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題目 (Title):

適應性動力彈跳床訓練對腦性麻痺兒童之效果: 單一受試研究設計。
Effects of Adaptive Bungee Trampolining for Children With Cerebral Palsy: A
Single-Subject Study.

摘要中文翻譯**目的：**

探究腦性麻痺兒童接受適應性動力彈跳床訓練之效果

方法：

本研究為單一受試研究A-B-A設計，收案四名6-11歲的兒童。量測項目包含肌力、平衡、功能性肌力、功能性活動度、粗大動作功能量表(Gross Motor Function Measure)的選定項目、心律、樂趣、以及如關節活動度與痙攣等不利影響。目標則以加拿大職能表現測驗(Canadian Occupational Performance Measure)評量。

結果：

三位個案的下肢肌力有改善，兩名個案在平衡與功能性肌力亦有改善。一位無行走能力個案的坐姿與支持性站立時間有增加。所有個案在加拿大職能表現測驗的分數皆有顯著增加。依從性與樂趣皆高，而且沒有不利影響。

結論：

適應性動力彈跳床訓練可以改善腦性麻痺兒童之肌力、平衡與功能性活動度。

Original Abstract

PURPOSE:

To assess effects of adaptive bungee trampoline training for children with cerebral palsy.

METHODS:

This was a single-subject intervention study, A-B-A, with 4 children aged 6 to 11 years. Measurements included muscle strength, balance, functional muscle strength, functional mobility, selected Gross Motor Function Measure items, heart rate, enjoyment, and for adverse effects-range of motion and spasticity. Goals were measured using the Canadian Occupational Performance Measure.

RESULTS:

Lower limb muscle strength improved in 3 children, and balance and functional strength in 2 children. The child who was not walking increased sitting and supported standing times. All participants had clinically significant increases on the Canadian Occupational Performance Measure. Adherence and enjoyment were high, with no adverse effects.

CONCLUSION:

Adaptive bungee trampoline training can improve strength, balance, and functional mobility in children with cerebral palsy.

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