直, 将双脚与肩同宽。双手在身体两侧抬高置90度, 形成 ‘T’ 型。把手掌打开, 手指伸张出来。
- 将身体旋转向右侧, 用左手拍拍你的右手。
- 最后在回到起始位置: 双手在身体两侧抬高, 形成 ‘T’ 型。
- 用右手重复前3步走骤, 再用左手重复这运动。



## TRANSITION

- Start with feet at least hip width apart, hands on thighs (center).
- Step out with your LEFT leg as BIG as possible.
- Return back to starting position.
- Repeat opposite side.



## 过渡

- 双脚与肩同宽站直。
- 用左脚向傍边踏一大步。
- 回到起始位置。
- 右脚重复相同的动作。

 Open Open Hands./ 张开手掌。

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Thank you for supporting our Parkinson community!

Videos of most of the exercises can be found at the following QR code:



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