

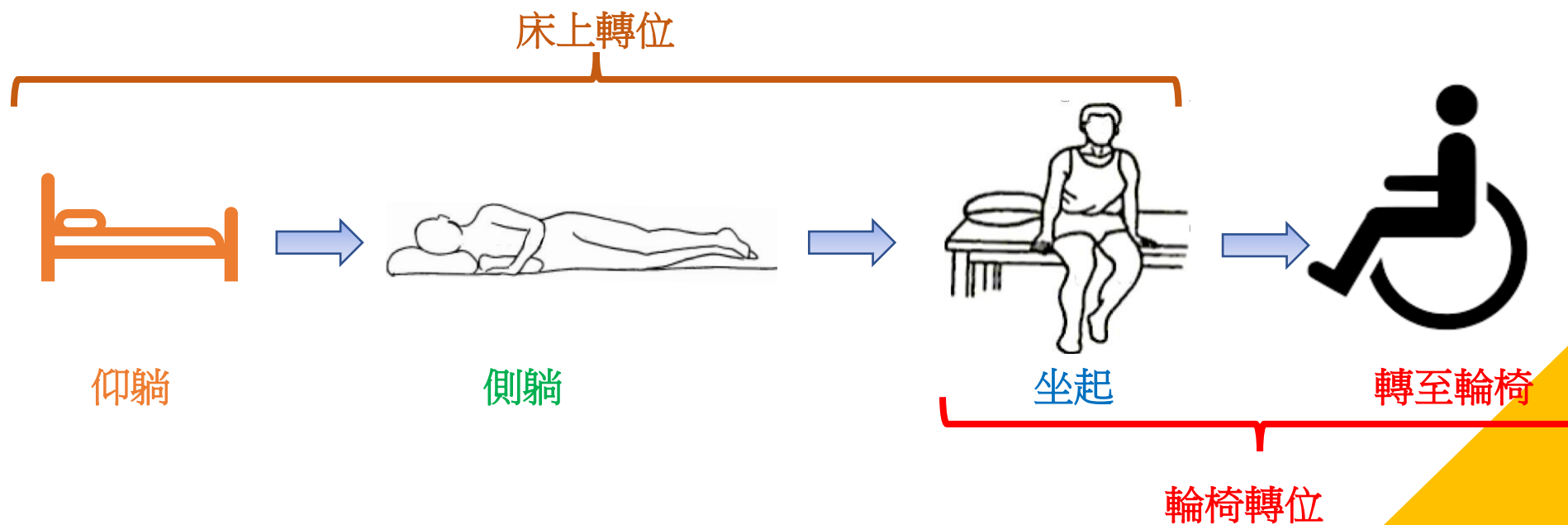
中風患者的 轉移位技巧

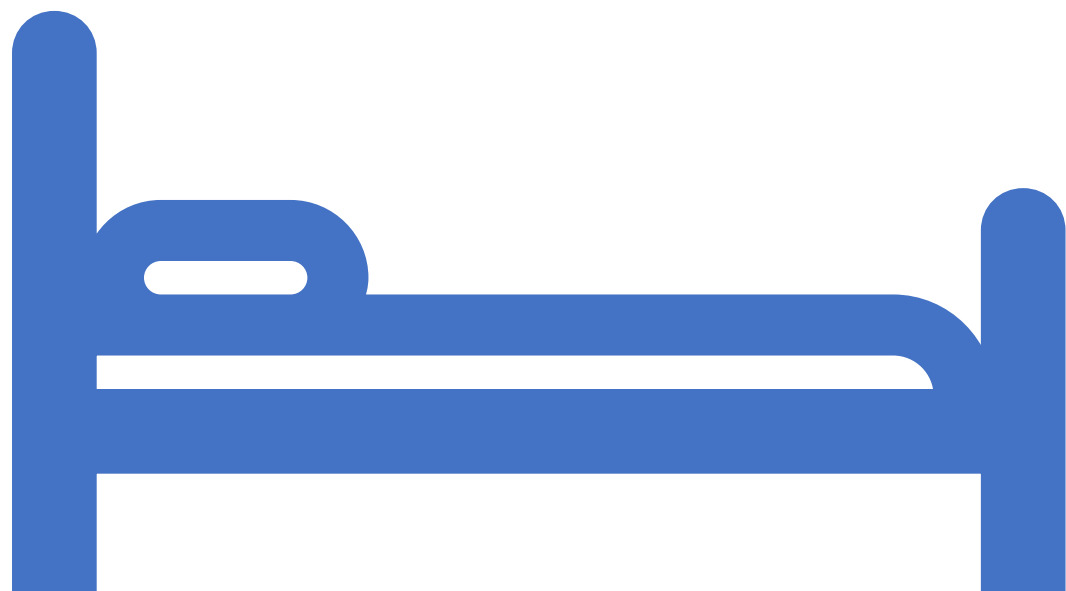
蔡賀羽 物理治療師

郭乃嘉 物理治療師

轉移位的過程

患者要從床上到輪椅上，必須經過以下四個過程：





床上轉位 技巧



仰躺到側躺



向患側翻身

1. 平躺



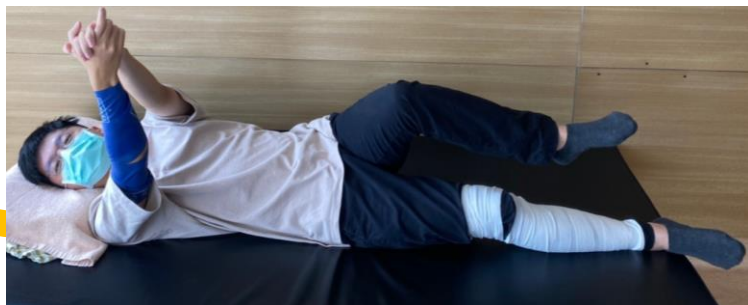
2. 好側腳膝蓋彎曲90度



3. 雙手互握且抬高



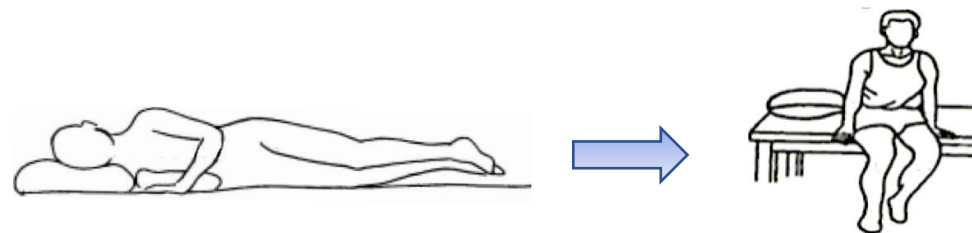
4. 頭、手、腳一起向患側旋轉



5. 側躺姿



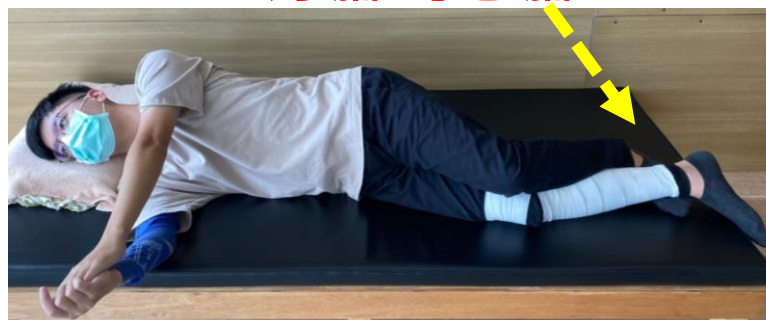
側躺到坐起



1. 側躺姿



2. 好腳勾患腳



3. 腳先放下床



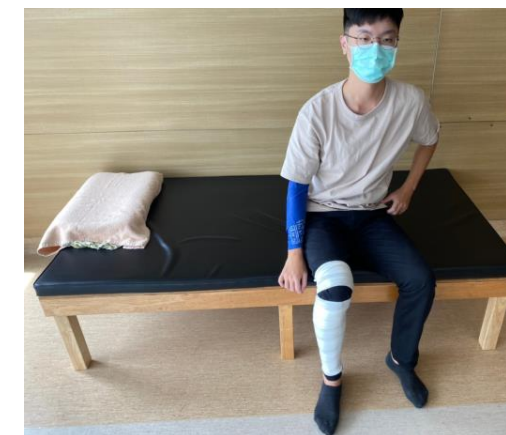
4. 好手壓床緣



5. 好手推床坐起



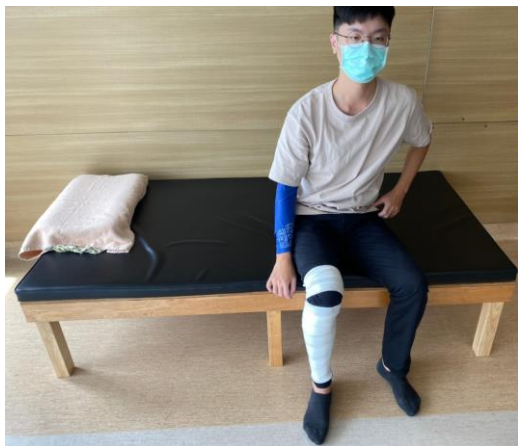
6. 坐姿



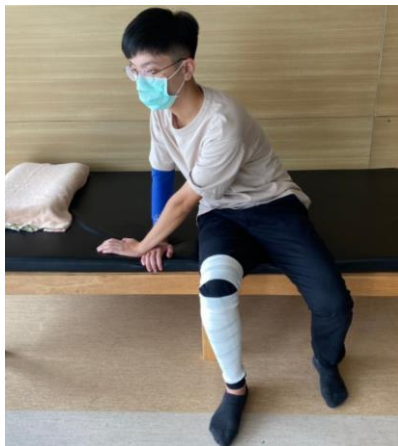
床邊坐姿返回側躺姿



1. 坐姿



2. 好手跨過患側手扶床面



3. 好手緩慢控制身體躺下



4. 上半身側躺於床上



5. 好腳勾壞腳一同帶上床面



6. 身體向後翻正躺平

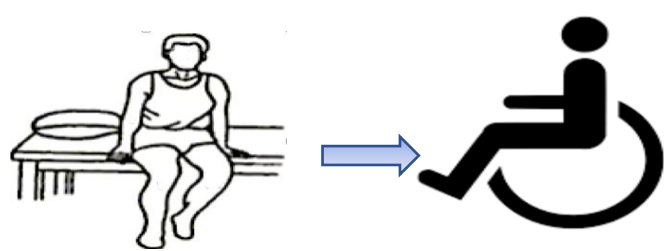




輪椅轉位 技巧



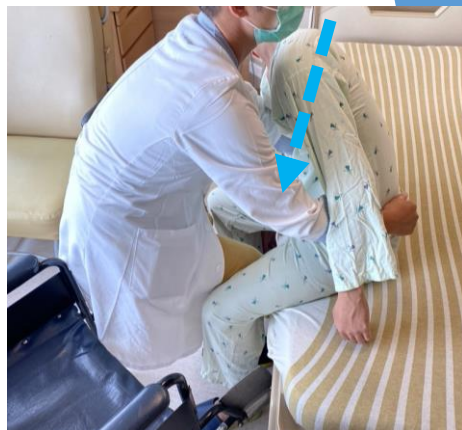
坐起至輪椅



1. 輪椅上鎖與床面夾角 45°



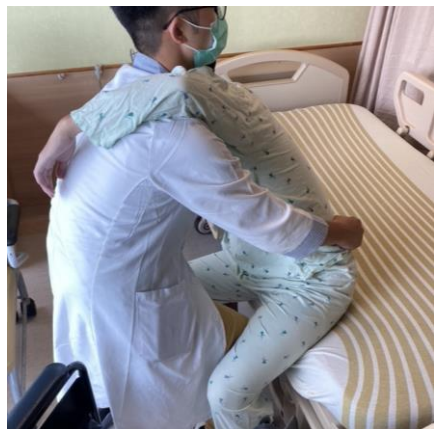
2. 輪椅放置病人好側，照顧者手抓褲頭



3. 病人好手置於照顧者肩上



4. 照顧者將病人重心稍帶向前



5. 照顧者將病人向前向上帶



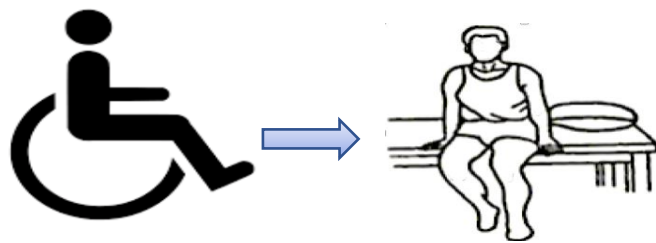
6. 以病人好腳為支點轉向輪椅



7. 將病人向後向下緩慢放下



輪椅返回床上



1. 輪椅必須與床面夾角 45°
2. 病人好側必須靠近床緣，且鎖住輪椅
3. 照顧者抓住病人褲頭，病人手搭照顧者肩上



4. 照顧者將病人向前向上帶起至站立



5. 以病人的好腳作為支點轉至床上



QR code

床上轉位技巧



輪椅轉位技巧

