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題目 (Title):

水療運動對三位雷特氏症兒童之效益

Efficacy of an Aquatic Exercise Program for 3 Cases of Rett Syndrome.

摘要中文翻譯**目的：**

檢視三位雷特氏症(Rett syndrome)女童參與水療運動的生理及功能效果，以探討日後可能的研究方向。

重點摘要：

雷特氏症是一嚴重的神經發展疾病，會造成嚴重的神經動作障礙和認知功能缺損，以及多重的失能。三位被診斷為第三期的雷特氏症女童 (4、6及7歲)，參與20個月量身設計的個別化水療運動，內容包括全身運動、漸進式的功能性動作訓練、心肺、肌肉及柔軟度訓練。評估項目包含休息及運動心跳、相關的人體測量、動作功能、臨床表現，及心理社會功能。

結論：

三位參與者在動作功能、情緒、和家人及學校同儕的互動關係，以及功能性活動中的關節活動度、肌力和耐力等都有改善。週期性的評估運動心跳，顯示訓練結束後，心跳比基準值平均增加33%，意味著水療可刺激心肺功能。這先導研究的運動訓練，提供了對雷特氏症兒童運動訓練未來研究與臨床介入的理論基礎。

Original Abstract

PURPOSE:

To examine functional, physiological effects of participating in an aquatic exercise program by 3 girls, diagnosed with Rett syndrome (RS), to explore areas for possible new research.

SUMMARY OF KEY POINTS:

RS is a severe neurodevelopmental disorder, which causes multiple disabilities and serious impairments in neuromotor and cognitive abilities. Three girls (4, 6, and 7 years), diagnosed stage III RS, participated in 20 months of aquatic exercise, with individually tailored, full body exercises, progressively targeting functional, cardiorespiratory, muscle, and flexibility training. Assessments included resting and exercise heart rates, anthropometric measures, functional, clinical aspects, and psychosocial abilities.

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CONCLUSIONS:

The participants improved functional ability, mood status, relations with family and schoolmates, joint mobility, muscle strength, and endurance during functional activities. Periodic evaluation of exercise heart rates averaged an increase in intensity of 33% above baseline, indicating cardiorespiratory stimulus. This pilot program provides clinical rationale for future studies and clinical interventions for RS children.

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