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題目 (Title):

單側腦性麻痺兒童接受功能性漸進式肌力與爆發力訓練之成效

The Effects of Functional Progressive Strength and Power Training in Children With Unilateral Cerebral Palsy.

摘要中文翻譯**目的：**

本研究之目的是探討新型功能性肌力與爆發力訓練對單側腦性麻痺患者之步態和粗大動作功能的效果。

方法：

這項為期12週的功能性肌力與爆發力訓練共包括30名腦性麻痺受試者，隨機分配到實驗組或對照組。在基準期與介入12週後分別評估主要成效指標，包括一分鐘行走測試、肌肉爆發力、粗動作功能評估量表(Gross Motor Function Measure)。次要成效指標包含使用起身行走測試(Timed Up and Go)測量動態平衡、肌力，以及一次反覆最大重量(1-repetition maximum measures)

結果：

實驗組在肌肉爆發力、粗動作功能評估量表E領域分數、一分鐘行走測試、動態平衡、一次反覆最大重量與肌力都有顯著改善($P < .05$)。

結論：

功能性肌力訓練結合增強式運動可改善步態和粗大動作功能、動態平衡、肌力和爆發力。

影像摘要：

更多關於作者的見解，請參閱數位補充資料1，詳見 <http://links.lww.com/PPT/A254>

Original Abstract

PURPOSE:

The purpose of this study was to investigate the effects of a novel functional strength and power-training program on gait and gross motor function in participants with unilateral cerebral palsy.

METHODS:

This 12-week trial of functional strength and power training included 30 participants with cerebral palsy, randomly assigned to the experimental or comparison group. The primary outcomes, 1-minute walk test, muscle power, and the Gross Motor Function Measure, were assessed at baseline and 12 weeks after the intervention. Secondary outcomes included dynamic balance as measured by Timed Up and Go, muscle strength, and 1-repetition maximum measures.

RESULTS:

Significantly greater improvements were seen in the experimental group for muscle power, Gross Motor Function Measure E score, and 1-minute walk test ($P < .05$), as well as for dynamic balance, 1-repetition maximum, and muscle strength.

CONCLUSION:

Functional strength training combined with plyometric exercises improved gait and gross motor function, dynamic balance, muscle strength, and power.

VIDEO ABSTRACT:

For more insights from the authors, access Supplemental Digital Content 1, available at: <http://links.lww.com/PPT/A254>

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