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題目 (Title):

神經肌肉異常兒童及青少年之身體活動及動作功能

(Physical Activity and Motor Function in Children and Adolescents With
Neuromuscular Disorders)

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目的 (Purpose):

決定具有神經肌肉異常之兒童及青少年的身體及活動功能及活動程度。

(To determine physical function and activity level in children and adolescents with
neuromuscular disorders.)

方法 (Methods):

十七名 10-18 歲具有神經異常但可行走的青少年參與研究。身體功能以
Hammersmith 動作力量表及六分鐘行走測試來測量。身體活動程度以
SenseWear Armband 活動監測來測量。活動則利用問卷來記錄。此結果與先前之
一般建議的健康同齡資料相較。

(Seventeen children and adolescents aged 10 to 18 years with neuromuscular
disorders who were ambulatory participated. Physical function was measured using
the Hammersmith Motor Ability Scale and the Six-Minute Walk Test. Physical activity

(PA) level was measured using the SenseWear Armband activity monitor. Activities were recorded using a questionnaire. Results were compared with previous data published for peers who are healthy and public recommendations.)

結果 (Results):

Hammersmith 動作力量表之分數較正常值低。六分鐘行走測試結果相較於健康同齡兒童低很多。相較健康同齡兒童，其於假日的身體活動時間以及行走步數也低很多，週間的數值也稍低。沒有兒童從事激烈活動。

(Hammersmith Motor Ability Scale scores were lower than normal values. Results of the Six-Minute Walk Test were considerably lower than results for peers who are healthy. Time in PA and the number of steps were considerably lower on holidays and slightly lower on weekdays compared with the values for peers who are healthy. No vigorous activity was registered.)

結論 (Conclusions):

參與研究者較健康同齡兒童有較低的身體功能及身體活動程度。較小樣本及其異質性讓研究難以類化，建議進行多中心研究。

(Conclusions: The participants had lower physical function and PA levels than peers who are healthy. The small, heterogeneous sample makes generalizations challenging and multicenter studies are recommended.)

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