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**翻譯者 (Translator):**

莊頌音

臺北榮民總醫院物理治療師，臺北，臺灣

**校閱者 (Reviewer):**

陳麗秋

輔英物理治療學系助理教授，高雄，臺灣

**題目 (Title):**

腦性麻痺患童之六分鐘行走測驗結果的發展軌跡與參考百分位  
Developmental Trajectories and Reference Percentiles for the 6-Minute Walk Test for  
Children With Cerebral Palsy.

**摘要中文翻譯****目的：**

本研究的目的是要記錄不同粗大動作功能分級（Gross Motor Function Classification System）的孩童其6分鐘行走測驗距離之縱向發展軌跡，並建立年齡別參考百分位。

**方法：**

共有456位3到12歲、粗大動作功能分級I到III級的腦性麻痺患童參加。兒童的動作功能分類是根據粗大動作功能分類系統，這些兒童於二年中完成2至5次6分鐘行走測驗。

**結果：**

縱向發展軌跡支持6分鐘行走測驗距離隨著年齡增長而增加，並在兒童接近其粗大動作功能分級所相對應的功能上限時趨緩。建立參考百分位圖以監測隨時間進行的變化。

**結論：**

6分鐘行走測驗之縱向發展軌跡、參考百分位、以及百分位變化之解釋可以協助針對腦性麻痺患童之功能性行走能力的共同合作與積極的介入計畫。

## **Original Abstract**

### **PURPOSE:**

The purposes of this study were to document longitudinal developmental trajectories in 6-minute walk test (6MWT) distances and to develop age-specific reference percentiles for children across different Gross Motor Function Classification System (GMFCS) levels.

### **METHODS:**

A total of 456 children with cerebral palsy ages 3 to 12 years of, GMFCS levels I to III participated. Children's motor function was classified on the GMFCS, and children completed the 6MWT 2 to 5 times in 2 years.

### **RESULTS:**

Longitudinal developmental trajectories support that 6MWT distances increase with age followed by a tapering, as children approach their functional limit relative to their GMFCS level. Reference percentile graphs were created to monitor change over time.

### **CONCLUSIONS:**

The 6MWT longitudinal developmental trajectories, reference percentiles, and interpretation of percentile change should assist collaborative and proactive intervention planning relative to functional walking capacity for children with cerebral palsy.