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題目 (Title):

一名脊柱裂青少年在密集漸進式阻力運動訓練後於功能性活動的改善

Functional Mobility Improved After Intensive Progressive Resistance Exercise in an Adolescent With Spina Bifida.

摘要中文翻譯**目的:**

敘述運用創新的密集漸進式阻力運動介入於一位罹患脊柱裂的 14 歲青少年以達到功能性目標的使用情況與效益。

重點摘要:

該名兒童下肢無力，膝關節與髖關節屈曲攣縮，體感覺受損，並心肺功能不佳，影響其步態及行走功能。為了改善在家中的行走能力，設計了 8 週的密集漸進式阻力運動介入，著重於雙下肢肌肉的力量與穩定度。次要介入則著重於心肺耐力訓練。

結論:

該名兒童在行步速度、行走耐力、功能性下肢肌力皆有進步。在持續的牽拉與擺位下，膝關節屈曲攣縮顯示中度的反應。

此個案於實證實務增加了什麼:

密集漸進式阻力運動訓練可以有效改善腦性麻痺青少年的功能，但就我們所知道尚未運用在有其它神經性問題的青少年。

Original Abstract

PURPOSE:

To describe the use and effectiveness of a novel intensive progressive resistance exercise (PRE) approach to address the functional goals of a 14-year-old adolescent with a myelomeningocele.

SUMMARY OF KEY POINTS:

The child had lower extremity weakness, knee and hip flexion contractures, impaired somatosensation, and cardiopulmonary deconditioning, affecting gait mechanics and functional ambulation. An 8-week intensive PRE-based intervention was designed to improve walking in the home by targeting both power-generating and stabilizing lower extremity musculature. Secondary intervention focused on cardiopulmonary endurance training.

CONCLUSIONS:

The child demonstrated improvements in gait speed, walking endurance, and functional lower extremity strength. Knee contracture was moderately responsive to sustained stretching and positioning.

WHAT THIS CASE ADDS TO EVIDENCE-BASED PRACTICE:

This intensive PRE training approach had been effective for improving function among youth with cerebral palsy, and to our knowledge it had not yet been applied to youth with other neurological conditions.

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