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題目 (Title):

高中生的功能性步態及平衡測驗之表現
(Performance of High School Adolescents on Functional Gait and Balance Measures)

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目的 (Purpose):

描述高中生在前庭物理治療常用的功能性步態及平衡測驗之表現
(To describe the performance of high school adolescents during common functional gait and balance measures used in vestibular physical therapy.)

方法 (Methods):

此橫斷性研究包括 91 位受試者，使用「活動性平衡信心量表」、「動態步態指標」、「功能性步態評估」、「計時“起走”測驗」、「5 次坐到站測驗」、「步態速度測驗」、以及「平衡誤差計分系統」等七種方法來測量其表現。其中部分受試者重複接受「步態速度測驗」、「計時“起走”測驗」及「5 次坐到站測驗」兩次以檢驗這些評估方法之再測信度。

(A cross-sectional study of 91 participants determined their performance on the Activities-specific Balance Confidence (ABC) scale, Dynamic Gait Index, Functional Gait Assessment, Timed “Up and Go” (TUG), Five Times Sit to Stand (FTSTS) test, tests of gait speed (GS), and the Balance Error Scoring System. In a subset of this

sample, GS, TUG, and the FTSTS were repeated twice to examine test-retest reliability.)

結果 (Results):

「步態速度測驗」、「計時“起走”測驗」及「5次坐到站測驗」的測驗結果為常態分布。「活動性平衡信心量表」、「動態步態指標」及「功能性步態評估」的測驗結果則顯示有天花板效應。上述需計時的測驗顯示中等至良好的信度。

(The measures of GS, TUG, and FTSTS were normally distributed. The Activities-specific Balance Confidence, Dynamic Gait Index, and Functional Gait Assessment exhibited a ceiling effect. The timed measures exhibited moderate to good reliability.)

結論 (Conclusions):

這些測驗結果的表現分數可以做為停止前庭物理治療的終止點。但臨床人員需注意部分測驗所顯現出的天花板效應。

(These performance scores may provide end points for discharge from vestibular physical therapy. However, clinicians should be aware of the ceiling effect exhibited by some measures.)

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