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題目 (Title):

兒童柔軟性扁平足的足部矯具：加拿大物理治療的實證與目前臨床實務

(Foot Orthoses for Pediatric Flexible Flatfoot: Evidence and Current Practices Among Canadian Physical Therapists)

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目的 (Purpose):

此研究的目的是針對源自於神經性的粗大動作發展遲緩的兒童，驗證扁平足介入的實證，並了解物理治療師如何使用足部矯具介入。

(This study aimed to examine the evidence for flatfoot intervention in children with gross motor delay of neurological origin, and to understand how physical therapists use foot orthoses (FOs) to treat this population.)

方法 (Methods):

調查 34 位任職於加拿大公立幼兒中心的物理治療師，以了解其目前對足部矯具的臨床實務與信念。

(Thirty-four physical therapists employed in Canadian publicly funded pediatric centers were surveyed to explore current practices and beliefs related to FOs.)

結果 (Results):

根據研究文獻的內容討論受訪者反應的意見。客觀的理學檢查以及分辨發展性與

病理性扁平足可以幫助臨床人員辨認足部矯具的適用者、監視足部姿勢隨著時間的變化、並評估治療效果。

(Responses are discussed in the context of the research literature. Objective physical examination and differentiation between developmental and pathological flatfoot can help clinicians to identify suitable FO candidates, monitor foot posture over time, and evaluate treatment effectiveness.)

結論 (Conclusions):

以實證為基礎的評估與介入可能可以改善兒童扁平足的臨床預後。

(An evidence-informed approach to assessment and intervention has the potential to improve clinical outcomes for clients with pediatric flatfoot.)

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