

原作者及出處 (Original):

Buckland, Melanie A., Slevin, Corinne M., Hafer, Jocelyn F., Choate, Cherri.,
Kraszewski, Andrew P.

Winter 2014 - Volume 26 - Issue 4 - p 411-417

doi: 10.1097/PEP.0000000000000084

題目 (Title):

鞋子的扭轉彈性對於正在學走之兒童的步態與穩定度之效果

(The Effect of Torsional Shoe Flexibility on Gait and Stability in Children Learning to Walk)

翻譯者 (Translator):

陳麗秋 (Li-Chiou Chen, PT, PhD,)

臺灣大學醫學院物理治療學系 助理教授 台北 台灣

(Assistant Professor, School and Graduate Institute of Physical Therapy, College of
Medicine, National Taiwan University, Taipei, Taiwan)

校閱者 (Reviewer):

黃靄雯 (Ai-Wen Hwang)

長庚大學 早期療育研究所 副教授 桃園 台灣

(Assistant Professor, Graduate Institute of Early Intervention, Chang Gung University,
Tao-Yuan, Taiwan)

目的 (Purpose):

檢查不同的鞋子扭轉彈性對於剛開始行走的兒童之步態與穩定度之效果。

(To examine the effects of different torsional flexibilities of shoes on gait and stability
in children who are newly walking.)

方法 (Methods):

受試者包括二十五位行走不超過 5 個月的兒童，在赤腳與穿著四種不同扭轉彈性
(超級彈性、中度彈性、低度彈性、堅硬)的鞋子情況下接受評估，使用 GaitMatII
檢查步態，以兒童在功能性任務中發生絆倒/跌倒的次數來決定其穩定度。

(Twenty-five children walking 5 months or less were evaluated barefoot and in 4
shoes with different torsional flexibilities [UltraFlex, MidFlex, LowFlex, and Stiff]. Gait
pattern was assessed using GaitMatII. Stability was determined by the number of
stumbles/falls during functional tasks.)

結果 (Results):

站立期時間在赤腳時較穿著所有鞋子狀況下短 (P = .000)，在穿著超級彈性鞋子時比穿著低度彈性鞋子時短 (P = .000)。步寬在穿著超級彈性鞋子時比穿中度與低度彈性鞋子時較寬 (P = .028)。速度、步長、與絆倒/跌倒的次數在不同鞋子間並無顯著差異。行走不超過 2 個月的兒童比行走超過 2 個月的兒童發生較多次絆倒/跌倒 (P = .003)。

(Stance time was shorter barefoot compared with all shoe conditions (P = .000). Stance time was shorter in UltraFlex than in LowFlex (P = .000). Step width was wider in UltraFlex than in MidFlex and LowFlex (P = .028). Velocity, step length, and the number of stumbles/falls did not differ significantly across shoe conditions. Children walking for 2 months or less had significantly more stumbles and falls than children walking more than 2 months (P = .003).)

結論 (Conclusions):

站立期時間與步寬會隨著不同鞋子而異，穩定度則不受鞋子影響。

(Stance time and step width differ across shoe conditions. Stability does not differ across shoe conditions.)

Lippincott Williams & Wilkins, a business of Wolters Kluwer Health and its affiliates take no responsibility for the accuracy of the translation from the published English original and are not liable for any errors which may occur²

威科集團醫療衛生業務部門之一：Lippincott Williams & Wilkins，及威科集團醫療衛生業務部門的其他附屬機構不承擔因從英文原文翻譯的準確性而導致的任何責任，也不承擔由於翻譯錯誤而導致的任何法律責任。