

原作者及出處 (Original):

Grecco, Luanda André Collange; de Freitas, Tatiana Beline; Satie, Julia; Bagne, Eduardo; Oliveira, Claudia Santos; de Souza, Daniel Rubio
Pediatric Physical Therapy. 25(2):187-192, Summer 2013.
doi: 10.1097/PEP.0b013e3182888495

題目 (Title):

腦性麻痺兒童在下肢骨科手術後之跑步機訓練
(Treadmill Training Following Orthopedic Surgery in Lower Limbs of Children With Cerebral Palsy)

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目的 (Purpose):

確認腦性麻痺兒童在下肢骨科手術後物理治療中跑步機訓練對於粗大動作和功能活動的成效。

(To determine the effect of treadmill training on gross motor function and functional mobility in children with cerebral palsy (CP) receiving physical therapy following orthopedic surgery for the lower limbs.)

方法 (Methods):

8 至 15 歲的腦性麻痺兒童參與本研究，分為 2 組：一組僅接受軟組織的手術，另一組接受軟組織和骨骼手術。術後兩組都接受每周一次 30 分鐘非部分載重的跑步機訓練執行共 12 週。

(Children with CP between 8 and 15 years of age participated and were divided into 2 groups: those having undergone soft tissue surgery and those having undergone both

soft tissue and bone surgery. The program consisted of 12 weeks of treadmill training without partial weight support at a frequency of one 30-minute session per week.)

結果 (Results):

跑步機訓練後，粗大動作功能測量-88 (Gross Motor Function Measure-88)分數、6 米的步行測試距離和在跑步機上耐受時間有顯著改善。

(Significant improvements were found on the Gross Motor Function Measure-88 after treadmill training; distance traveled on the 6 Meter Walk Test; and time tolerated on the treadmill.)

結論 (Conclusions):

在物理治療中的跑步機訓練是有益於下肢接受骨科手術的腦性麻痺兒童。

(Treadmill training during physical therapy is beneficial for children with CP who undergo orthopedic surgery in the lower limbs.)