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**題目 (Title):**

增強式訓練對偏癱型腦性麻痺兒童的成效和最理想時間

(Plyometric Training: Effectiveness and Optimal Duration for Children With Unilateral Cerebral Palsy)

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**目的 (Purpose):**

評量增強式訓練對三位伴隨有痙攣型偏癱腦性麻痺兒童(9 歲 11 個月、10 歲和 8 歲 9 個月)的粗大動作能力之最理想的訓練時間和成效。

(To evaluate the optimal duration and effects of plyometric training on the gross motor abilities of 3 boys with unilateral spastic cerebral palsy (9 years 11 months, 10 years, and 8 years 9 months).)

**方法 (Methods):**

此研究為多基準線、多次評估和單一受測者實驗設計。根據「美國肌力與體能訓練協會」的指引對青少年進行介入。以「粗大動作功能量表 66 題」和 10\*5 公尺的快速衝跑、20 公尺跑步、丟球、跳遠和垂直跳測驗評量受測兒童的粗大動作能力、敏捷性、跑步速度和爆發力之改變。

(This was a multiple-baseline, multiple-probe, single-subject experiment. The intervention followed the National Strength and Conditioning Association's

guidelines for youth. The Gross Motor Function Measure 66, 10×5-m sprint, 20-m run, throw ball, broad jump, and vertical jump tests were used to evaluate gross motor abilities, agility, running speed, and power.)

### **結果 (Results):**

介入兒童在上肢爆發力、「粗大動作功能量表 66 題」的分數和敏捷性項目有獲得改善。在下肢爆發力和跑步速度則成果不一致性。訓練時間介於 8 週至 14 週之間。

(Improvements were found in upper extremity power, Gross Motor Function Measure 66 scores, and agility. Findings for lower extremity power and running speed were inconsistent. Training duration ranged from 8 to 14 weeks.)

### **結論 (Conclusions):**

本研究認為增強式訓練可改善男性偏癱型腦性麻痺兒童的粗大動作能力、敏捷性和上肢爆發力。治療期間長短則需依個人的能力、所執行的工作任務和訓練成果來決定。

(This study suggests that plyometric training improves gross motor ability, agility, and upper extremity power in boys with unilateral cerebral palsy. Treatment duration should be determined by an individual's capacity, the task, and the outcome measure.)

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