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題目 (Title):

幼年特發性關節炎患童的靜態與動態姿勢平衡評估
(Evaluation of Static and Dynamic Postural Balance in Children With Juvenile Idiopathic Arthritis)

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目的 (Purpose):

本研究的目的是要評估因幼年特發性關節炎 (JIA) 導致下肢受損的患童之姿勢平衡。
(To evaluate balance in children with lower limb involvement due to juvenile idiopathic arthritis (JIA).)

方法 (Methods):

受試者包括 25 位在過去一年有發生下肢關節炎的 JIA 患童以及 36 位健康兒童 (年齡 8-18 歲)，使用 Biodex 平衡系統 (BBS) 評估其單腳靜態平衡 (BBS 等級 12) 以及雙側靜態與動態平衡 (BBS 等級 2 與 7)，並測量其下肢肌力、疾病活動度、功能、與疼痛程度。
(Twenty-five children with JIA manifesting lower extremity arthritis within the previous year and 36 children who were healthy (aged 8–18 years) were assessed by using the Biodex Balance System (BBS) (Biodex, Shirley, New York). Single-leg static balance (BBS level 12) and bilateral static and dynamic balance (BBS levels 2 and 7) were measured. Lower extremity strength, disease activity, function, and pain were

also assessed.)

結果 (Results):

十位 JIA 患童 (40%) 無法完成單腳平衡測試，控制組兒童則全部完成 (P < .0001)。雙側動態平衡只有在 BBS 等級 2 (最不穩定) 時受損。下肢肌肉無力與平衡不良有關。

(Ten subjects with JIA (40%) could not complete single-leg balance testing, while all controls did (P < .0001). Bilateral dynamic balance was impaired only at BBS level 2 (most unstable). Lower extremity weakness correlated with poor balance.)

結論 (Conclusions):

相當比例的下肢關節炎患童有平衡不良的問題，本體感覺運動也許會是治療下肢關節炎的重要療法。

(A significant proportion of children with leg arthritis have impaired balance. Proprioceptive exercises may emerge as an important therapy in the treatment of lower extremity arthritis.)