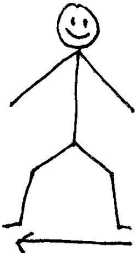
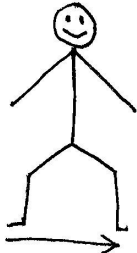
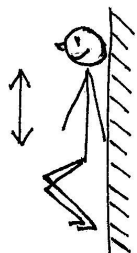
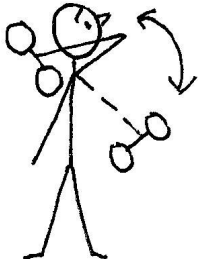
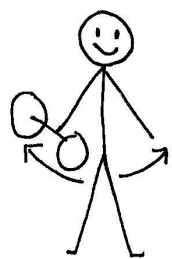
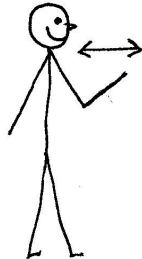
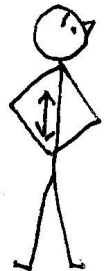
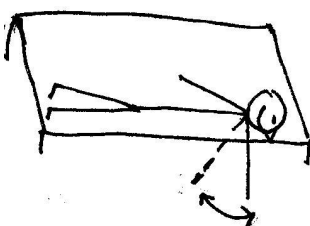
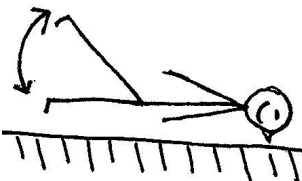
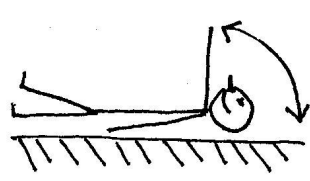
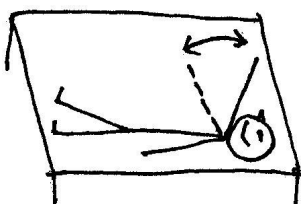
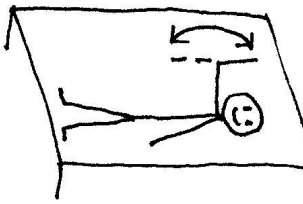
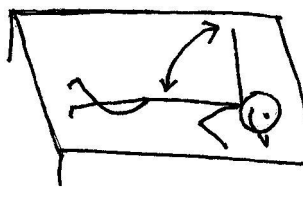
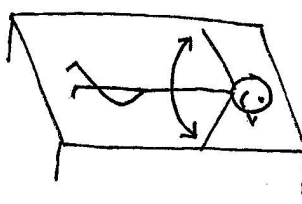
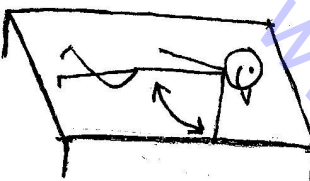
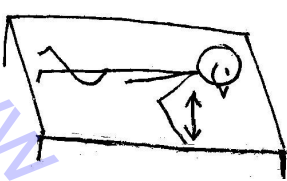
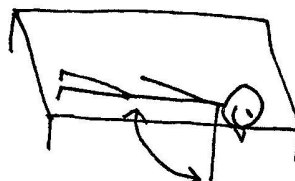


中風康復 100 式 - 非賣品 (第五次修訂本 - 2007 年 6 月 25 日)

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高(24 式)

B13 〈高〉 向右橫行 	B14 〈高〉 向左橫行 	B15 〈高〉 跑步 	B18 〈高〉 蹲下/站立(2) 
C10B 〈高〉 橫向提重物(向後) 	C12 〈高〉 橫向提臂: 直手 	C12A 〈高〉 手臂背後擺動: 直手 	C13A 〈高〉 手臂: 向前伸 
C13B 〈高〉 向上提臂: 直手 	C13C 〈高〉 手臂: 上/下轉動 	C13D 〈高〉 橫向向上提臂: 直手 	C13E 〈高〉 向後打圈 
C13F 〈高〉 背後提手 	D05 〈高〉 俯身橫向提臂: 直手 	D07 〈高〉 俯身後提大腿: 直腿 	D13A 〈高〉 舉手過頭: 直手 

D14 〈高〉 橫向提手：直手 	D14A 〈高〉 前臂：上/下轉動 	D14B 〈高〉 側身向上提手：直手 	D14C 〈高〉 側身橫向提手：直手 
D14D 〈高〉 側身向後提手：直手 	D14E 〈高〉 側身橫前伸手：直手 	D14F 〈高〉 俯身向後提手：直手 	D16 〈高〉 半掌上壓 