

뇌졸중! 예방과 관리

가 가





!

? 3

4

5

8

9

13

15

18

19

?



가 가

: 60 70%가

: 20%

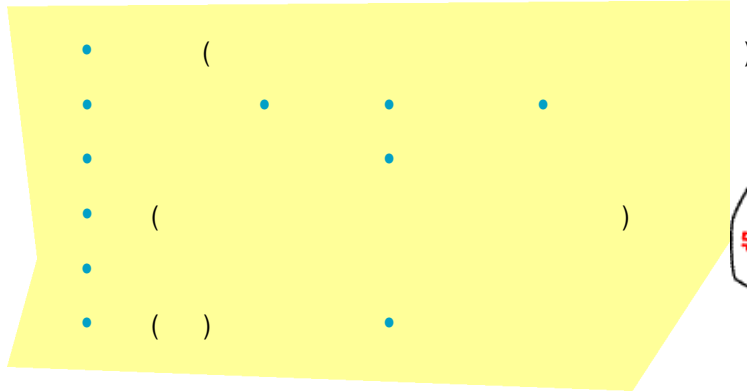
: ,



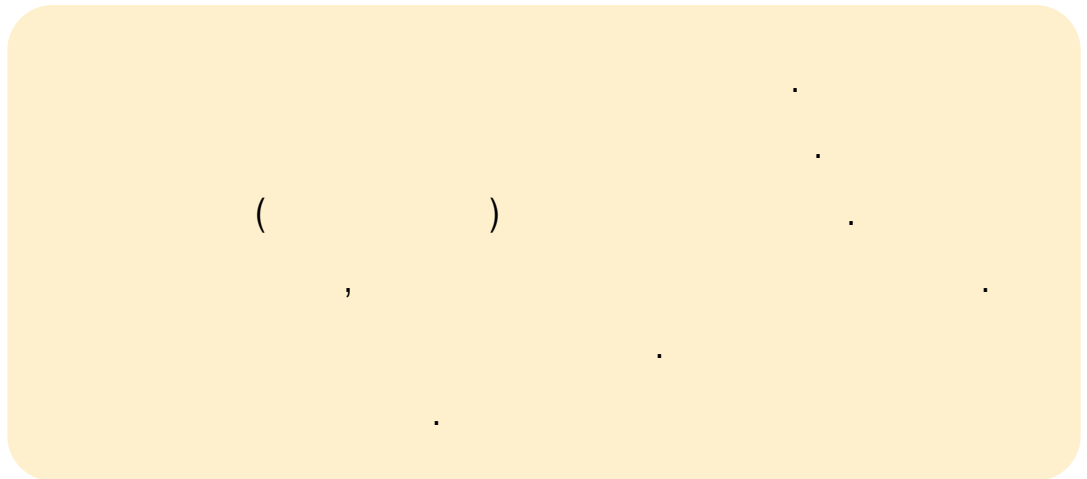
4 14%

5

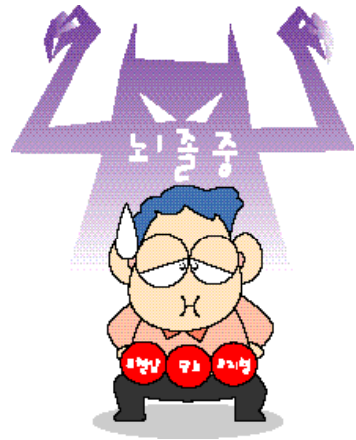
42%, 24%



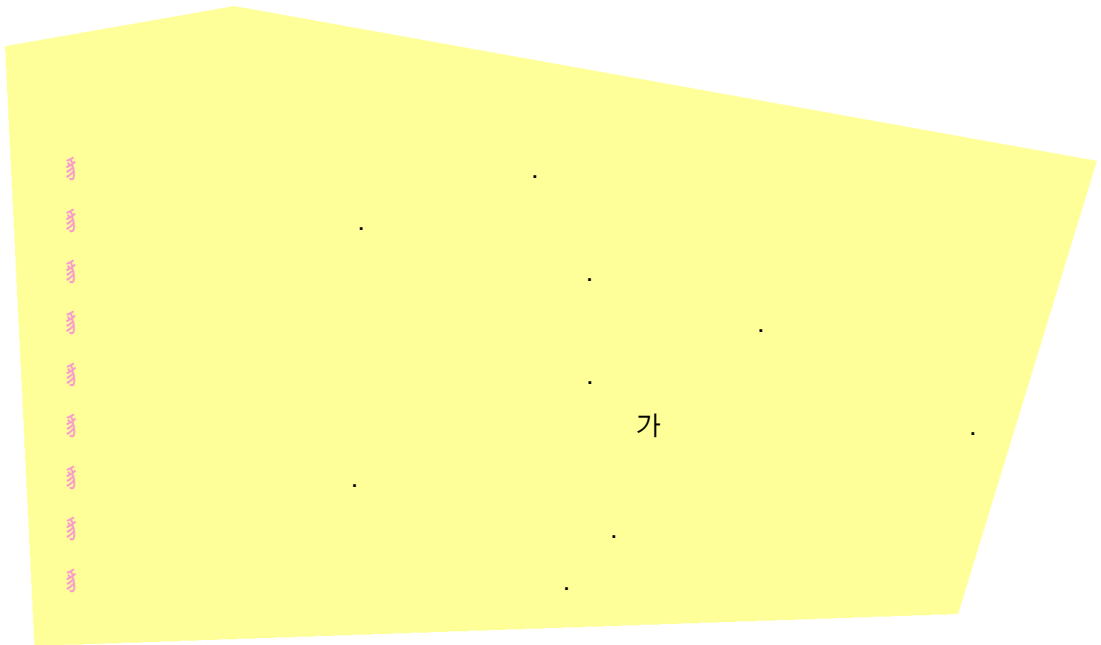
?



가 가
가 가



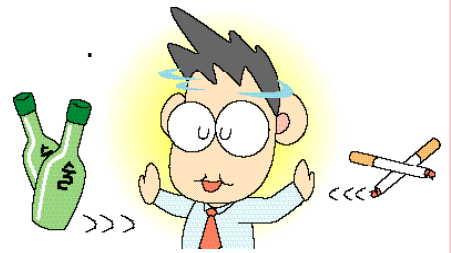
: (m) × 22 : (m) × 21





가

가



- 가
- 30 1 , 3
-

가



지전거타기 같은
가벼운 유산소운동이
뇌졸중등의 예방에
좋습니다





가

가



뇌졸중의
치료방법에는
이런 방법이
있습니다

가

•

가

,

• 가

가

•

•

•

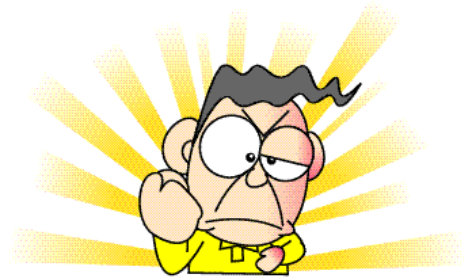
			,
		가	,
	,		



가

5

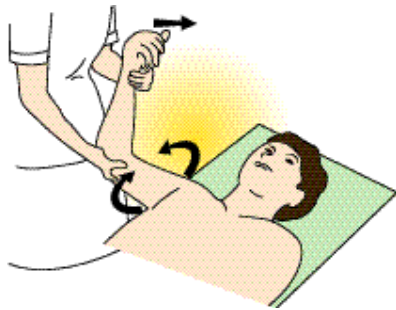
5~10 가



"나타가점노방양남을기포양코야말겠다"



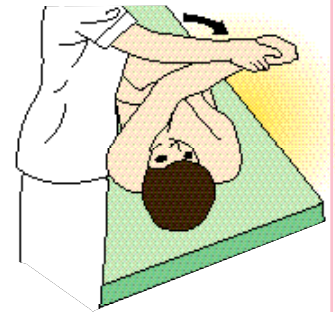
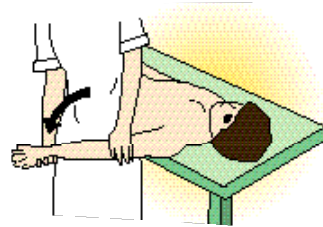
-
-
- 가 가
-



休 (): 90.

동 (,) : 가

90. 가



休 () : 가

동 () :

()



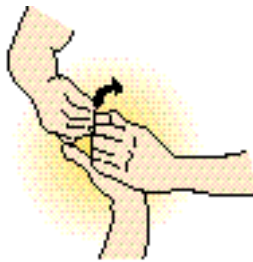
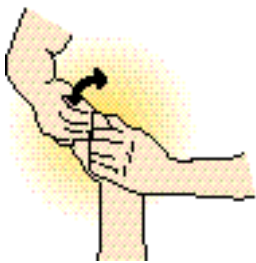
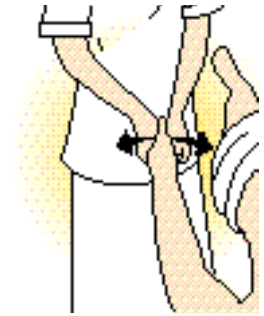
休 () : 가

, 가 가



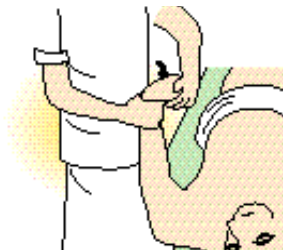
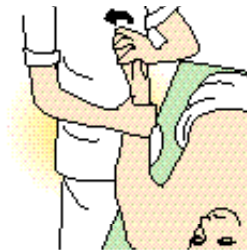
休 : 가

동 : 가 , 가



休 가 가 : 가 가
가 가

동 가 , :
가 가 (가)
가 가 ()
가 가

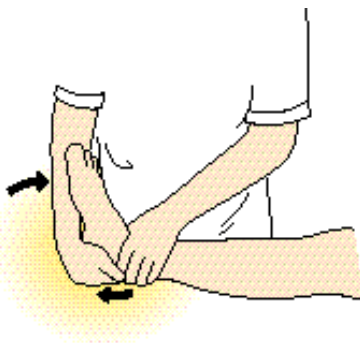




㉞ : 가 가

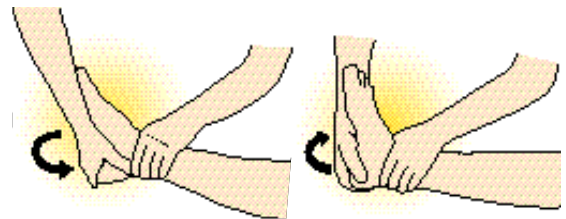


㉟ : 가 가



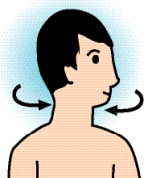
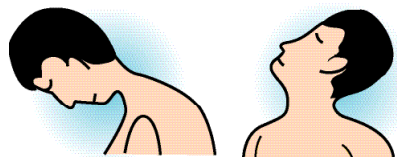
㊱ : 가

㊲ : 가 가



손

4 4 4 4

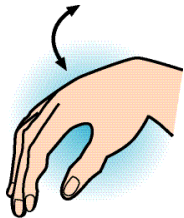
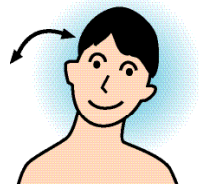


休

4 4 4 4

손

4 4 4 4



休

• (4)

• (4)

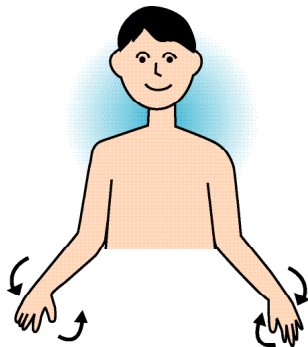
• (4)

• (4)

손

• 4

• 4

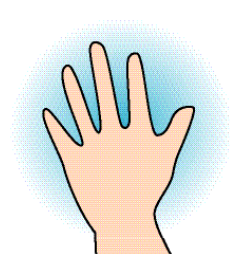
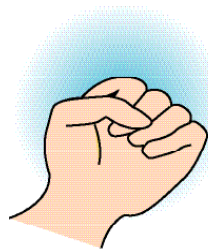


손

, 가

• 4

• 4



손

•

. (4)

•

. (4)



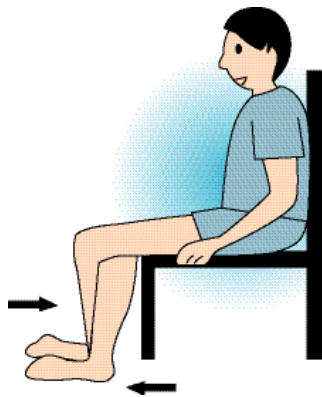
손

•

4

•

4



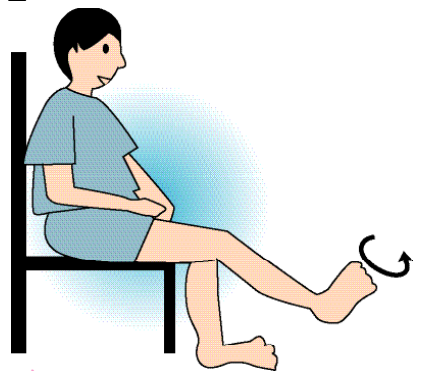
손

•

4

•

4





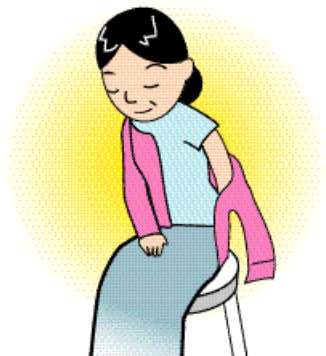
休

•
•

중

•
•
•

가



休

•
•

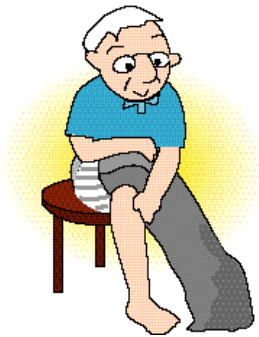


休

-
-
-

休

-
-
-



休



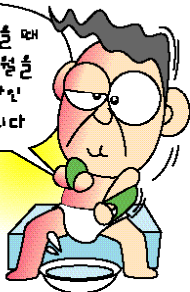
-

休

-



목욕시 등을 씻을 때
마비된 손에 타월을
고정하고 정상인
손으로 씻습니다



-

休

-

-
-
-
-
-
-

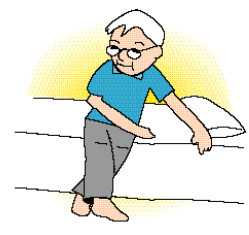
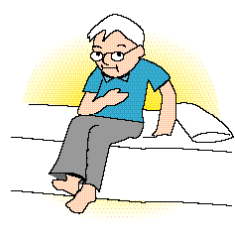
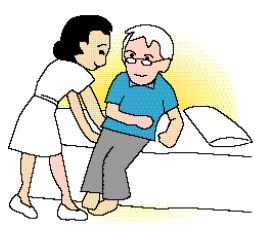
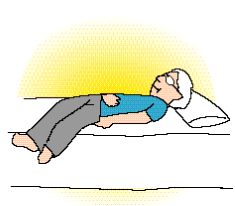
가

가

가

가

가

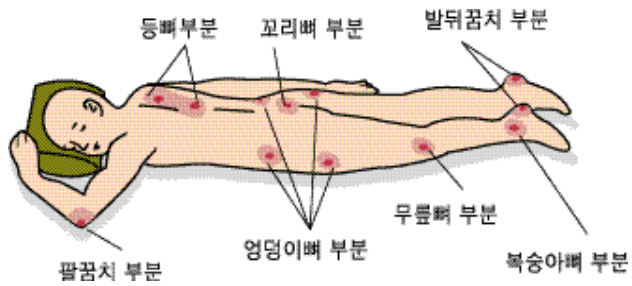




2

가

가



가

가

- 가

- 가

- ,

- 가

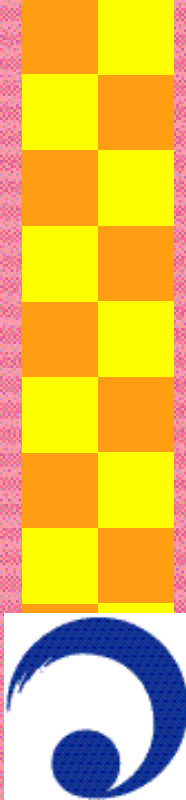
-

-

-

-

-



가

가

가

가

www.nhic.or.kr