Terminological Examination Argument

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Our purpose
There is no doubt that the core of existing rehabilitation medicine is passive exercises by physical therapists as an intervention. Furthermore, today, the introduction of robots and team medicine is being promoted. However, the autonomous kinetic rehabilitation named the Takizawa method by motivative exercise that we have been promoting has not been incorporated into this approach. We aim to position autonomous kinetic rehabilitation as a therapeutic intervention method so that users/patients can experience its benefits and further enhance their health.

Special Terms
We are using special terms all the time, because it's based on many years of research and numerous inventions. Therefore, in this article, we provide a definition of terms that have not been incorporated into rehabilitation medicine in the past.

We want to establish terms standardized for international communication because interventions will be accepted worldwide and diversified rehabilitation medicine interventions. Therefore, a list of terms used in existing rehabilitation medicine was collected. The terms lists were collected by Takizawa, the organizer of this study, as an individual. The following is a list of terms collected, which have been used in rehabilitation medicine.

1 WHO's a classification of disorders
2 Dictionary of the Japanese Society of Rehabilitation Medicine
3 Japanese/English dictionary of stroke guideline definitions published by Dr. Fukui, then president of the BRA.

We contrast terms of our ongoing kinetic rehabilitation against this group of dictionaries and the commonly used terms.

This article is composed of the invention, a collection of articles from Jiji Press, a research report, activities (permission of the editor-in-chief at the time was obtained for the use of the contents), and the book "Walking the Bedridden Elderly." The appendix lists all the patents, the book and all the articles listed, ranked according to their frequency of occurrence in Japanese and English by word mining. Among them, we have listed the terms that were not likely to be used for rehabilitation medicine and have checked the way they appear on the list. This study aims to break down the Japanese and English related to those into words, extract terms necessary for the future, check them with the existing rehabilitation terms mentioned above, and examine the words. The terms displayed are not included in those three shown above.

First Step
The first step of the study is to present Japanese to English translations of existing patents related and publications that the author has checked. Then, the extracted terms from the patents' list were mined and will be clarified. The next step is to process the collection of articles and books in the same way. If you have read this research brief, I hope you re-check it against the existing terminology yourself and consider whether this definition is understandable by looking at the words or listening to the story.

Please consider for you to define it as a definition or to omit from the list.
To Prepare a Draft for the standardization of terminology

We will have two hours of discussion to prepare a draft and publish it in our report. We will also discuss the format of the report. We will consider and study the standardization of terminology so that more people will understand our research and the actual interventions. Below is a list of terms that we have researched and listed.

List of the words:

- 創動運動  the Motivative exercise
- the movement of a healthy extremity leads with movement of an impaired extremity through the help of devices
- タキザワ式  the Takizawa method  Used 45 times in the US method paten.
- 米国方法特許で 45 回使われている
- medical chart entry and can control the rehabilitation and muscular power strength training centering and/or the Takizawa method and the Motivative exercise.
- パタパタ PATAPATA,
- the design patent registered JP 1096056 LOWER EXTREMITYS FUNCTION TRAINING DEVICE and the devices for front and back reciprocating on lower extremities

Biophilia

My high school studies convinced me that communism was prospered by plundering from people and therefore was wrong, so I decided to overthrow it in Fujisawa-city. During my post-university language study, the sight of wounded soldiers lined up from one end to the other in Irkutsk’s Central Park, with their legs lost, gave rise to my concern for society in the future, as we, the baby boomers, aged in large numbers. I was determined to solve both of these problems.

For deciding my will, the most effective word for me is “this book is appealing to the love for life, biophilia that still exists in many of us. Only through fully aware of us the danger of life can this potentially remobilize the action, capable of bringing about drastic changes in organizing society, not did I optimistic about the chances for success. But I believe one cannot think in terms of percentages or probabilities as long as there is a real possibility, even a slight one. Life will prevail,” quoted the Revolution of Hope by Erich Fromm.

バイオフィリア

私の意志を決めるための私にとって最も影響のあった言葉はエーリヒ・フロム著の希望の革命序文にあります。「本書は・・・述べた考え方を再構成して私たちの多くの中になおも存在する生命への愛『バイオフィリア』に訴えようとするものである。生命を脅かす危険を十分に認識した時に初めてこの潜在力を動員して私たちが社会を組織する方法に徹底的な変化をもたらす行動に移ることができるのである。私は成功の可能性について楽観しているわけではない。しかし生命が勝利を収めるための真の可能性、たとえわずかな可能性であっても、ある程度パーセンテージや確率で考えてはいけないので私は信じている。」

Explanation of “basic analysis value”

The term "basic analysis value" was used to avoid complicated explanations. Because one of the values that are the basic values of this patent, i.e., maximum, minimum, and average
values, can be used as the basic values for analyzing physical abilities.

Those have been shown to correlate with the level of care from the clarification by research.

Because the maximum, minimum, and average values of the detected values that correlate with the level of care differ depending on the situation (back and forth or rocking motion), and because they can be used for basic analysis if they correlate with the FIM (Functional Independence Measure) or other indices as well as with the level of care.

The term "basic analysis values" was used for the maximum, minimum, and average values of the detected values that are the evaluation criteria, depending on future research progress.

Descriptions in the specification- [0061], [0063], Figure 27 and Figure 28

References (research clarification reveals correlation with level of care)

【Non-Patent Document 15】
Shigeo Takizawa, Rika Wada, Toshihiro Tachibana, Junichi Ozawa, Toshiyuki Tanaka, Implementation of Knee Motivative Exercise Corresponding to Category of the Japanese Care Insurance, BIOPHILIA (2017) p. 1-6.

【Non-Patent Document 16】
Rika Wada, Shigeo Takizawa, Toshihiro Tachibana, Yoshiko Morita, Toshiyuki Tanaka, Yoshiyasu Takefuji, Hajime Takada, Evaluation of Body Condition by the implementation of Motivative Exercise, BIOPHILIA (2017) p. 7-12.

Explanation of “Motivative exercise”

The movement of a healthy extremity on the exercise board leads with movement of an impaired extremity simultaneously in the same direction through the help of devices. This exercise was defined as the motivative exercise.

Descriptions in the specification- 【0014】、【0044】 【Non-Patent Document 13】

We have published many research papers and articles on the concept of Motivative exercise, which is the basis for the diversification of medical intervention methods promoted by our Institute.

The Institute has published a WEB page on this subject.

We explain it from the application for the Joint Research/Seminar on "Paradigm Shift in Rehabilitation Medicine: Overcoming Disability by "Motivative exercise," which was approved by the Polish Academy of Sciences and the Japan Society for the Promotion of Science (JSPS) in 2020. The details can be found on the Institute's website.
Once, the principal investigator (inventor) of this study, a baby boomer, questioned the late Tetsuhiko Kimura, Director of the National Rehabilitation Center for the Disabled, "what do you call in English to move a disabled arm by oneself with an unaffected arm?"

The answer was, "self-training." The representative further asked, "What is it called in English to move a disabled leg by itself?". The Director replied, "There is no word for that. It's impossible, and that's why we have physical therapists for that. He replied.

The representative pointed out that a new term needed to be created because it can move the disabled leg, and then the term "motivative exercise" was created.

As introduced on our website, we have published many research papers based on our many years of research, and we believe that the term is now well known.

The most straightforward explanations of the motivative exercise can be found in the articles and articles in the Jiji Press Welfare magazine, where the definitions are made more apparent. The article on Welfare and Social Welfare has been re-recorded with the editor-in-chief's permission. It can be found on the website under the title "Development of Devices for the motivative exercise of Disabled Extremities."

The terms "motivational exercise" have been registered patent offices of the U.S and Japanese. And the method has been patented in the U.S. They can be used freely in applications other than sales of equipment.

Reference for the patent
Shigeo Takizawa, Yoshiyasu Takefuji, Akira Iemoto, Hajime Takada and Kentaro Nagaoka, Thermographic analysis of two kinds of motions,
[Non-Patent Document 2]
Kenji Ushizawa, et al: Statistical Evaluation of Rehabilitation to the Disabled Elderly based Takizawa-Program, Biophilia Rehabilitation Journal, 2-1, p71-80, 2004,
[Non-Patent Document 3]
S. Takizawa, T. Kimura, H. Kijima, Y. Okamoto, K. Nagaoka, Y. Morita, S. Endo, H. Nagasawa, M. Makita, K. Takizawa, Re-acquirement of Walking from Bedridden by the Motivative Exercise and Takizawa Method and Proposition of the Solution to the Aging Crisis BIOPHILIA Vol. 2015(2015) No. 1, Memorial Edition for the Linking ISSN Registration, p.12-18.
[Non-Patent Document 4]
Shigeo Takizawa, Tetsuhiko Kimura, Hideo Kijima, Yuzou Okamoto, Kentaro Nagaoka, Kyoko Takizawa, The Development of Devices for the MOTIVATIVE Exercise of Impaired Extremities, BIOPHILIA Vol. 2015(2015) No. 1 Memorial Edition for the Linking ISSN Registration p.7-11

Reference material
Shigeo Takizawa, Development of a device for Motivative exercise of disabled extremities, Jiji Press, Welfare and Welfare, No. 4833, p2-5 (May 17, 2000).
説明する。なお詳細は研究所 WEB で確認できる。
かつて、団塊世代の一人である本研究代表者（発明者）が、故木村哲彦国立障害者リハビリテーションセンター病院長に「障害のない腕で障害のある腕を自分で動かすことは英語で、何と呼ばれているのか」と尋ねた。回答は「self-training」であった。さらに代表者は、「英語で、障害のある足を自分で動かすことは何と呼ばれているか」と尋ねた。院長は、「そのことを表す言葉はない。それは不可能であり、そのため理学療法士がいる。」と回答した。
代表者は、「障害のある脚を動かすことができるので、新しい言葉を作る必要がある」と指摘し、そして「創動運動・Motivative exercise」という言葉を作成した。そして、弊研究所の WEB で紹介したように、多年的研究を基礎とした研究発表を重ねており、用語としては定着しているものと考えている。
なお創動運動について、最もわかりやすい説明は、銘々と定義を明確にした、論文や、時事通信厚生福祉の記事がある。厚生福祉の記事は編集長の許可を得て、再録済みであり、「障害がある四肢の創動運動のための器具開発」で検索できる WEB で紹介している。
創動運動・Motivative exercise の呼称は、日米両国特許庁に登録し、また方法は米国で特許されたが、機器販売以外において自由に使えるものとしている。

**Takizawa method patent**

運動者　trainee(s)

a specified trainee

実施管理者（運動実施管理者　共通の場合）　Managers

運動管理者 manager(s)

運動管理者は前記運動管理リストに基づく運動者毎の運動実施内容を確認
manager(s) check the individual rehabilitation or training contents for a trainee specified in the name column to prepare the devices for exercises, which are filled in the exercise columns.

実施管理者に機能回復及び筋力強化運動管理を委託
planner entrusts optional numbers of manager(s) and assigns optional numbers of trainees to the manager(s) with using the "Exercise administration list";

運動計画者  planner

運動計画者は医師又は理学療法士などリハビリテーション医学関係職種の専門家が望ましい。

The exercise planner is preferable to a physician or a physiotherapist, or other rehabilitation medicine-related professional.

**Lower limbs training device patent - Motivative exercise devise**

揺動軸  pivot axis

揺動回数検出装置  a pivot movement number detection device

揺動の回数を検出する揺動回数検出装置

a pivot movement number detection device detects a number of the rocking movement of a foot
rest

搖動速度検出装置  a rocking speed detection device
揺動の速度を検出する揺動回数検出装置
a rocking speed detection device detects a rocking speed of a foot
足載板  a foot rest
a foot rest for supporting both feet
往復動回数検出装置  a round-trip movement number sensing device
前後方向の往復動の回数を検出する往復動回数検出装置
a round-trip movement number sensing device detects the round-trip movement number detection devices
前後方向の往復動の回数を検出する往復動回数検出装置  the reciprocating movement, front and back
a round-trip movement number sensing device detects around the mean value of the movement speed of direction or detect the movement speed in the cross direction of a foot rest
往復動速度検出装置  movement speed detection device
前後方向の往復動の速度を検出する往復動回数検出装置
a movement speed detection device detects around the mean value of the movement speed of direction or detect the movement speed in the cross direction of a foot rest

Lower limbs training device patent - Motivative exercise devise 2
足載板  a foot rest  運動板  training board
a foot rest for supporting both feet
往復動回数検出装置  a round-trip movement number sensing device
前後方向の往復動の回数を検出する往復動回数検出装置  the reciprocating movement, front and back
a round-trip movement number sensing device detects around the mean value of the movement speed of direction or detect the movement speed in the cross direction of a foot rest
往復動速度検出装置  movement speed detection device
前後方向の往復動の速度を検出する往復動回数検出装置
a movement speed detection device detects around the mean value of the movement speed of direction or detect the movement speed in the cross direction of a foot rest

揺動軸  pivot axis
揺動回数検出装置  a pivot movement number detection device
揺動の回数を検出する揺動回数検出装置
a pivot movement number detection device detects a number of the rocking movement of a foot rest
揺動速度検出装置  a rocking speed detection device
揺動の速度を検出する揺動回数検出装置
a rocking speed detection device detects a rocking speed of a foot
創動運動  motivative exercise
往復動  reciprocating motion
揺動  rocking motion
前後動回数検出装置  a back and forth motion number detection sensor
揺動回数検出装置 a rocking motion number detection sensor
運動板 training board

基礎分析値 basic analysis value
自動計算した最大値と最小値と平均値で、実施時の動作データを分析して得た基礎分析値
Basic analysis values
The basic analysis values obtained by analyzing the operation data at the time of implementation with automatically calculated maximum, minimum and average values.
判定基準値 standard judgment value 対象者全員の累積分析値から一般に利用可能な基準値を決定している
A standard judgment value is determined from the cumulative analysis of all subjects.
累積分析値 accumulated basic analysis value 動作データから受信すると自動計算した最大値と最小値と平均値を累積し個人別の累積分析値を算出している
The maximum, minimum, and average values automatically calculated from the exercise data are accumulated basic analysis value for each individual are calculated.
身体状況判定値 Physical condition judgment value
介護度, FIM など the degree of care, FIM and etc.

Upper limb patent
手首巻き付け部
記憶素材
創動運動管理者
創動運動者
多人数が同一の場所
Only in Japanese

Evaluation Patent
創動運動管理者 Motivative exercise trainer
身体機能経過記録リスト list of physical functioning progress notes
創動運動者 Motivative exercise user
下肢機能訓練装置 Lower limbs training devise
タキザワ式リハビリテーションプログラム Takizawa method rehabilitation

Walker patent
滑動安定板 162 slidably stabilizing plate 2
支持安定腳 113 supporting leg 42
ソリ付きキャスター 14 caster with sled 2
障害物乗越用 14 traveling over obstacles 4
可撓性 8 flexible 3
板 163 plate 135
車輪 90 wheel 115
滑動安定板 slidably stabilizing plate
段差 support leg
支持安定脚 supporting leg
機械式歩行安定化装置
摩擦係数

「寝たきり老人を歩かせる」から抽出（Find from the Make Bedside elderly walk again）
寝たきり老人を歩かせる Make Bedside elderly walk again（Make wording easy, usually we used “Make Bedside elderly re-acquired walking”．）

後ろ向き歩行 backwards gait
ロ-リング状の他動運動の方法 Method of passive exercise in the shape of rolling Motion
関節拘縮の強い症例に対する ROM訓練 ROM Training for Patients with Severe Joint Contracture
腹筋強化のための体幹前屈運動（こんにちわ） Trunk Forward Bending Exercises to Strengthen Abdominal Muscles (Konnichiwa)
下肢機能訓練器（スプリング板） Lower Limb Motivative exercise device (Spring Board)
足関節の底屈運動（パタパタ） Motivative exercise for plantar flexion of the ankle joint (patter)
足関節の背屈運動（パタパタ） Motivative exercise for Dorsiflexion of the Ankle Joint (Patterning)
下肢機能訓練器（ローラーボード） Lower Limb Motivative exercise device (Roller Board)滑車重錘抵抗器使用の訓練法 Training Methods for Using Pulley Weight Resist
平行棒内後ろ歩き Walking Backwards on Parallel Bars
平行棒内横歩き Side walking on Parallel Bars
仰向き時の使用図 Directions for use to lie on one's back
仰向き時の使用図 Directions for use to lie on one's back
平行棒内後ろ歩き Walking Backwards on Parallel Bars
平行棒内横歩き Side walking on Parallel Bars
滑車重錘抵抗器使用の訓練法 Training Methods for Using Pulley Weight Resist

We need your cooperation to make this a productive discussion.
We would appreciate your cooperation.
# Make Bedridden elderly walk again and Jiji Press article

TAKIZAWA Shigeo

## Table of Contents

| Table | Content |
|-------|---------|
|序文 | Preface |
|第一部・提案 | Part I. Proposal |
| 第1章 ベッドサイド訓練 | Chapter 1: Bedside Training |
| 1-1 床ずれ（褥創）予防と体位交換時の注意 | 1-1 Prevention of Bedsores (Decubitus Wounds) and Precautions for Changing Positions |
| 1-2 体位変換 | 1-2 Position Change |
| 1-2-1 体位変換の際のクッションの利用 | 1-2-1 Use of Cushions During Position Change |
| 1-2-2 押向時のクッションの使用 | Use of Cushions When Lying on Your Back |
| 1-2-3 かかと部の除圧 | Heel Decompression |
| 1-3 压迫と拘縮の予防、改善と良肢位保持 | Prevention and improvement of compression and contractures and retention of functional position |
| 1-3-1 肩関節内転、肘屈曲拘縮の予防と改善 | Prevention and Improvement of Shoulder Joint Adduction and Elbow Flexion Contracture |
| 1-3-2 膝関節屈曲拘縮の予防と改善 | Prevention and Improvement of Knee Flexion Contracture |
| 1-3-3 股関節外転外旋拘縮の予防と改善 | Prevention and Improvement of Abduction External Rotation Contracture of the Hip Joint |
| 1-3-4 股関節内転、内旋拘縮、膝関節屈曲拘縮の予防と改善 | Prevention and improvement of hip adduction, internal rotation contracture and knee flexion contracture |
| 1-3-5 足関節の尖足拘縮予防と拘縮の予防と改善 | Prevention and amelioration of equinus foot and contractures, and contractures of the joints |
| 1-4 可動域拡大訓練（R O M）訓練 | Expanded Range of Motion (ROM) Training |
| 1-4-1 ロ-リング状の他動運動の方法 | Method of passive exercise in the shape of rolling Motion |
| 1-4-2 膝関節伸展拘縮 | Knee Joint Extension Contracture |
| 1-4-3 膝関節の屈曲拘縮 | Flexion Contracture of the Knee Joint |
| 1-4-4 足関節尖足拘縮 | Equinus foot contracture of the ankle joint |
| 1-5 座位訓練 Sitting exercise |  |
| 1-5-1 ギャジアップイメージ | image of the bed boards with motorized/manual adjustment of body position |
| 1-5-2 座位保持訓練 seating and to keep siting position Training |
| 第2章 車椅子座位の訓練 | Chapter 2: Training for Wheelchair Sitting |
| 2-1 車椅子に移乗 | Transferring to a wheelchair |
| 2-1-1 腹筋に力をいれ、患者を動かす | Strength in the abdominal muscles to move the patient |
| 2-1-2 安全のために、腰紐を持つ | Have a waistband for safety |
| 2-1-3 膝折れ予防 | Knee bending Prevention |
| 2-1-4 介助者の肩に手をかける | Putting a hand on the caregiver’s shoulder |
| 2-2 車椅子上で姿勢がくずれやすい人に | For people who are prone to posture loss on wheelchairs |
| 2-2-1 クッションを差し込んで安定 | Inserting Cushion for Stability |
| 2-3 車椅子座位での上肢訓練 | Upper Extremity Training in Wheelchair Seated Position |
| 章節 | 項目 | 言語 | 概要 |
|------|------|------|------|
| 2-3-1 | 肩関節と肘関節のR O M訓練（プーリー） | ROM Training for Shoulder and Elbow Joints (Pulley) | 指定なし |
| 2-3-1-1 | プーリーの握りを持てない時 | When you can't hold the pulley | 指定なし |
| 2-3-1-2 | グリップの補助タオル | Grip's Auxiliary Towel | 指定なし |
| 2-3-2 | 関節拘縮の強い症例に対するR O M訓練 | ROM Training for Patients with Severe Joint Contracture | 指定なし |
| 2-3-3 | 重錘バンド抵抗運動 | Weight Resistance Exercise | 指定なし |
| 2-3-4 | 手関節及び前腕の機能改善 | Improving the Function of the Wrist and Forearm | 指定なし |
| 2-3-4-1 | リストマシン | List Machine | 指定なし |
| 2-3-4-2 | リストロール | Listrol | 指定なし |
| 2-3-5 | 上肢の骨折後の肩関節運動 | Shoulder Exercise after Fracture of the Upper Extremity | 指定なし |
| 2-3-6 | 腕の前腕の機能改善 | Improving the Function of the Wrist and Forearm | 指定なし |
| 2-3-7 | 体幹筋の筋力増強訓練 | Strength training for trunk muscles | 指定なし |

| 第3章 | 下肢の訓練 | Chapter 3: Lower Limb Training |
|------|------|------|
| 3-1 | 足関節運動 | Ankle Exercises |
| 3-1-1 | 下肢機能訓練器（スプリング板） | Lower Limb Motivative exercise device (Spring Board) |
| 3-1-1-1 | 足関節の屈曲運動（パタパタ） | Motivative exercise for plantar flexion of the ankle joint (patter) |
| 3-1-1-2 | 足関節の背屈運動（パタパタ） | Motivative exercise for Dorsiflexion of the Ankle Joint (Patterning) |
| 3-1-2 | 下肢機能訓練器（ローラーバード） | Lower Limb Motivative exercise device (Roller Board) |
| 3-1-2-1 | 腓の屈曲と足関節の背屈運動（コロコロ） | Knee Flexion and Dorsiflexion of the Ankle Joint (KoroKoro) |
| 3-1-2-2 | 腓の伸展と足関節の屈曲運動（コロコロ） | Knee extension and ankle basal flexion (KoroKoro) |
| 3-2 | 股関節の屈曲、外転、内・外旋のR O M訓練 | ROM training for hip flexion, abduction, and internal and external rotation |
| 3-2-1 | 股関節の内旋拘縮のR O M訓練 | ROM Training for Internal Rotation Contracture of the Hip Joint |
| 3-2-2 | 股関節の内旋拘縮のR O M訓練 | ROM Training for Internal Rotation Contracture of the Hip Joint |
| 3-3 | 大腿四頭筋筋力増強訓練 | Quadriceps Muscle Strength Training |
| 3-3-1 | 大腿四頭筋訓練方法 | Quadriceps Training Methods |
| 3-3-2 | 大腿四頭筋介助訓練 | Quadriceps Muscle Support Training |
| 3-4 | ハムストリング筋筋力増強訓練 | Hamstring Muscle Strength Training |
| 3-4-1 | 滑車重錘抵抗器使用の訓練法 | Training Methods for Using Pulley Weight Resistors |

| 第4章 | 立位訓練 | Chapter 4: Standing Training |
|------|------|------|
| 4-1 | 立位訓練開始時の注意 | Caution at the start of standing training |
| 4-2 | 立位訓練の際の装具及び道具 | Orthotics and Tools for Standing Training |
| 4-2-1 | 患側下肢の膝折れ防止、反張膝防止を図る装具 | Knee Braces to Prevent Knee buckling and Back knee of the Affected Lower Limb |
| 4-3 | 平行棒や肋木にしっかりつかまって左右へのバランス訓練 | Balance training from side to side by holding onto the parallel bars or wall bars firmly... |
| 4-3-1-1 | 平行棒のバランス訓練 | Balance Training of the Parallel Bar |
| 章 | 項目 | 内容 |
|---|---|---|
| 4-3-1-2 | 肋木のバランス訓練 | Balancing Training of the wall bars |
| 4-3-1-3 | 両足を横に上げる | Raise both feet to the side |
| 4-3-1-4 | 両脛を高く上げる | Raising both thighs high |
| 4-3-1-5 | 両足を後ろに上げる | Raise both feet back |
| 4-3-1-6 | 両足一緒につま先立ち | Standing on tiptoe with both feet together |
| 4-3-1-7 | つま先立ちと膝曲げ | Toe Stance and Knee Bend |
| 4-4 | 尖足のある患者の立位訓練 | Standing Training for Patients with equinus foot |
| 4-4-1 | 布製の尖足予防装具 | Prophylactic Cloth Orthosis |
| 4-4-2 | ナイトブレイス利用 | Use of Night Brace |

第5章

歩行訓練

| 項目 | 内容 |
|---|---|
| 5-1-1 | 平行棒内前歩き | Walking Forward on Parallel Bar |
| 5-1-2 | 平行棒内後ろ歩き | Walking Backwards on Parallel Bars |
| 5-1-3 | 平行棒内横歩き | Side walking on Parallel Bars |
| 5-2 | 歩行用装具 | Walking braces |
| 5-2-1 | アンクルジョイント付き長下肢装具の紹介 | Introduction of a Long Leg Orthosis with Ankle Joint |
| 5-2-1-1 | アンクルジョイント付き長下肢装具背面図 | Posterior View of Long Leg Orthosis with Ankle Joint |
| 5-2-1-2 | アンクルジョイント付き短下肢装具側面図 | Side View of Short Limb Orthosis with Ankle Joint |
| 5-2-2 | 装具の説明 | Description of Orthotics |
| 5-3 | 歩行器使用 | Walker use |
| 5-3-1 | 4輪型歩行器（歩行車） | 4-Wheeled Walkers (Walking Vehicle) |
| 5-3-2 | ピックアップ型歩行器 | Pick-up Type Walker |
| 5-3-3 | 新型歩行器 | A New Type of Walker |
| 5-3-4 | 特別な利用法 | Special Use |
| 5-4 | 歩行器 | | |
| 5-4-1 | 歩行器の合わせ方 | How to Match a Cane |
| 5-4-2 | 歩行器の選び方 | How to Choose a Cane |
| 5-4-2-1 | T字杖 | T-shaped cane |
| 5-4-2-2 | ロフストランド杖 | Lofstrand Cane |
| 5-4-2-3 | 四点支持杖 | Four-point support cane |
| 5-4-3 | 歩行器の使い方 | How to Use a Cane |
| 5-5 | 平行棒外歩行に至らない症例 | Cases that do not lead to an extra-parallel bar gait |

第6章

温熱療法

| 項目 | 内容 |
|---|---|
| 6-1 | 温熱療法（ホットパックとマイクロウェーブ） | Heat therapy (hot packs and micro-waves) |
| 6-1-1 | 腰痛に対するホットパックの使用 | Use of Hot Packs for Back Pain |
| 6-1-1-1 | 仰向き時の使用図 | Directions for use to lie on one's back |
| 6-1-2 | 横向き時の使用図 | Usage Diagram in lateral Position |
| 6-1-2-1 | 膝部分の痛みに対するホットパックの使用図 | Diagram of Hot Pack Use for Knee Pain |

寝たきり老人を歩かせる　Make Bedridden elderly walk again
後ろ向き歩行　backwards gait　横歩き　side step
ロ-リング状の他動運動の方法  Method of passive exercise in the shape of rolling Motion
関節拘縮の強い症例に対するROM訓練 ROM Training for Patients with Severe Joint Contracture
腹筋強化のための体幹前屈運動（こんにちわ） Trunk Forward Bending Exercises to Strengthen Abdominal Muscles (Konnichiwa)
下肢機能訓練器（スプリング板） Lower Limb Motivative exercise device (Spring Board)
足関節の底屈運動（パタパタ） Motivative exercise for plantar flexion of the ankle joint (patter)
足関節の背屈運動（パタパタ） Motivative exercise for Dorsiflexion of the Ankle Joint (Patterning)
下肢機能訓練器（ローラー板） Lower Limb Motivative exercise device (Roller Board)
滑車重錘抵抗器使用の訓練法 Training Methods for Using Pulley Weight Resist
平行棒内後ろ歩き Walking Backwards on Parallel Bars
平行棒内横歩き Side walking on Parallel Bars
仰向き時の使用図 Directions for use to lie on one's back
寝たきり老人を歩かせる  Make bedridden elderly walk again

| Words               | TF | Words               | TF | Words               | TF |
|---------------------|----|---------------------|----|---------------------|----|
| 株式会社            | 12 | 出版出版           | 9  | 会社               | 7  |
| 技研技术研究会      | 12 | 少しlittle         | 9  | 病気            | 7  |
| 右左left and right  | 12 | 上げるvomit        | 9  | 在宅being at ho  | 7  |
| 座group            | 12 | 伸展extension     | 9  | 持ち上げるlift up | 7  |
| 出すput out        | 12 | 多くmany         | 9  | 次next         | 7  |
| 寝るlie down       | 12 | 抵抗resistance   | 9  | 徐々にgradually  | 7  |
| 痛みpain           | 12 | 防ぐprevent      | 9  | 床bed          | 7  |
| 倒れるbe defeated (in battle) | 12 | リストlist       | 8  | 円するplan       | 7  |
| 両足both feet      | 12 | 下腿lower limbs | 8  | 前腕forearm     | 7  |
| バンドband         | 11 | 外other than     | 8  | 聖マリアンSt. Mariann    | 7  |
| リハビリテーションrehabilitation | 11 | 強化strengthen | 8  | 移乗transferring (e.g. a ship) | 11 |
| 移乗transferring (e.g. a ship) | 11 | 軽いlight (i.e. of ) | 8 | 多いmany | 7  |
| 生活life           | 11 | 高いhigh       | 8  | 長いlong (distance) | 7  |
| 体位physical standard | 11 | 合わせるjoin together | 8 | 運換conversion | 7  |
| 注意attention (e.g. to detail) | 11 | 重要important | 8  | 本content | 8  |
| 平行棒parallel bars | 11 | 出来るbe ready | 8  | 本counter for books | 10 |
| 保持retention      | 11 | 紹介introduction | 8  | 練習practice | 8  |
| プーリーretention  | 11 | 状態state       | 8  | センターcenter | 9  |
| 壓迫pressure       | 10 | 大きいlarge     | 8  | 安定stability | 7  |
| 高齢advanced age   | 10 | 滝沢waterfall  | 8  | 器具apparatus | 9  |
| 自分myself         | 10 | 爪先tiptoe     | 8  | 起こすwake someone | 9 |
| 寝たきりconfined to bed | 10 | 動かすmobilize | 8  | 薄いthin | 10  |
| 説明Description.  | 10 | 特にespecially | 8  | 本counter for books | 10 |
| 前previous         | 10 | 内容contents | 8  | 練習practice | 8  |
| 大腿thigh         | 10 | 腹筋abdominal r | 8  | 本counter for books | 10 |
| 薄いthin           | 10 | 用いるuse      | 8  | 練習practice | 8  |
| 本counter for books | 10 | 練習practice | 8  | 本counter for books | 10 |
| センターcenter     | 9  | しつづin the cour | 7  | 安定stability | 7  |
| 安定stability      | 9  | エイray (fish) | 7  | 器具apparatus | 9  |
| 器具apparatus      | 9  | タオルtowel     | 7  | 起こすwake someone | 9 |
| 起こすwake someone | 9  | バランスbalance | 7  | 曲げるbend  | 9  |
| 曲げるbend         | 9  | リングring      | 7  | 行なうperform | 9  |
| 行なうperform      | 9  | 医療medical care | 7  | 腰掛けるsit down | 9  |
| 腰掛けるsit down   | 9  | 横向きturning side | 7  |