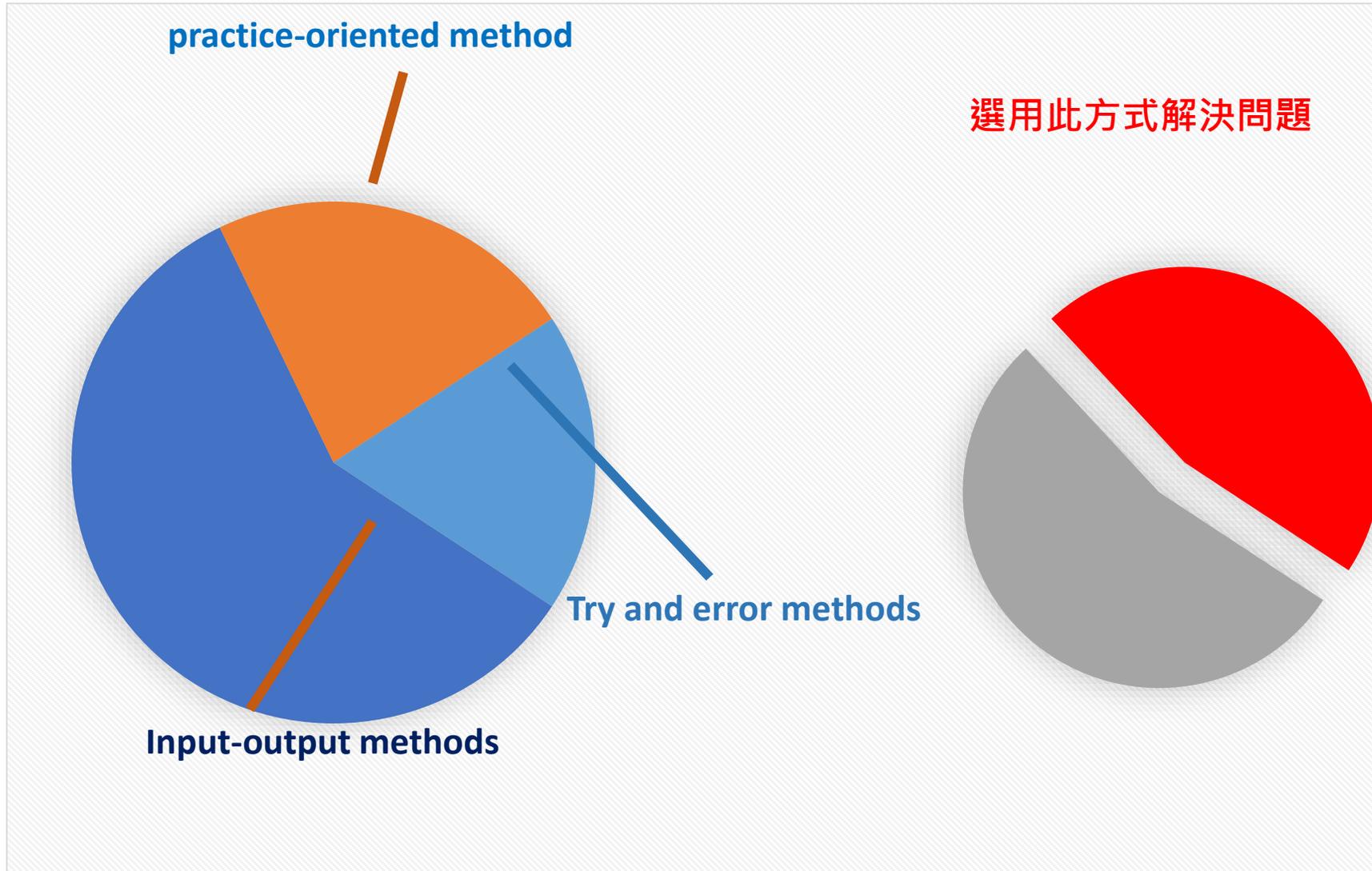


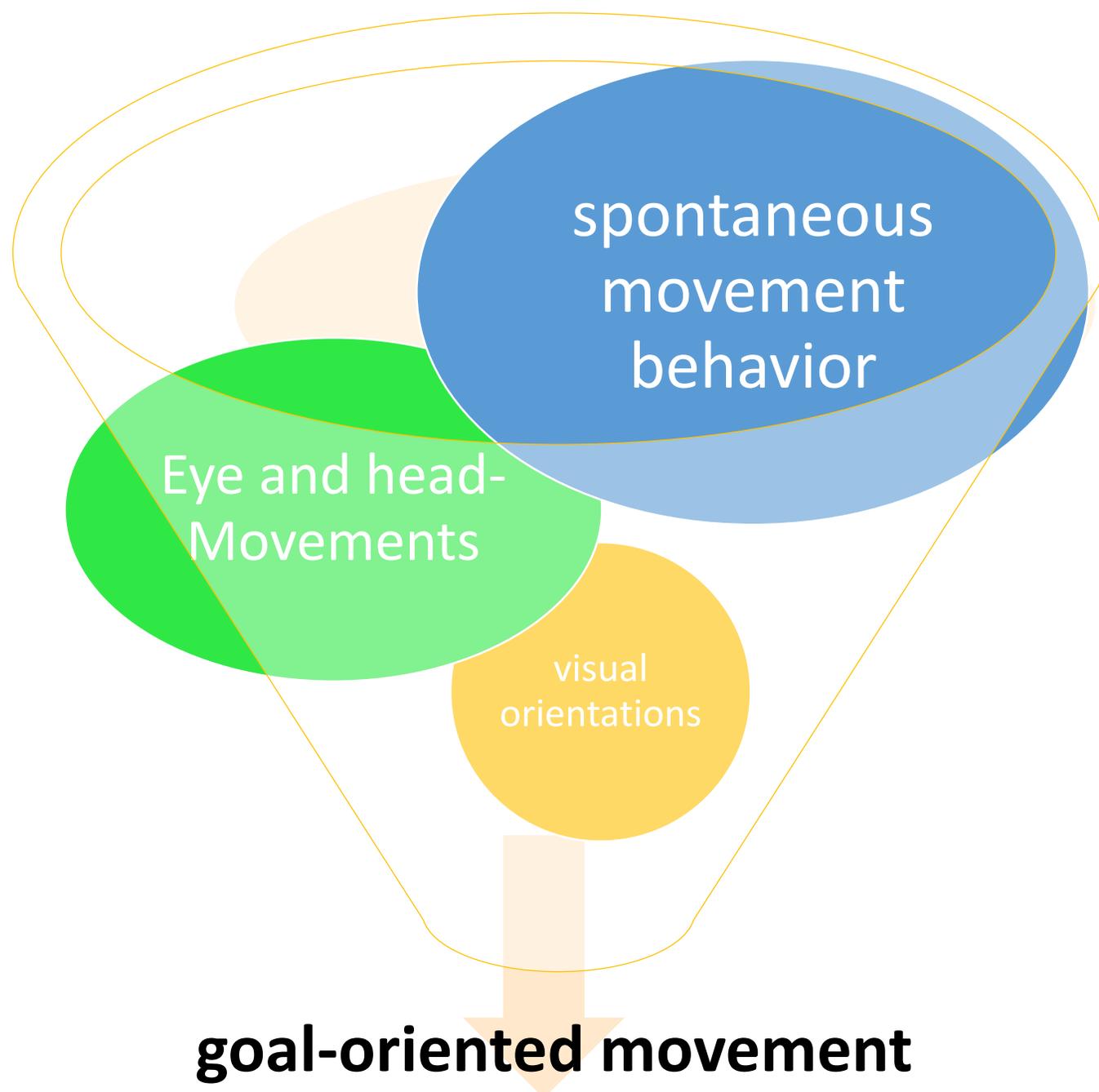
卓飛症候群粗大動作訓練

復健科 物理治療師 徐維憶

weijame0309@gmail.com

大腦在經驗的影響下學習





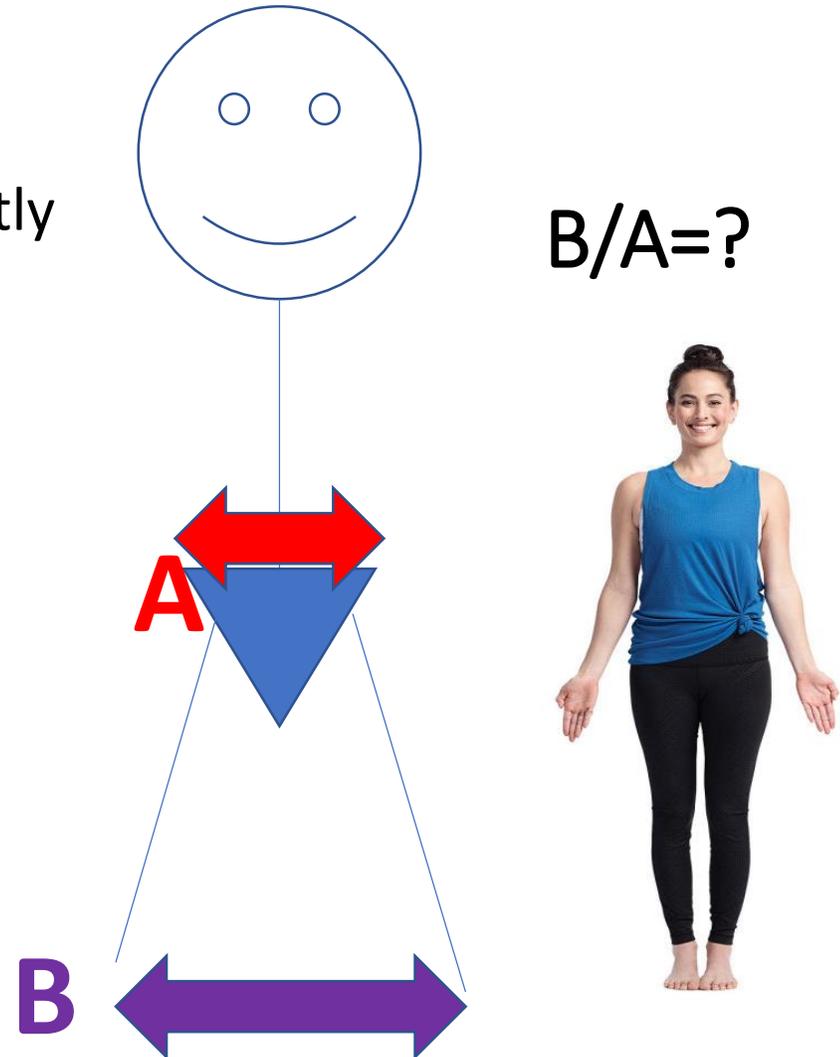


Motivation and
initiator
視覺專注時間與動作維持能力
相輔相成

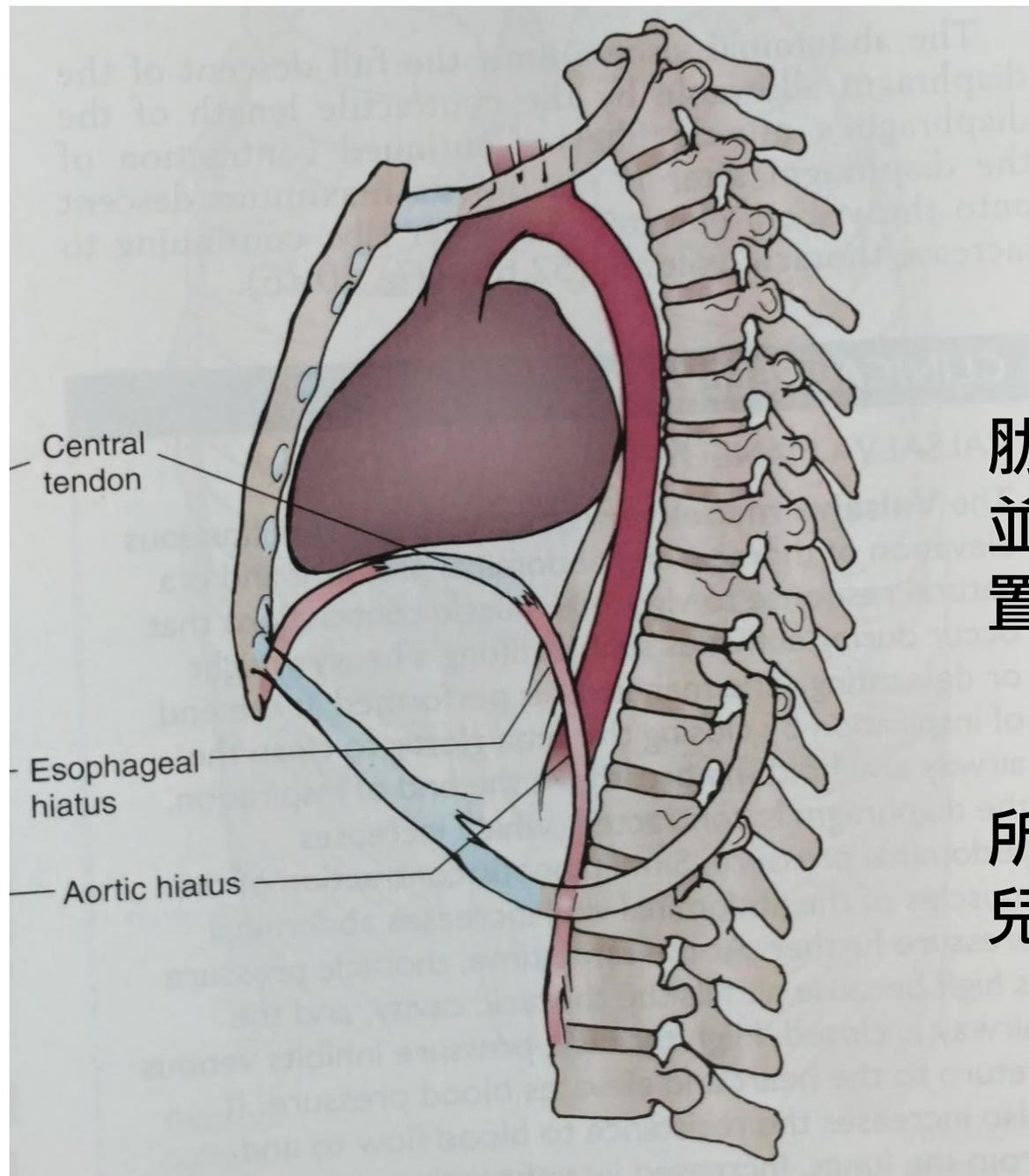
- 移動
- 空間中物體位置
- 肢體或手眼協調的活動
- 如丟接球、騎腳踏車、使用剪刀、握筆等往往執行不易
- 懼高及害怕在不平坦的地面活動
- 個案生活自理，例如進食、穿衣

12-15Ms

- Supine
 - Raise to standing position independently
- Walks by himself
- Walk well-stop,starts,turns
- Walk backwards
- Standing
 - Throw ball with some cast





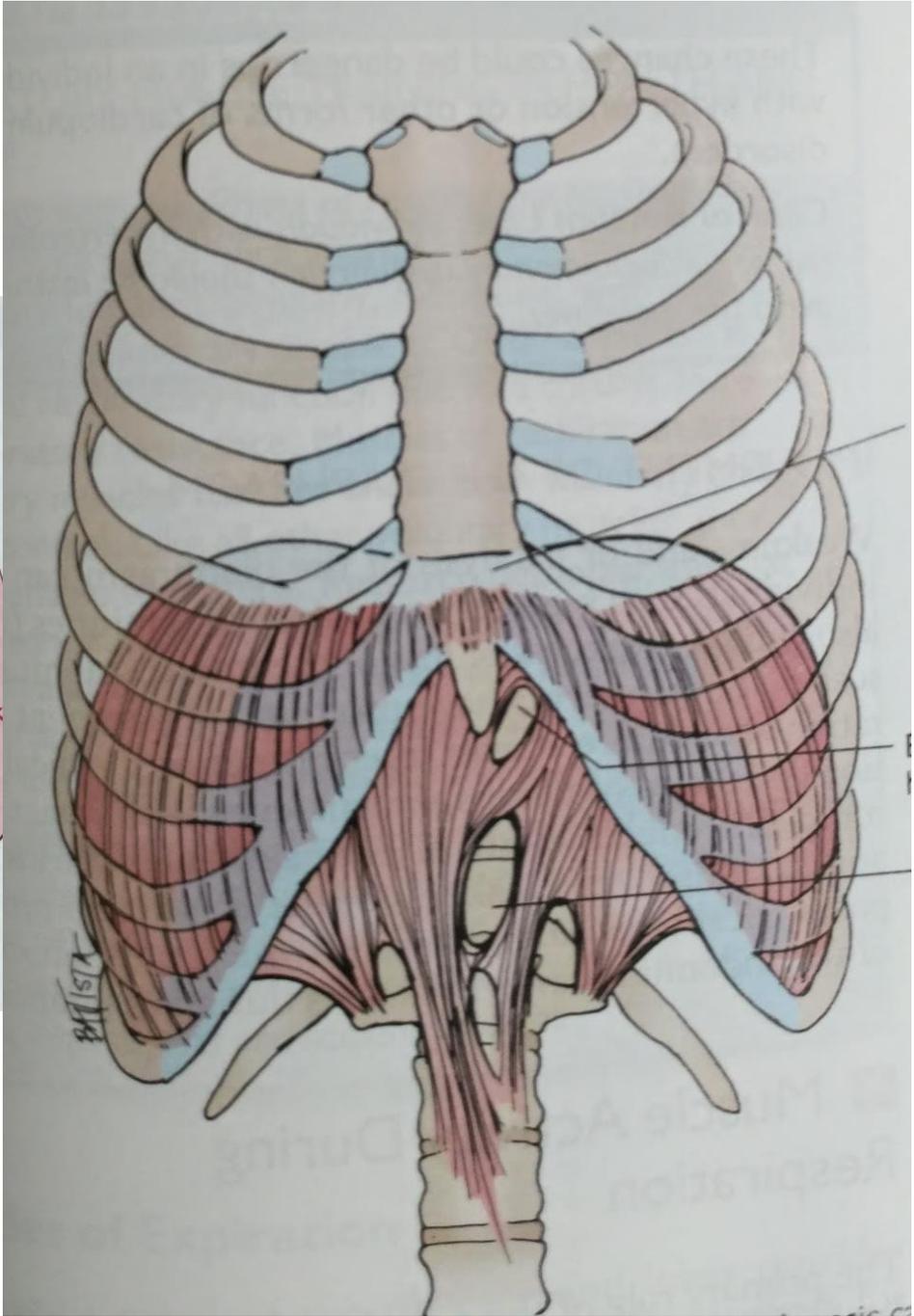
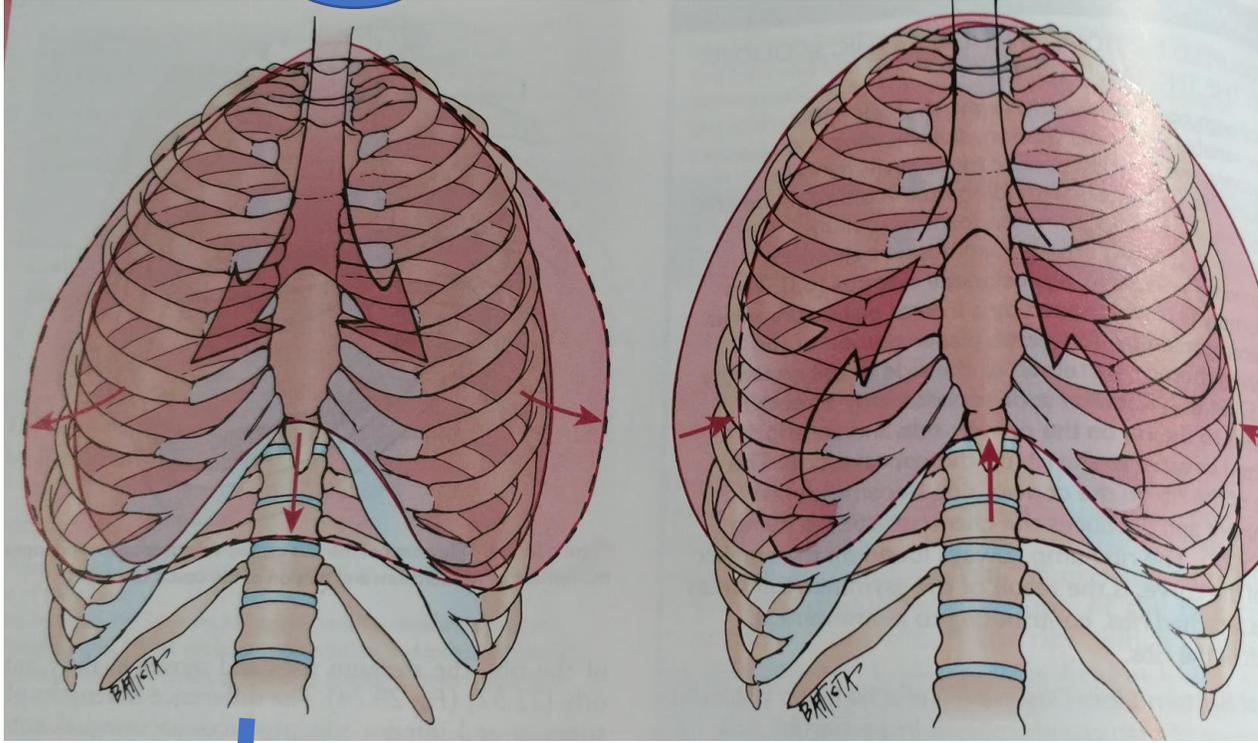


肋間肌+前距肌+菱形肌+斜方肌→維持
並且將橫膈到最佳的位
置+胸椎延展-→腹肌同時活化

所以大於六週還找不到躺姿穩定性的嬰兒
可能會有這部份發展的問題？

呼吸不良或姿勢不正造成生長不良將
會影響肋骨形狀？

吸



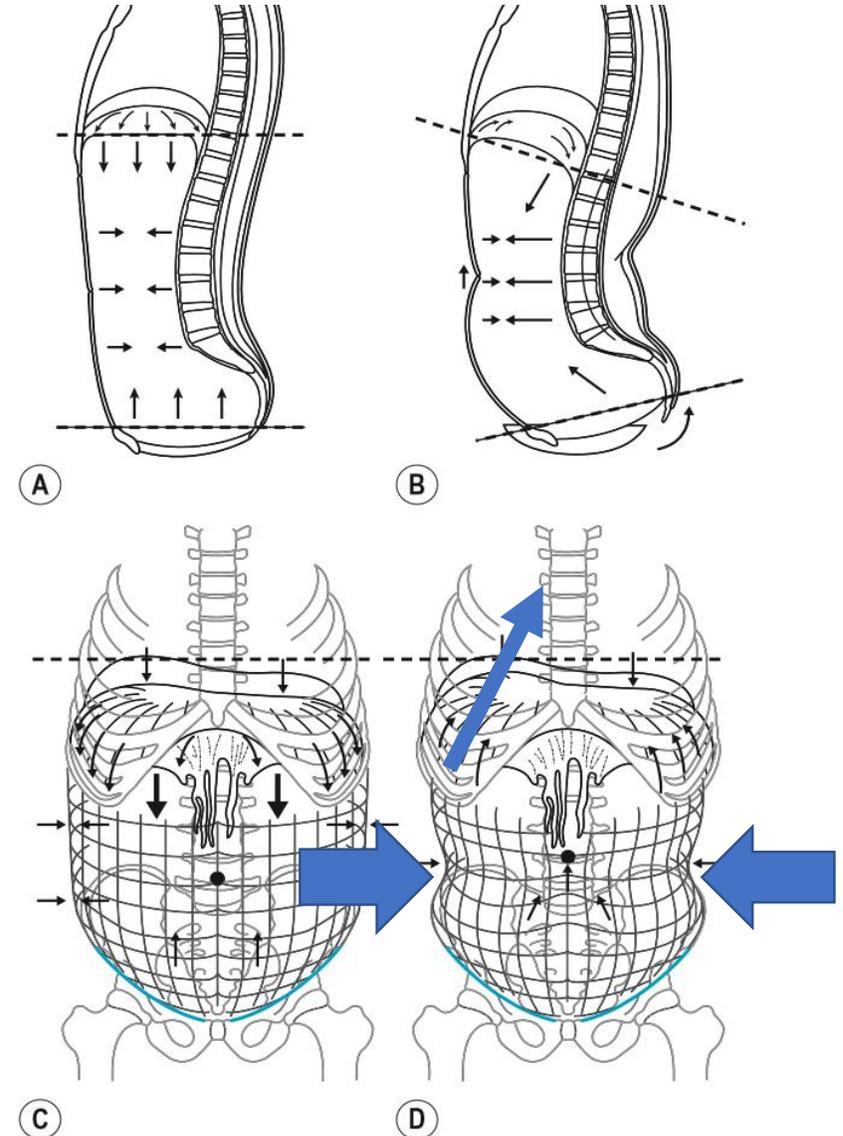
肚子不夠力氣的小孩

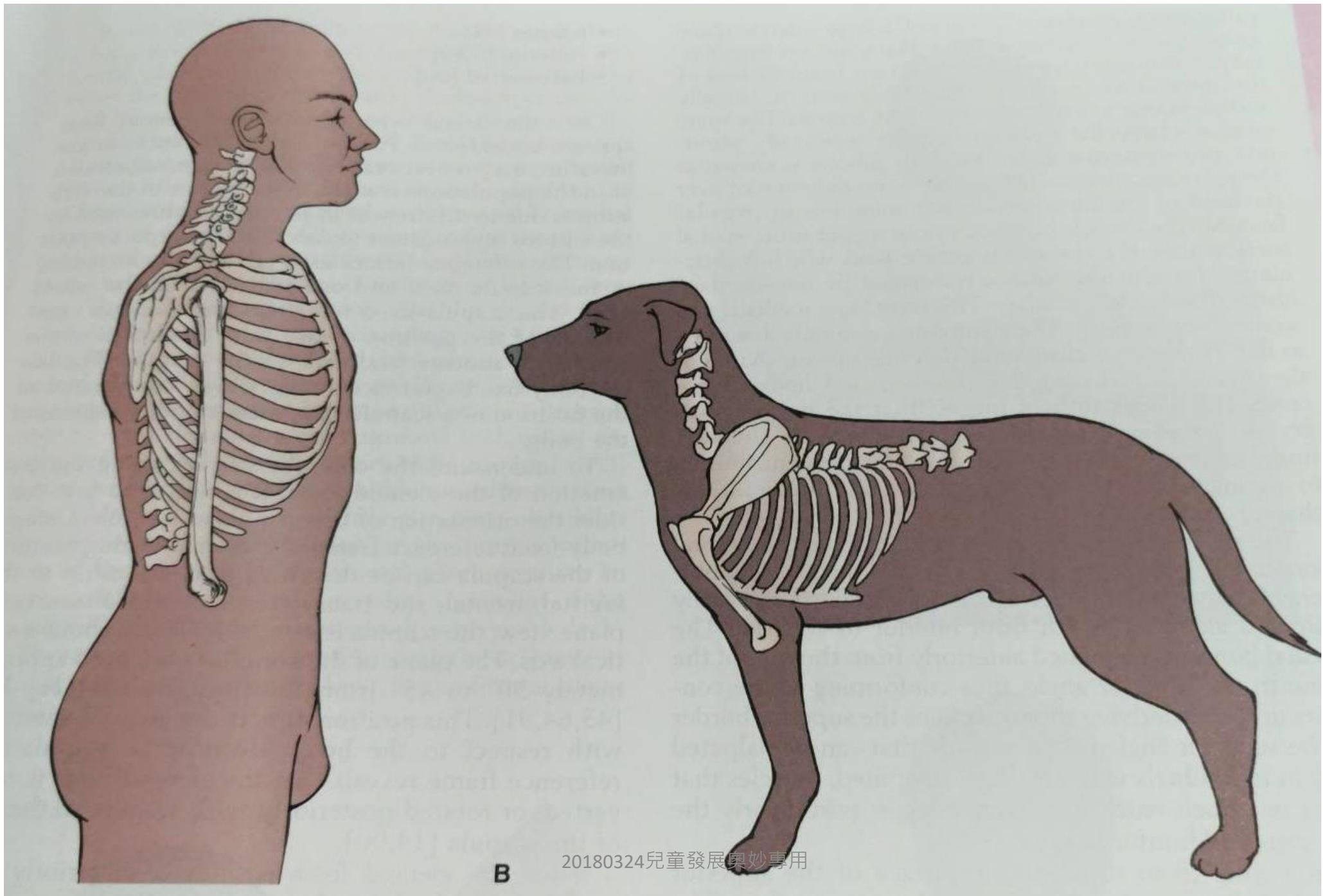
藉由骨盆前傾的方式 骨盆底肌 斜上出力

橫膈膜斜下做功

• 腹肌

- 沒足夠的力氣去平衡直立姿勢
- 過度活化的脊肌
- 整個肋骨不穩定 橫膈膜沒辦法有效率的往下移動 甚至向上被推移
- 兩側的腹肌無法有良好的平衡 會使這個腹部向下陷



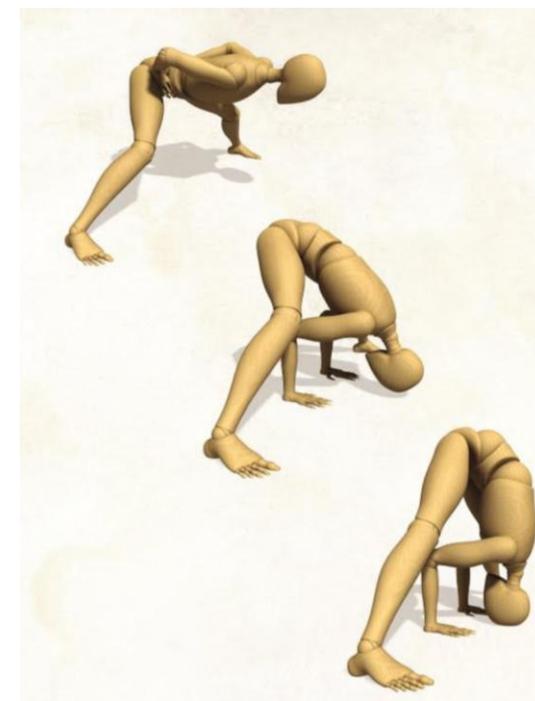
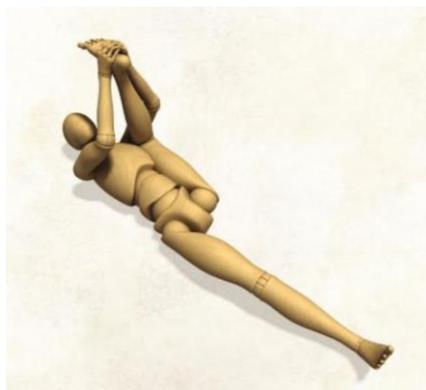


B

20180324兒童發展奧妙專用

Rainbow YOGA—breathing YOGA

- 肚子運動
 - 保持頭部曲屈
 - 躺在肚子上,當別人吸氣時肚子下沉...
 - 抬高雙腳
- 聞聞腳上的花





躺姿扭轉²

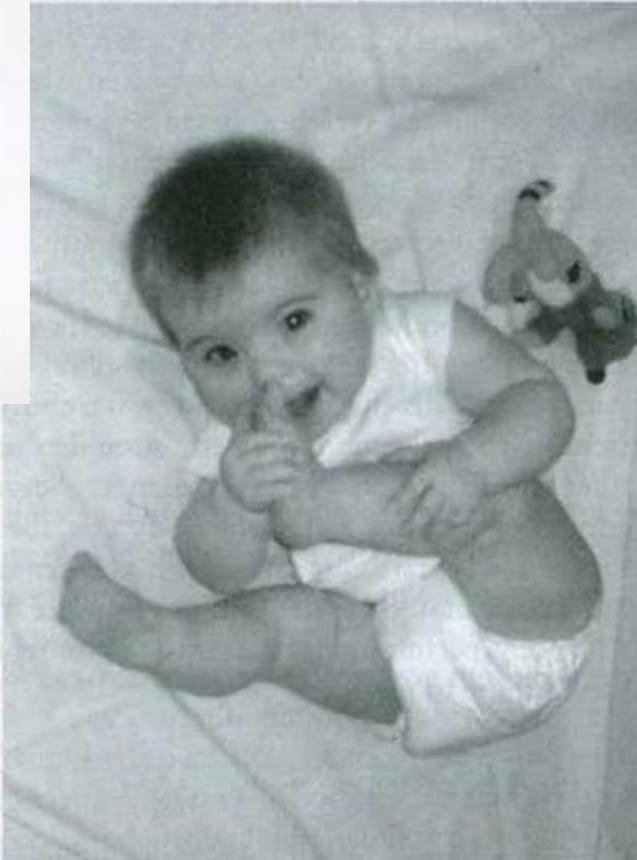


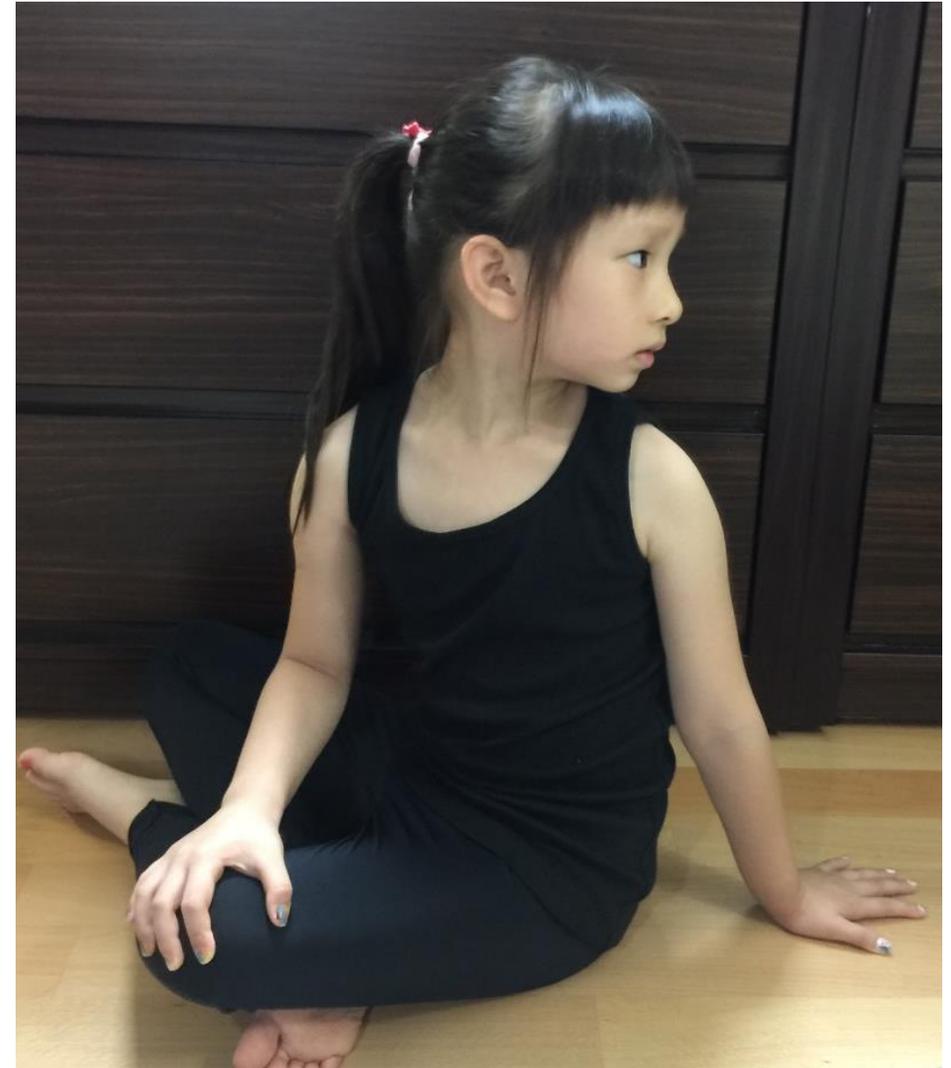
Figure 2.44 • Segmental rolling prone to supine, leading with upper extremity.

- 躺著小星星舞



坐姿扭轉

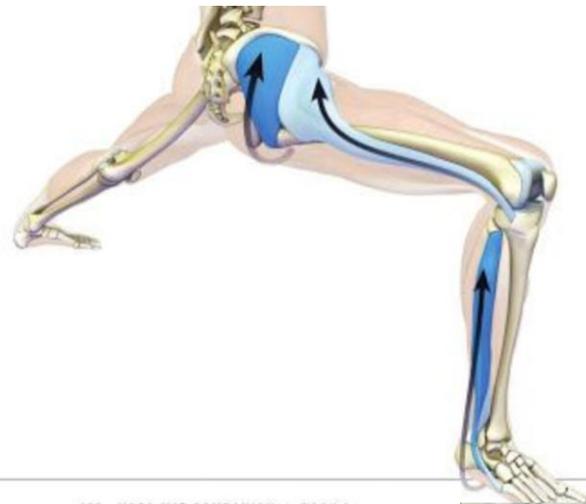
YOGAWORKOUT.COM



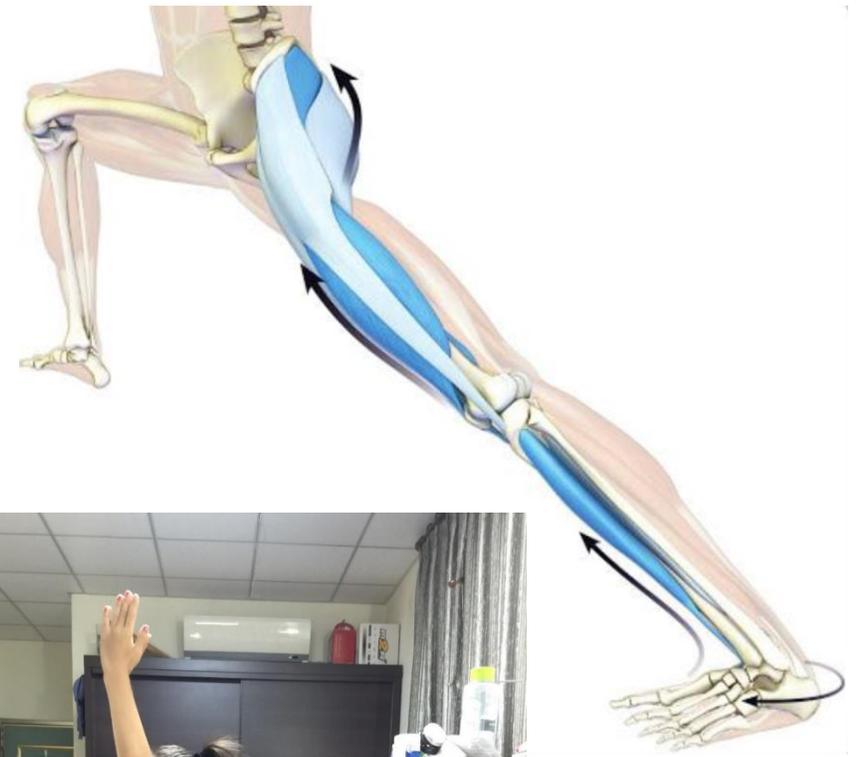




英雄式一



STEP 4 After positioning the back leg, return your attention to the front knee. There is a tendency in this pose for the front knee to drift inward. Counteract this by engaging the tensor fascia lata and gluteus medius to abduct the knee so that it remains over the ankle. The weight should primarily be on the forward part of the heel and then stabilized over the remaining pad of the sole of the foot. Activate the peroneus longus and brevis muscles on the side of the lower leg to begin this process by bringing some of the weight into the ball of the foot. This action is called eversion. Balance this with inversion—an action created by the tibialis anterior and posterior muscles (not pictured here).



100 YOGA MAT COMPANION | BOOK 1

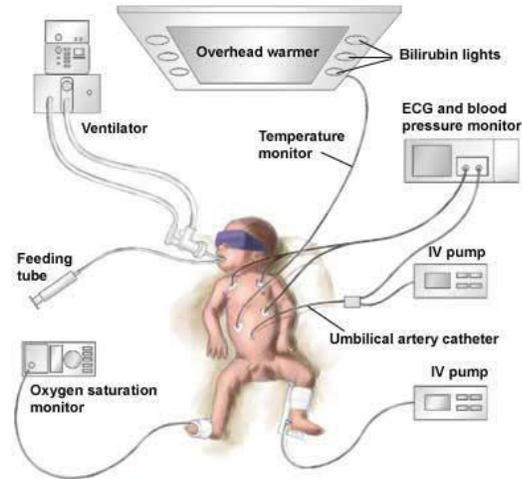


坐姿後彎

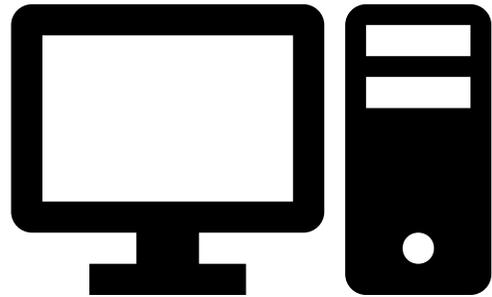
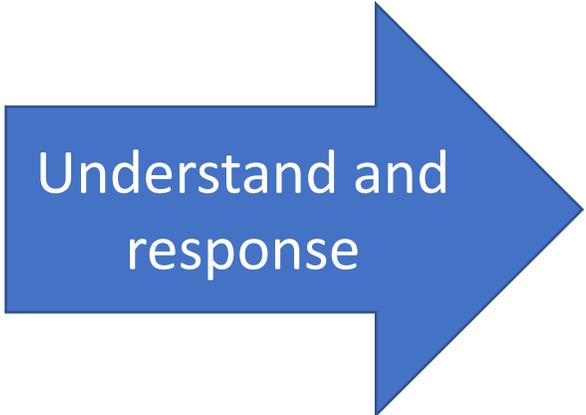


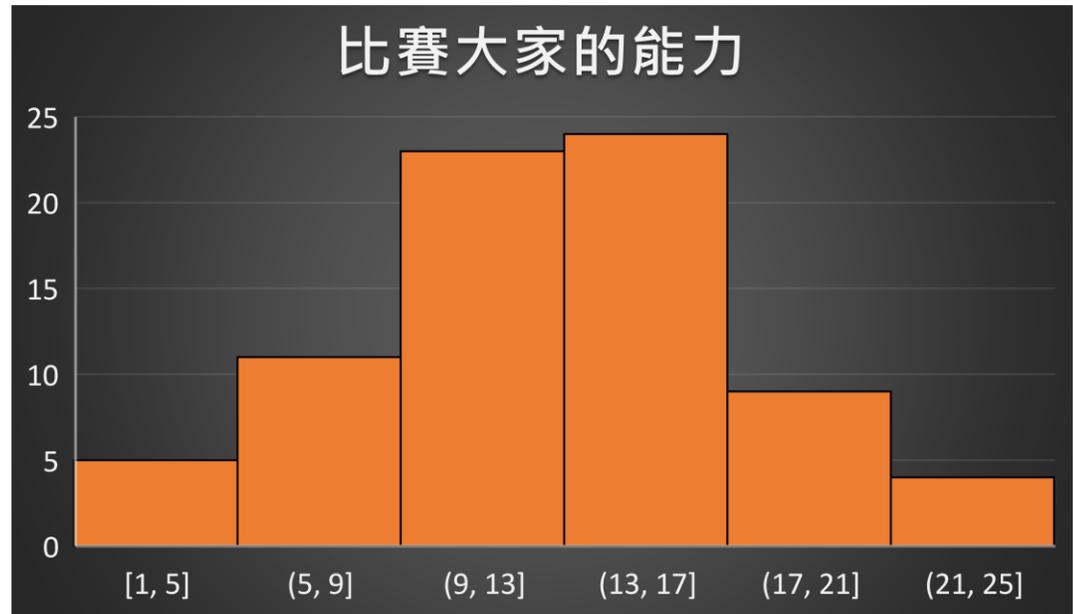
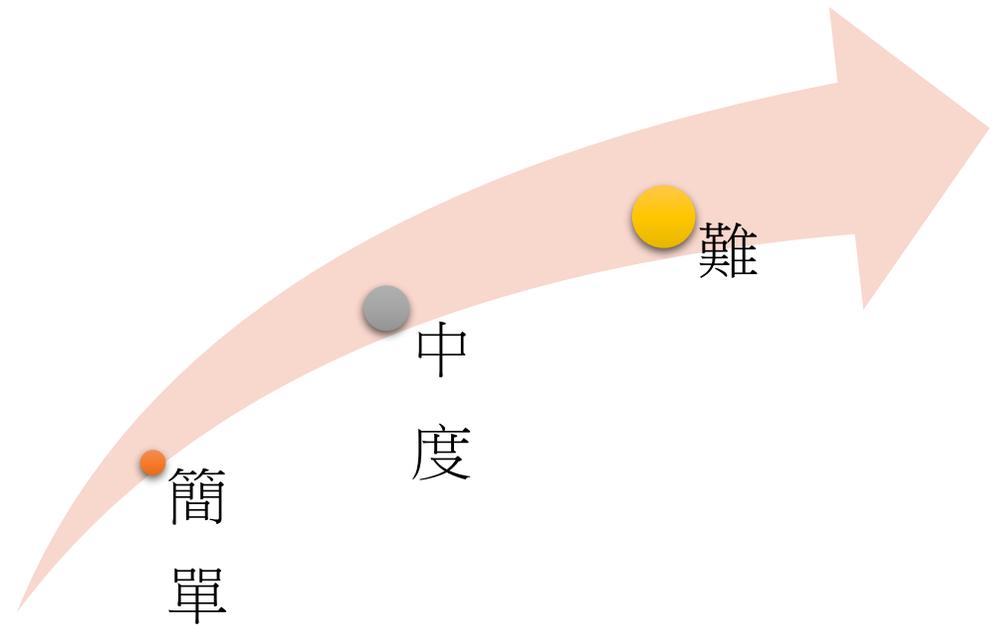
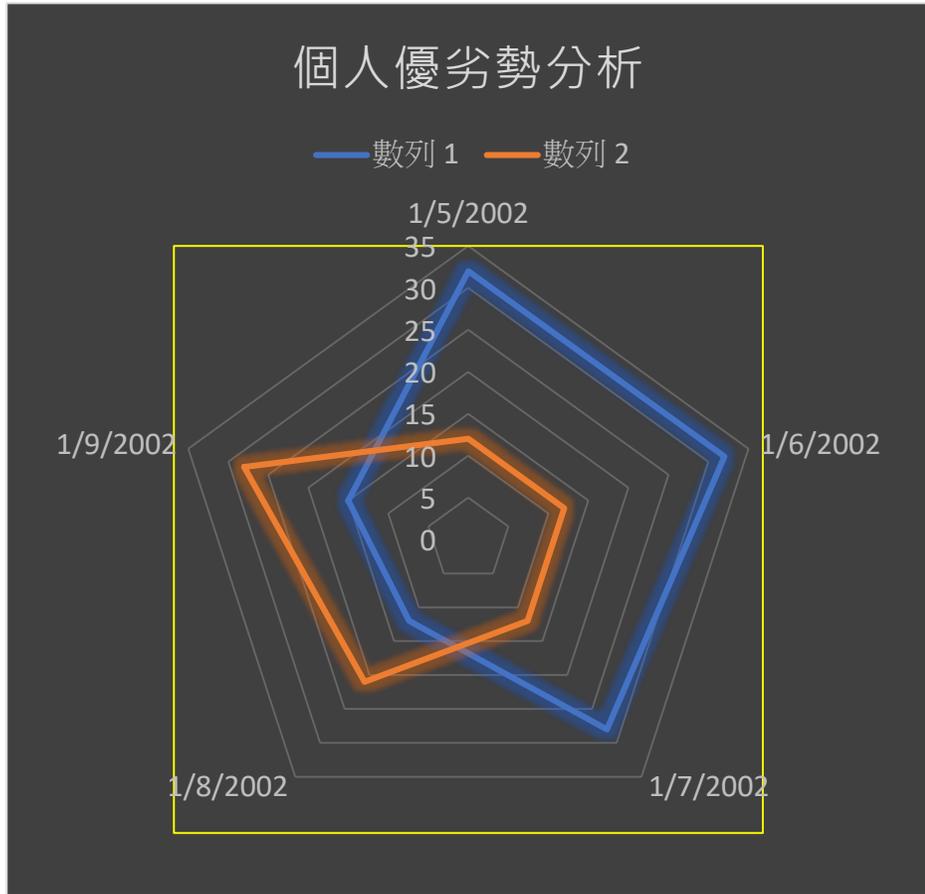
Responding to your baby's needs

內化而“自發的”成熟



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感謝聆聽!!

