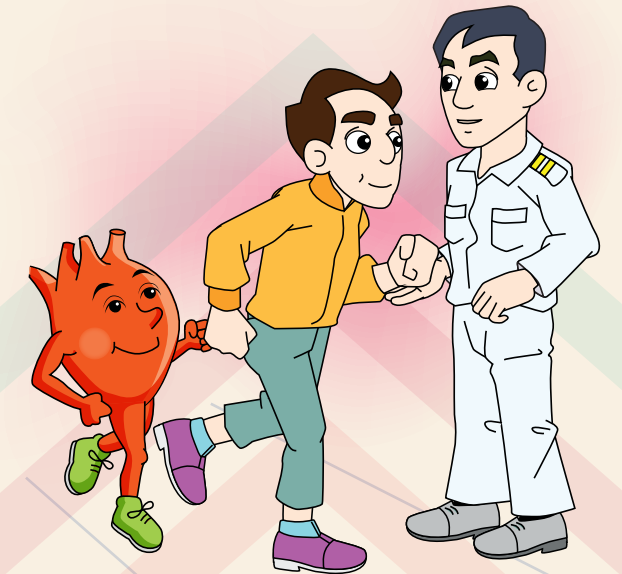


# 冠狀動脈介入 治療術之康復

(冠狀動脈介入治療術之康復)  
Rehabilitation after Percutaneous  
Coronary Intervention



## 辛苦感覺程度評級表 Rating of Perceived Exertion (RPE) Category Scale

6	
7	非常輕微 (甚至微不足道) Very, very light
8	
9	很輕微 Very light
10	
11	頗輕微 Fairly light
12	
13	有點辛苦 Somewhat hard
14	
15	辛苦 Hard
16	
17	很辛苦 Very hard
18	
19	異常辛苦 Very, very hard
20	

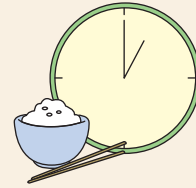
如對上述內容有疑問，請向物理治療師查詢  
(如对上述内容有任何疑问，请向物理治疗师查询)  
Should you have any queries,  
please consult your physiotherapist

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## 6. 一般運動須知 (一般运动须知) General rules for exercise

- 避免餐後一小時內運動(避免餐後一小時內運動)  
Avoid exercise within an hour after a meal



- 帶備硝酸甘油舌下含服藥片 (劑底丸)或噴劑  
(带备硝酸甘油舌下含服药片 (剂底丸) 或喷剂)  
Bring along Nitroglycerin sublingual tablets or spray
- 做充分的熱身運動(做充分的热身运动)  
Perform adequate warm-up



- 補充身體的水份(补充身体的水份)  
Keep yourself hydrated
- 保持呼吸暢順和均衡(保持呼吸畅顺和均衡)  
Keep breathing normally. Do not hold your breath
- 穿舒適的運動鞋及衣服(穿舒适的运动鞋及衣服)  
Wear appropriate and comfortable outfit and footwear
- 不宜於太冷或太熱的環境下運動  
(不宜于太冷或太热的环境下运动)  
Do not exercise under extreme temperature  
(too hot or too cold)

## C. 緩和運動 (缓和运动) Cool-down

- 於運動後進行，約10分鐘  
(在运动后进行，约10分钟)  
10 minutes of cool-down after aerobic activity
- 能令血液和緩地回流心臟及加速運動後廢物的代謝 (能令血液和缓地回流心脏及加速运动后废物的代谢)  
Facilitate gradual decrease in heart rate and remove post-exercise metabolic waste
- 建議運動: 伸展運動、原地踏步、緩步跑  
(建议运动: 伸展运动、原地踏步、缓步跑)  
Recommendations: Stretching exercise, on spot marching, gentle jogging

## 5. 運動處方 (运动处方) Exercise Prescription

- 頻率 (频率)：每星期3-5次  
Frequency: 3-5 times per week
- 強度：靜息心率加10下至30下或辛苦感覺程度評級表11至13分 (頗輕微至有點辛苦)  
(强度：静息心率加速10次至30次或辛苦感觉程度评级表11至13分 (颇轻微至有点辛苦))  
Intensity: 10 to 30 heart beats on top of your resting heart rate or a score between 11-13 on Rating of Perceived Exertion (RPE) Category Scale: ("Fairly light" to "Somewhat hard")
- 形式：步行、緩步跑、太極  
(形式：步行、缓步跑、太极)  
Type: walking, jogging, Tai-Chi
- 時間：20-30分鐘  
(时间：20-30分钟)  
Duration: 20-30 minutes



## 1. 手術後的護理 (手术后的护理)

### Post-operative care

- 如手術在大腿內側進行，需要臥床休息數小時

(如手术在大腿内侧进行，需要卧床休息数小时)  
Several hours of bed rest is required after the procedure



- 切勿移動或屈曲有傷口的大腿 / 手臂  
(切勿移动或屈曲有伤口的大腿/手臂)  
Avoid moving the limb with the punctured site
- 如傷口在大腿內側，咳嗽或打噴嚏時，請用手輕按傷口  
(如伤口在大腿内侧，咳嗽或打喷嚏时，请用手轻按伤口)  
Apply pressure to the punctured site at the groin area upon coughing or sneezing
- 若有胸口痛或傷口滲血，請即通知醫護人員  
(若有胸口痛或伤口渗血，请立即通知医护人员)  
Inform nurses immediately in case of chest pain or bleeding from the wound
- 恢復進食及飲水後，多飲水可以幫助身體把顯影劑排出  
(恢复进食及饮水后，多喝水可以幫助身體把顯影劑排出)  
Drink ample water to wash out the contrast media when you can resume diet



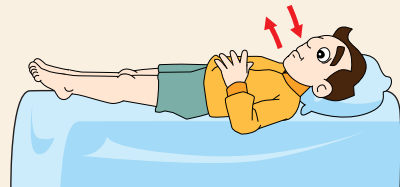
## 2. 臥床期間的運動 (卧床期间的运动)

### Exercises during bed rest

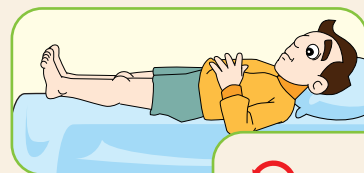
切勿屈曲曾進行導管穿刺的手臂或大腿  
(切勿屈曲曾进行导管穿刺的手臂或大腿)

Do not exercise the limb with the punctured site

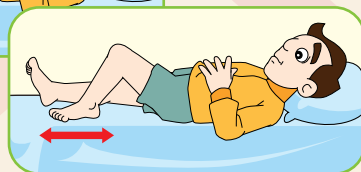
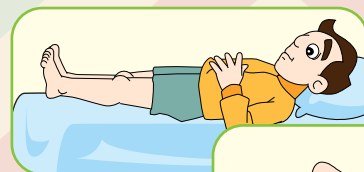
- 深呼吸運動 (深呼吸运动)  
Deep breathing exercise



- 腳踝 / 腳趾運動 (脚踝/脚趾运动)  
Ankle and toes mobilization exercise



- 下肢關節運動 (下肢关节运动)  
Heel sliding exercise over the bed



- 建議重複每個動作10次，每日三次  
(建议重复每个动作重复10次，每日三次)  
Repeat each exercise for 10 repetitions, three times per day

## 3. 運動前評估 (运动前评估)

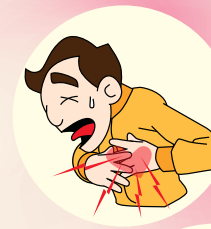
### Self-evaluation before exercise

以下情況，不應進行運動。如在運動前已有以下情況，請先向醫生查詢。

(以下情况，不应进行运动。如在运动前已有以下情况，请先向医生查询。)

Stop exercise if you experience the following. In case you have already got any signs and symptoms below, please seek medical consultation well before.

- 心絞痛 (心绞痛)  
Chest pain
- 心律不齊 (心律不齐)  
Palpitation
- 胸悶心悸 (胸闷心悸)  
Chest tightness
- 氣促/出冷汗 (气促/出冷汗)  
Breathlessness/ Profuse sweating
- 作嘔 (作呕)  
Nausea
- 肢體無力 (肢体无力)  
Muscle weakness
- 下肢水腫 (下肢水肿)  
Leg swelling
- 身體疲勞 (身体疲劳)  
Malaise
- 生病期間 (生病期间)  
Sickness
- 頭暈 (头晕)  
Dizziness
- 發冷 (发冷)  
Chills
- 嚴重關節疼痛 (严重关节疼痛)  
Severe joint pain



## 4. 運動元素 (运动元素)

### Components of an exercise session

#### A. 熱身運動 (热身运动) Warm Up Exercise

- 於運動前進行，約10分鐘

(在运动前进行，约10分钟)

About 10 minutes of warm up exercise before aerobic activity

- 使心跳加速，增加肌肉的血液循環和供應，目的是減低受傷的機會

(使心跳加速，增加肌肉的血液循環和供應，目的是減低受傷的機會)

Facilitate gradual increase in heart rate and prepare the muscular system for exercise which reduce the risk of injury

- 建議運動: 伸展運動、原地踏步、緩步跑

(建議运动: 伸展运动、原地踏步、緩步跑)

Recommendations: Stretching exercise, on spot marching, gentle jogging

#### B. 主要運動 (主要運動) Main Exercise

- 帶氧運動 (带氧运动) Aerobic Exercise

請參考“運動處方” (請參考“运动处方”)  
See below “exercise prescription”

