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題目 (Title):

兒童大便失禁的物理治療：個案報告

Physical Therapy for a Child with Encopresis: A Case Report.

摘要中文翻譯**目的：**

描述多元模式療法成功治療一位大便失禁兒童的執行及療效。

重點摘要：

兒童表現出長期便秘、骨盆底肌知覺(awareness)不佳且無力，以及排泄時不協調的症狀。他參與八次的物理治療療程，包含增進骨盆底肌知覺、肌力訓練與協調運動、行為調適、飲食調整，以及使用多媒體、藝術與互動式視覺活動。

結論：

兒童的骨盆底肌力量與協調有進步，並且能夠在家以及社區環境中完全控制腸道的排泄功能。

此個案於實證執業加入了什麼：

此個案報告呈現在治療兒童的滯留性大便失禁時，結合兒童適齡的教育與增進動機的工具（如多媒體、藝術與互動式視覺活動）以及當前的治療，是立即可得、經濟實惠且能夠有效地減少功能損傷，並能增進主動參與及接受治療的配合度。

Original Abstract

PURPOSE:

To describe the implementation and effectiveness of a multimodal therapeutic approach used to successfully treat a child with encopresis.

SUMMARY OF KEY POINTS:

The child demonstrated chronic constipation, poor pelvic floor muscle awareness, weakness, and incoordination during voiding. He participated in 8 sessions of physical therapy intervention including pelvic floor muscle awareness, strengthening and coordination exercises, behavioral adaptations, diet modification, and use of media, art, and interactive visualization activities.

CONCLUSIONS:

The child improved pelvic floor muscle strength and coordination and became fully continent of bowel in home and community settings.

WHAT THIS CASE ADDS TO EVIDENCE-BASED PRACTICE:

This case report demonstrates that pediatric age-appropriate educational and motivational tools (media, art, and interactive visualization activities) are readily available, economical, and effective when used in conjunction with current practice to decrease impairments and improve active participation and compliance during treatment of retentive encopresis in the pediatric population.

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