WHAT IS CLAIMED IS:

1. A wearable device, adapted to be worn on at least one of a torso and limbs of a user or a combination thereof, the wearable device comprising:

a wearable body, having at least two fixing parts adapted to be fixed on at least two adjacent movable joints of the user, such that the wearable body fits on at least one of the torso, the limbs, or the combination thereof, wherein the wearable body forms a positioning region between the at least two fixing parts, and that a part of at least one of the torso, the limbs, or the combination thereof located between the at least two adjacent movable joints is within a range of the positioning region; and

at least one positioning unit, located in the positioning region of the wearable body to correspond to a specific position of the user, wherein the positioning unit is fitted to a body shape of the user along with the wearable body, the positioning unit is a physical coordinate grid or a virtual coordinate grid shown, configured or virtually indicated on the positioning region, and the positioning unit is only arranged in a range of the positioning region which is defined among the at least two fixing parts.

2. The wearable device according to claim 1, wherein the fixing part has a thickened structure corresponding to a periphery of a convex part of the movable joint.

3. The wearable device according to claim 1, wherein the fixing part has an opening corresponding to a convex part of the movable joint.

4. The wearable device according to claim 1, wherein the fixing part has a thickened structure corresponding to a recess of the movable joint.

5. The wearable device according to claim 1, wherein the fixing part has a strap structure tied to two opposite sides of the movable joint.

6. The wearable device according to claim 1, wherein the fixing part has a strap structure and a thickened structure, the strap structure is tied next to the movable joint, and the thickened

structure corresponds to a bone bulge of the user.

7. The wearable device according to claim 1, wherein a material of the wearable body in the positioning region has elasticity.