

人工髖關節置換術後病人復健運動護理指導(英文)

Nursing Guidance of Rehabilitation Exercises for Postoperative Hip Joint Replacement Patients

手術後運用軟枕抬高患肢 20 度，並於兩腿間置放一個枕頭呈大字型，以維持患肢外展 15~20 度（圖一），且當麻醉清醒後即可適時運動，復原效果會越好，因此建議進行以下運動：

After surgery, use a soft cushion to lift up the affected leg to 20 degrees, putting a pillow between the opened legs to keep the affected leg extended outward to 15 to 20 degrees (Figure 1). You may perform the exercises immediately after recovery from anesthesia to achieve more effective result, the following exercises are thus recommended:



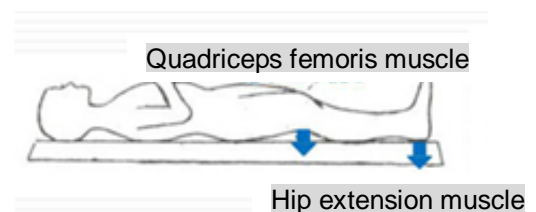
圖一 患肢外展 15~20 度
Figure 1 The affected leg extended outward at 15 to 20 degrees

一、復健運動 Rehabilitation exercise

(一) 大腿肌肉收縮運動 Thigh muscles contraction exercise:

在平躺情況下，緊縮患肢大腿肌肉後，將膝蓋下壓，足底緊扣床面維持 5 秒後再完全放鬆，每天做 2 次，每次 5~10 分鐘（圖二）。

Lie on your back with tightened thigh muscles of the affected leg, pressing down the knee with ankle closely touching the bed surface for 5 seconds, then completely relaxing, performing for 5 to 10 minutes, twice a day (Figure 2).



圖二 大腿肌肉收縮運動

Figure 2 Thigh muscles contraction exercise

(二) 腳掌下壓上屈及旋轉動作 Foot pushed down, flexed up and rotation:

將腳掌下壓 5 秒，上屈 5 秒及左右旋轉踝關節一次，每天做 2 次，每次 5~10 分（圖三）。



圖三 腳掌下壓上屈及旋轉動作

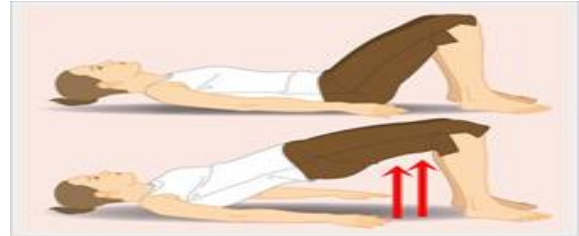
Figure 3 Foot pushed down, flexed up and rotation.

Push your foot down for 5 seconds, flexing up for 5 seconds with left-right rotation of ankle joint once, performing for 5 to 10 minutes, twice a day (Figure 3).

(三) 抬臀運動 Hip lift exercise :

利用您的健側膝彎曲踏穩床墊，緩慢的將臀部撐起 3 秒鐘後再緩慢放下，每天做 2 次，每次 5~10 分（圖四）。

Step steadily on the mattress with the healthy knee bent, slowly lifting up the hip for 3 seconds, then slowly lowering down, performing for 5 to 10 minutes, twice a day (Figure 4).



圖四 抬臀運動
Figure 4 Hip lift exercise

(四) 直腿抬高 Strengthened leg lifted up :

先伸直膝蓋後作抬腿的動作，若無法抬高，另一腳可微屈膝以協助，每天做 2 次，每次 5~10 分（圖五）。

First strengthen your knee before performing leg lift, if unable to lift up, you may slightly bend the other knee to help, performing for 5 to 10 minutes, twice a day (Figure 5).

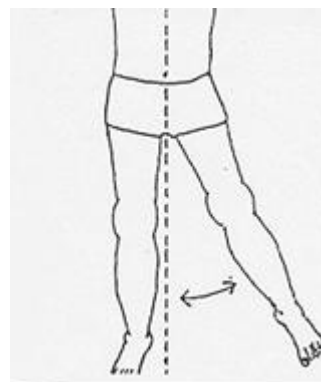


圖五 直腿抬高
Figure 5 Strengthened leg lifted up

(五) 向外張腿 Strengthened leg outward :

腿部伸直，以遠離身體中線的方式，向外張開，注意收腿回復正常自然正中位置，切勿跨越另一腿，每天做 2 次，每次 5~10 分（圖六）。

Open the strengthened leg outward away from body centerline, noticing the leg moved back to the naturally central position to avoid crossing over the other



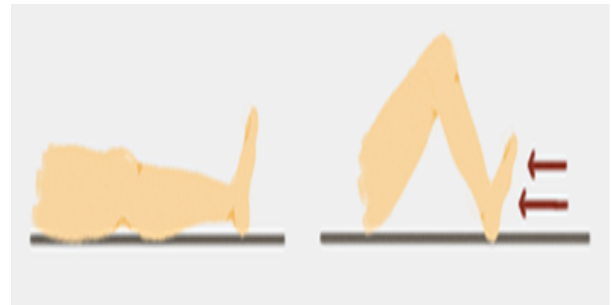
圖六 向外張腿
Figure 6 Strengthened leg outward

leg, performing for 5 to 10 minutes, twice a day (Figure 6).

(六) 彎曲腿部 **Bent leg** :

若無法自行彎曲，可由陪伴者協助，將一隻手放在您的膝蓋下，扶助膝蓋，另一手握住腳踝處作此動作，逐漸增加彎曲程度，每天做2次，每次5~10分。切記：大腿不要超過90度（圖七）。

IF you are unable to voluntarily bend the leg, you may be helped by the companion to put one hand under the knee and support the knee, holding the ankle with the other hand to perform this exercise, gradually increasing the bending degree, performing for 5 to 10 minutes, twice a day. Notice: Always keep the leg not exceeding 90 degrees (Figure 7).



圖七 彎曲腿部

◆切記：大腿不要超過 90 度(圖七)。

Figure 7 Bent leg

Notice: keep the leg not more than 90 degrees (Figure 7).

(七) 健腿的伸展運動（行雙側髖關節置換術者不可作此動作）**Stretch exercise for the healthy leg** (This exercise is not recommended for patients received bilateral hip joint replacement) :

平躺且患腿完全伸直的狀況下，健肢屈膝並漸靠近胸部，維持 5 秒鐘每天做 2 次，每次 5~10 分（圖八）。

Lie on your back with the affected leg completely strengthened, bending the knee of healthy leg to gradually close to your chest, holding for 5 seconds, performing for 5 to 10 minutes, twice a day (Figure 8).



圖八 健腿的伸展運動

Figure 8 Stretch exercise for the healthy

(八) 若因個人情況特殊，須採特別姿勢時應依遵照醫師之指示。

You shall always follow the physician's instructions in case of specific positions required due to individual special conditions.

二、注意事項 (Precautions)

- (一) 至少每2個小時翻身一次以避免壓傷形成，翻身過程中，兩腿間仍須放置枕頭以維持患肢呈外展。

Turnover shall be performed at least once every 2 hours to avoid pressure injury, a pillow is still required to be put between legs to keep the affected leg extended outward during turnover.

- (二) 每小時至少作深呼吸及咳嗽動作4次，以避免痰液沉積，造成肺炎。

Perform deep breath and cough at least 4 times every hour to avoid cumulative sputum resulting in pneumonia.

- (三) 增加水份及纖維食物之攝取，以避免發生膀胱炎或便秘。

Increase the ingestion of water and high-fiber food to prevent episodes of cystitis or constipation.

- (四) 復健運動請依照醫師指示下進行，以防肌肉萎縮及關節僵化。

Please perform rehabilitation exercises following the physician's instruction to prevent muscular dystrophy and joint stiffness.

參考資料 (Reference)

鄧崇勵、李素貞、袁光霞、吳依蘋 (2017)。肌肉骨骼系統病人的護理。於林貴滿等編著，*內外科護理技術* (八版，412-418 頁)。台北市：華杏。

Schultz, K., Ewbank, M.L., & Pandit, H. G. (2017). Changing practice for hip arthroplasty and its implications. *British Journal of Nursing*, 26(22), 1238-1244. doi:10.12968/bjon.2017.26.22.1238.

護理指導評值 (Nursing guidance evaluation)

◎是非題 (True or false)

1. () 手術後兩腿中間應置放一個枕頭呈大字型，以維持患肢外展 15~20 度？

After surgery, put a pillow between the widely opened legs to keep the affected leg extended outward at 15 to 20 degrees?

2. () 人工髖關節置換術手術後都要平躺不要亂動？

After underwent hip joint replacement, it is required to always lie supine, avoiding any movement?

3. () 每 2 個小時翻身一次以避免壓傷形成，翻身過程中，兩腿間仍須放置枕頭以維持患肢呈外展？

Turnover shall be performed once every 2 hours to avoid

pressure injury, a pillow is still required to be put between legs to keep the affected leg extended outward during turnover?

◎選擇題 (Multiple choice)

4. () 人工髖關節置換術後復健運動包括?
 (1)大腿肌肉收縮運動；(2)腳掌下壓上屈及旋轉動作；(3)抬臀運動
 (4)以上皆是。
 Rehabilitation exercises for postoperative hip joint replacement include?
 (1) thigh muscles contraction exercise; (2) foot pushed down, flexed up and rotation; (3) hip lift exercise; (4) all of the above.
5. () 每小時執行哪些動作可以避免痰液沉積，造成肺炎?
 (1)深呼吸；(2)咳嗽；(3)以上皆是。
 What are the activities to be performed every hour that can avoid cumulative sputum resulting in pneumonia?
 (1) deep breathing; (2) cough; (3) both of the above.
6. () 腿部彎曲運動應如何執行?
 (1)每天做2次；(2)每次5~10分；(3)以上皆是。
 How to perform the leg flexion exercise?
 (1) twice a day; (2) for 5 to 10 minutes each time; (3) both of the above.

(答對5-6題⇒完全了解；答對3-4題⇒部分了解；答對1-2題⇒完全不瞭解)

(Correct in 5 or 6 questions ⇒ completely understood; correct in 3 or 4 questions ⇒ partially understood; correct in 1 or 2 questions ⇒ not understood at all)

1.(O) 2.(X) 3.(O) 4.(4) 5.(3) 6.(3)