



居家隔離心慌慌 活動指引在這裡

COVID-19輕症(含無症狀)患者適用

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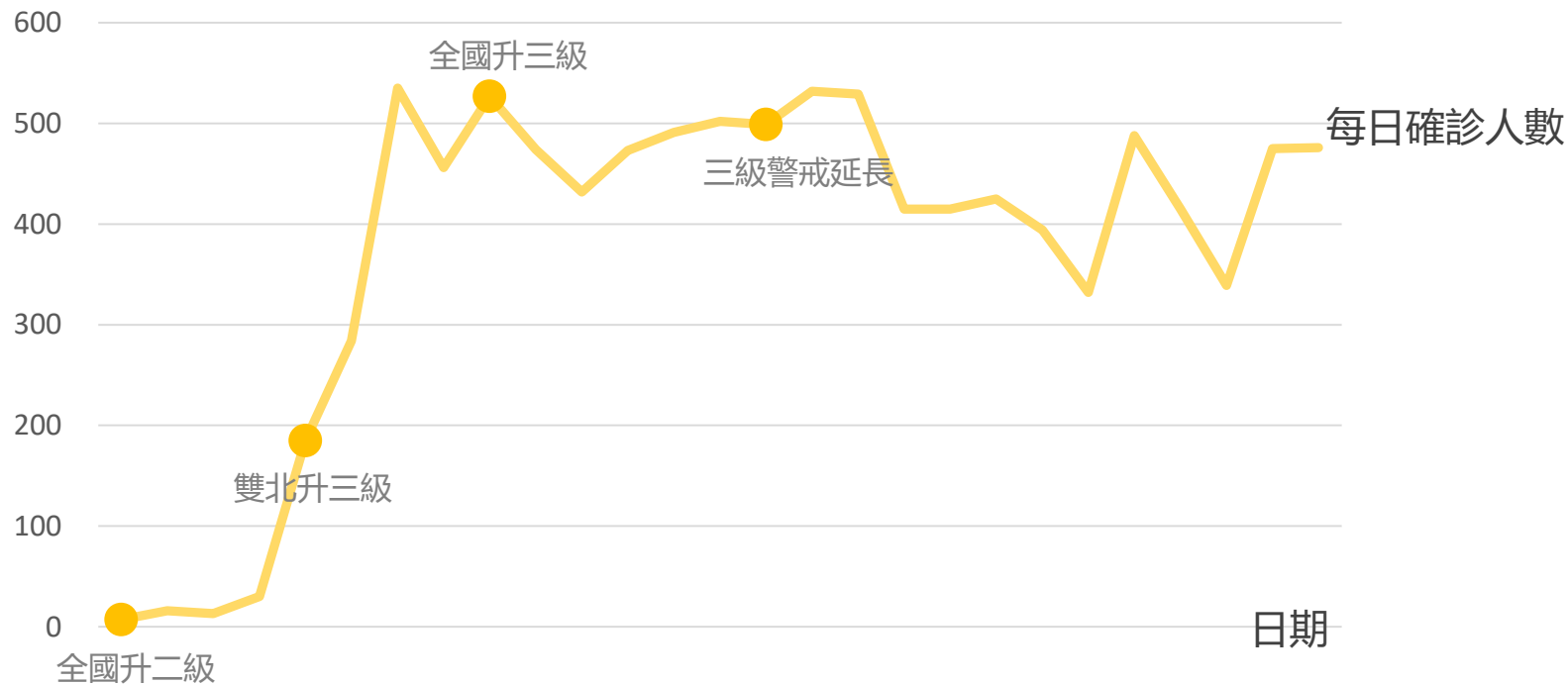


社團法人臺灣物理治療學會

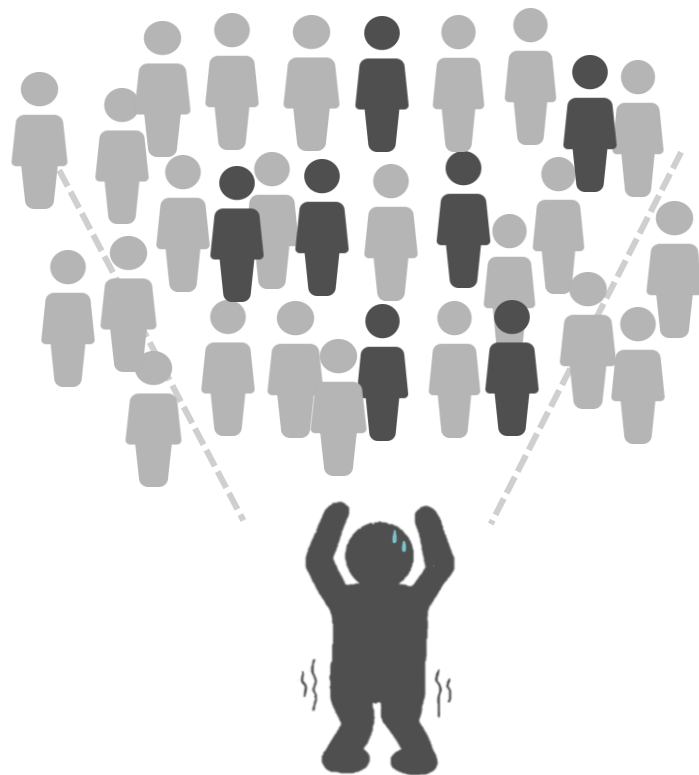
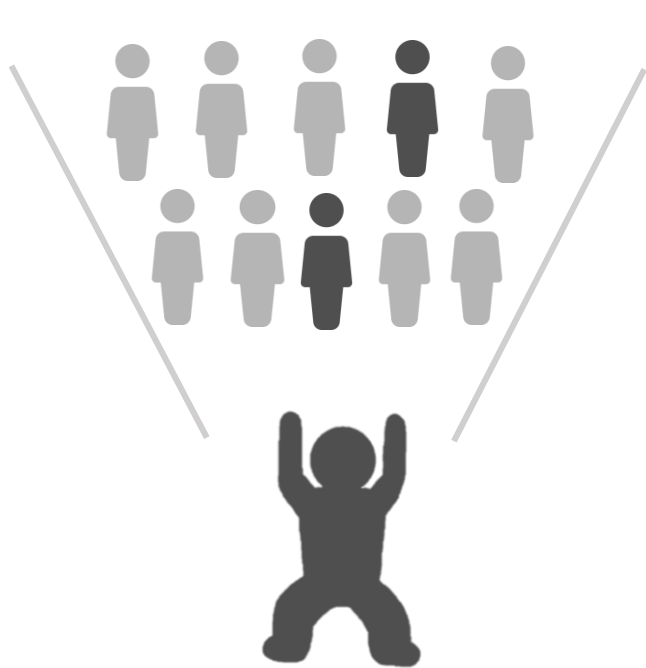
Taiwan Physical Therapy Association

台灣COVID-19疫情爆發，帶來什麼變化？

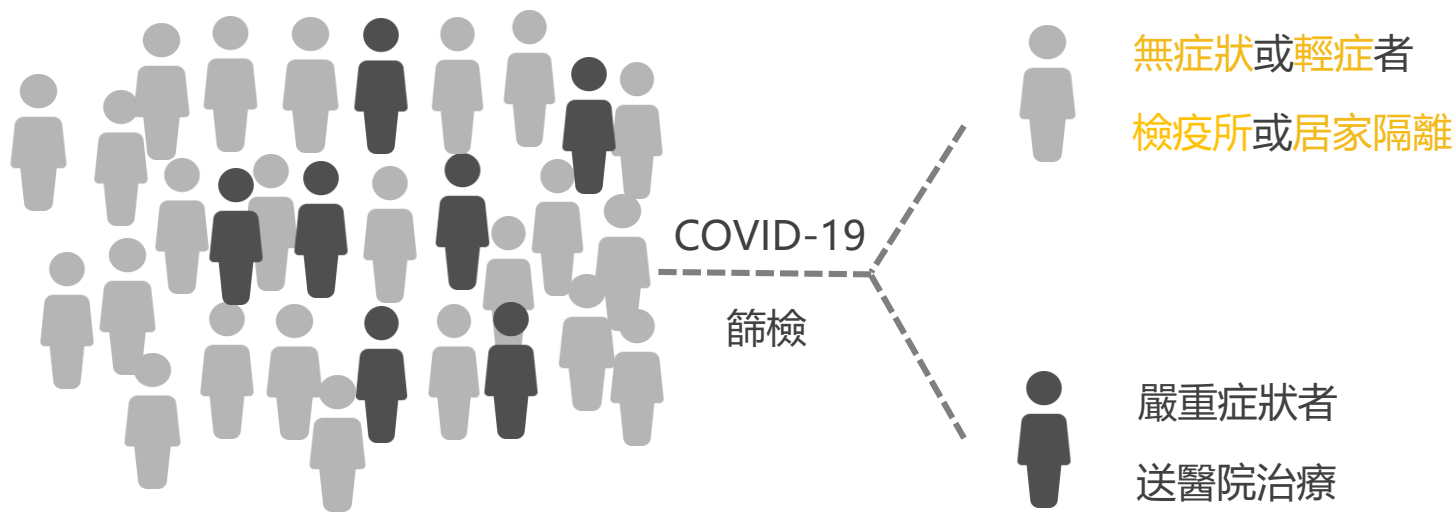
人數



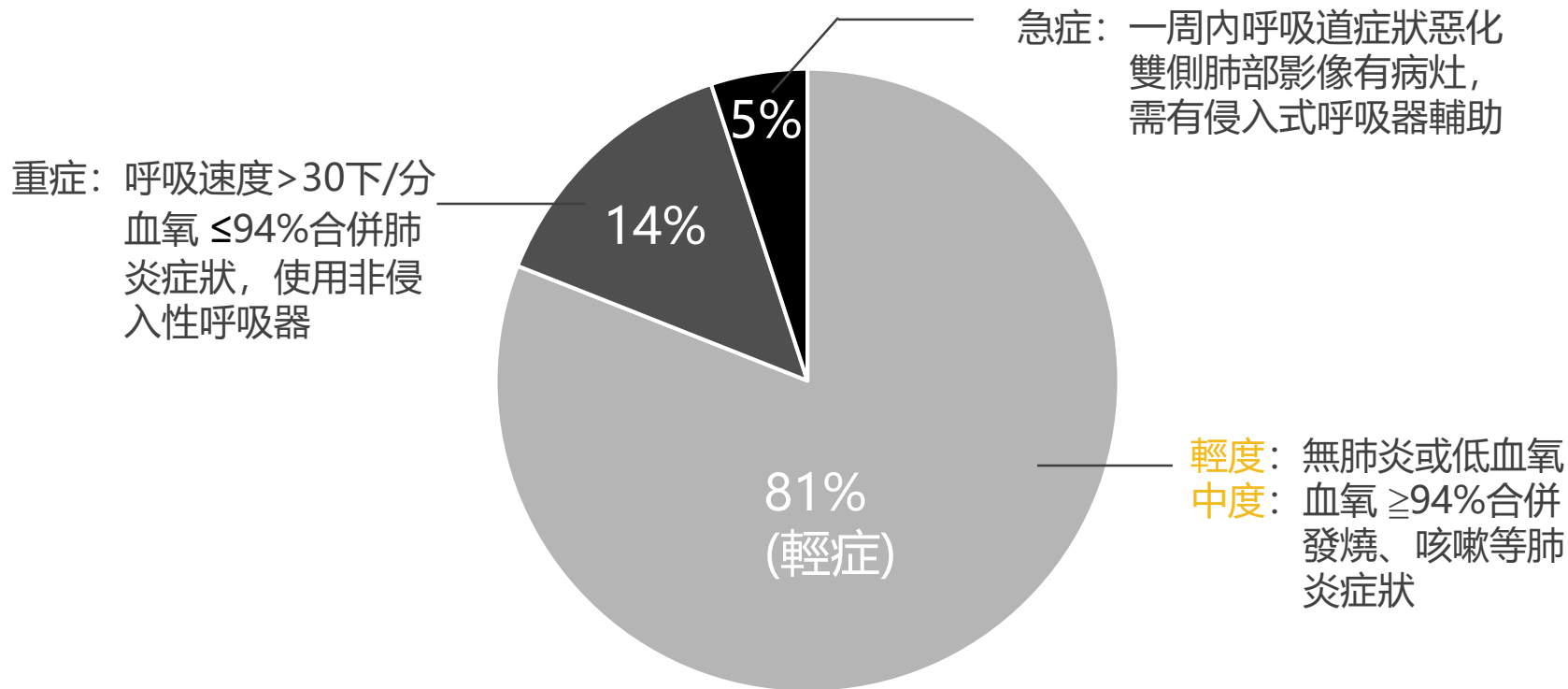
醫療量能吃緊亮紅燈



降載以將資源留給重症患者



輕重症如何區分呢?



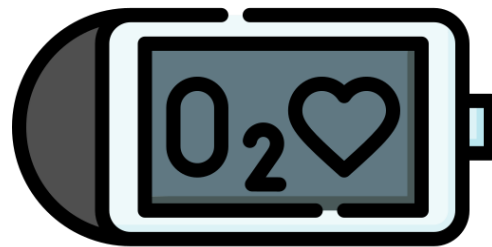
居家隔離沒有醫療人員照顧該怎麼辦？



記得**兩件事**



物理治療打破惡性循環



居家**自我監測**血壓血氧

COVID-19 惡性循環



物理治療打破惡性循環



在家該**怎麼做**?

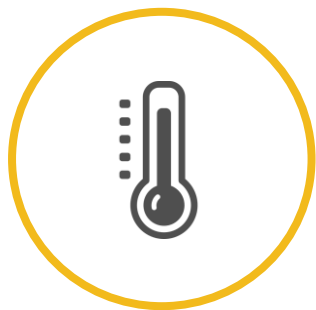


維持平常的**活動**



進行**低強度**運動

有誰**不適合**居家運動嗎？



體溫 $> 38^{\circ}\text{C}$



心跳 > 120 下/分
(休息且無發燒時)



血壓 $< 90/60$ 或
 $> 140/90$ mmHg
(休息且無發燒時)



血氧濃度 $< 90\%$
(部分研究有不同切點)

有誰不適合居家運動嗎？




嚴重呼吸困難或確診 < 7天者也不適合




體溫 > 38°C



心跳 > 120下/分
(休息且無發燒時)



血壓 < 90/60 或
> 140/90 mmHg
(休息且無發燒時)



血氧濃度 < 90%
(部分研究有不同切點)

什麼是低強度運動



關節活動



功能性活動



低強度肌力訓練



呼吸運動

肌肉骨骼低強度運動建議

目標：維持身體狀態，勿過度疲勞

飯後至少一小時再做運動

強度

自覺用力量表 <3
代謝當量 (MET) <3
(比稍快走4kph還輕鬆的活動)

日常活動

頻率

15~45 分/次
2次/天

50~70% 1RM
(1RM就是你只能舉起一次的公斤數)

低強度訓練

10下/組
3組/天

Borg運動強度量表參考



(Borg ratio 10)



呼吸運動介紹



腹式呼吸

胸廓活動

維持呼吸功能

圓唇吐氣法

肺活量訓練器

(尚無療效相關實證)

何時應該要暫停？



呼吸不順



胸悶或痛



暈眩想吐



視線模糊

何時應該要暫停? 

運動過程需全程監測血氧

血氧濃度下降4% (例: 96→92%) 或 <93% 皆建議暫停

呼吸不順

胸悶或痛

暈眩想吐

視線模糊

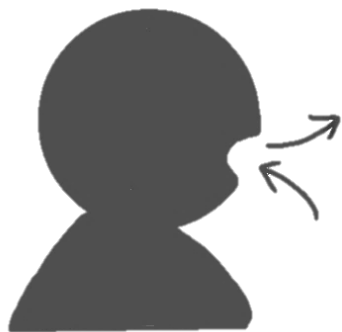


還有

你需要知道**肺部物理治療**

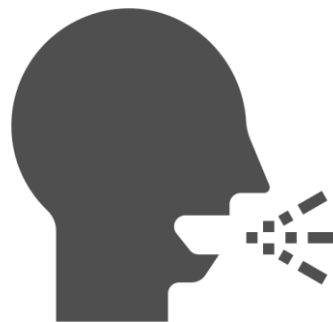


肺部物理治療



呼吸運動

(同前提過的呼吸運動)



呼吸道清潔

肺部物理治療

呼吸道清潔技術操作需經評估

(姿位引流 咳嗽訓練)

因可能導致COVID-19空氣傳播需有適當防護措施

肺部物理治療

乾咳無痰者無需進行

頻率及內容可視每人狀況調整

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