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題目 (Title):

小兒前庭復健：個案研究。

Pediatric Vestibular Rehabilitation: A Case Study.

摘要中文翻譯**背景：**

一位九歲兒童因為持續九個月頭暈、頭痛和移動敏感問題接受物理治療。這名兒童抱怨在遊樂場遊戲、跑步、乘車、看動作電影、坐在日光燈下、以及做快速頭部動作會有困難。

方法：

初次評估包括臨床動眼檢查、輻輳檢查、靜態與動態視力檢查、頭部衝動檢查、主觀視覺垂直感測試、平衡檢查、兒童前庭症狀問卷、頭暈障礙量表-兒童照顧者版(Dizziness Handicap Inventory-child caregivers version, DHI-PC)、視覺性眩暈量表。物理治療包括 Xbox 虛擬實境遊戲，和適應、習慣化及平衡運動。每週一次回診與每天進行二至三次的居家運動。

結果：

在十次治療後，她感到玩遊戲較輕鬆，頭痛減少，能長距離乘車去旅行且沒有不舒服，能看 3D 電影且沒有症狀。兒童前庭症狀問卷的分數從 0.7 減少到 0.1。DHI-PC 從 22 分減少到 12 分，以及視覺性眩暈量表分數有進步。

結論：

前庭復健改善這個孩子的生活品質。她能回復日常生活活動而有較少症狀。

Original Abstract

BACKGROUND:

A 9-year-old child with a 9-month history of complaints of dizziness, headache, and motion sensitivity came to physical therapy. The child complained of difficulties playing on a playground, running, riding in a car, watching "action movies," sitting under fluorescent lights, and making quick head movements.

METHODS:

An initial evaluation included a clinical oculomotor examination, vergence testing, static and dynamic visual acuity testing, head impulse testing, subjective visual vertical, balance testing, the pediatric vestibular symptom questionnaire, the Dizziness Handicap Inventory-child caregivers version (DHI-PC) and a visual vertigo analog scale. Physical therapy included virtual reality with Xbox games plus adaptation, habituation, and balance exercises. She was seen once per week and given a home program of exercises 2 to 3 times a day.

RESULTS:

After 10 treatment sessions, she reported that playing was easier, headaches had reduced, she could travel as a passenger in a car for long distances without complaints, and that she could watch 3-dimensional action movies without symptoms. Her pediatric vestibular symptom questionnaire scores had reduced from 0.7 to 0.1. The DHI-PC had decreased from 22 to 12 points and her visual vertigo analog scale scores were improved.

CONCLUSIONS:

Vestibular rehabilitation improved this child's quality of life. She was able to return to her daily living activities with fewer symptoms.

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