

Apr 09, 2025

Week 2: Assessment of Ngoc's shoulder forward flexion

00:00:00 Annie

- English: I'm going to put a little tray here so it's easier to work with.

- Chinese: 我要在這裡放一個小托盤，這樣更容易使用。

00:00:08 Annie

- English: This time, I've noticed you bring your arm out to the side a lot.

- Chinese: 這一次我注意到你經常把手臂伸到一邊。

00:00:13 Ngoc

- English: Yeah

- Chinese: 是的

00:00:14 Annie

- English: Was that uncomfortable or painful on your arm when you had to do that? Or was that okay?

- Chinese: 當你不得不這樣做時，你的手臂是否感到不舒服或疼痛？或者這沒問題嗎？

00:00:19 Ngoc

- English: That's okay.

- Chinese: 沒關係。

00:00:20 Annie

- English: Okay. This time I'm going to look at your shoulder a bit more. If you can put the cup in your hand and slide it forwards to my hand. Put the cup in your hand

- Chinese: 好。這次，我將更多地觀察你的肩膀。如果你能把杯子放在你手裡，然後向前滑到我的手上。將杯子放在手中

00:00:37 Annie

- English: Hold onto it as best as you can. So just let your hand rest on the tray, just let it rest down, so you don't have to use so much work here, just let your shoulder rest, and slide it forwards to my hand, slide, okay, and slide it back to here, okay, well done, and keep the cup there keep the cup in your hand So less work here and I'm trying to see how you manage the front of your shoulder here, this muscle here.

- Chineset: 盡可能地抓住它。所以，就讓你的手放在托盤上，讓它放下，這樣你就不必在這裡用那麼多功，就讓你的肩膀休息一下，然後向前滑到我的手上，滑動，好吧，然後滑回這裡，好吧，做得好，把杯子放在那裡 將杯子拿在手裡 所以這裡的工作要少一些，我試著看看你是如何管理你的肩膀前部的，這裡的肌肉。

00:01:18 Annie

- English: Okay, do that again, just slide it forwards, don't lift
- Chineset: 好，再做一次，只是向前滑動，不要抬起

00:01:27 Annie

- English: and back to the edge.
- Chineset: 然後回到邊緣。

00:01:30 Annie

- English: Okay, you didn't have to use so much effort there.
- Chineset: 好吧，你不必在那裡花那麼多功夫。

00:01:35 Ngoc

- English: Yeah
- Chineset: 是的

00:01:36 Annie

- English: And your arm is still out to the side a bit more
- Chineset: 而且你的手臂仍然向一側伸出了一點

00:01:40 Annie

- English: Try that with your left hand. Put the cup into your left hand
- Chineset: 用左手試試。將杯子放在左手

00:01:48 Annie

- English: and slide the cup forwards and backwards on that side.
- Chineset: 並在該側前後滑動杯子。

00:01:54 Annie

- English: Then we can catch that on the video and back. Maybe just come to about here. Okay, now can you do that and keep your elbow close to your side? Keep your elbow close to your side and go backwards and forwards.

- Chineset: 然後我們可以在視頻中捕捉到這一點。也許就到這裡來吧。好的，現在你能做到這一點並保持你的肘部靠近你的身體兩側嗎？保持肘部靠近身體兩側，前後移動。

00:02:11 Annie

- English: That's it. And forwards to here.

- Chineset: 就是這樣。並轉發到這裡。

00:02:15 Annie

- English: Do that a few more times, backwards and forwards.

- Chineset: 再做幾次，向後和向前。

00:02:22 Annie

- English: Your elbow doesn't need to go out to the side, does it? Your elbow stays close, and there's a muscle here that you're mainly using. So here,

- Chineset: 你的肘部不需要向一側伸出，對吧？你的肘部保持靠近，這裡有一塊你主要使用的肌肉。所以在這裡，

00:02:36 Annie

- English: Do the same with this hand, put the cup into this hand

- Chineset: 用這隻手做同樣的事情，把杯子放進這隻手裡

00:02:46 Annie

- English: Get a good grip, and see this line here, get a good grip of it, make sure you've got all your fingers around it there Let it rest down here, try to let your shoulder relax, and this muscle here, push it forwards to here.

- Chineset: 好好抓握，在這裡看到這條線，好好抓住它，確保你所有的手指都在那裡 讓它停在這裡，試著讓你的肩膀放鬆，這塊肌肉在這裡，把它向前推到這裡。

00:03:16 Annie

- English: And back in, see if you can slide

- Chineset: 然後回到裡面，看看你是否能滑

00:03:24 Annie

- English: Ok Its a little bit sticky

- Chineset: 還行 它有點粘

00:03:32 Ngoc

- English: I can't do

- Chineset: 我做不到

00:03:34 Annie

- English: Yeah, ok. Well done

- Chineset: 是的, 好的。幹的好

00:03:37 Annie

- English: You still need to bring your arm out to the side, so I'm thinking there's some muscles at the back that might be weak, so I'm going to ask you to try something.

- Chineset: 你仍然需要把你的手臂伸到一邊, 所以我想後面有一些肌肉可能會很虛弱, 所以我要請你嘗試一些東西。