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題目 (Title):

遊戲平台之平衡訓練對腦性麻痺兒童的效果

Effects of a Gaming Platform on Balance Training for Children With Cerebral Palsy.

摘要中文翻譯**目的：**

一個能帶動多維軀幹動作的平台（platform）誘發腦性麻痺兒童之姿勢平衡。

方法：

介入組（20位）接受12週使用平台來進行個人電腦中的遊戲，對照組（20位）則使用電腦滑鼠進行相同的遊戲。研究成效量測包括壓力中心移動，伯格氏平衡量表（Berg Balance Scale, BBS）、福樂進階平衡量表（Fullerton Advanced Balance Scale, FAB）及計時站起及走（Timed Up and Go, TUG）的測量分數。

結果：

兩組並時間之間存在顯著的交互作用。隨著時間，兩組之壓力中心移動、BBS及TUG之測量得分有顯著的差異。相較於對照組，介入組個案有較佳的平衡表現。

結論：

利用平台來進行個人電腦遊戲之平衡訓練可能可提昇腦性麻痺兒童之運動依從性及平衡恢復能力。

Original Abstract

PURPOSE:

A platform requiring multidimensional trunk movement facilitated postural balance in children with cerebral palsy.

METHODS:

The intervention group (n = 20) received 12 weeks of playing personal computer (PC) games using the platform, and the control group (n = 20) played the same games using a computer mouse. Outcomes were center-of-pressure sway, the Berg Balance Scale (BBS), Fullerton Advanced Balance Scale (FAB), and Timed Up and Go (TUG) test scores.

RESULTS:

There were significant interactions between groups and time. There was a significant between-group difference in center-of-pressure sway excursion, BBS test, and TUG test over time. Participants in the intervention group had better balance performance compared with the control group.

CONCLUSION:

Balance training using a PC gaming platform may improve exercise compliance and enhance recovery of balance in children with cerebral palsy.

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