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**題目 (Title):**

以物理治療成效量測評估兒童下肢慢性疼痛相關的功能  
Physical Therapy Outcome Measures for Assessment of Lower Extremity Chronic Pain-Related Function in Pediatrics.

**摘要中文翻譯****目的：**

評估五種物理治療成效量測方法在量化兒童接受醫院內跨領域復健治療後，下肢慢性疼痛功能變化的臨床實用性。

**設計：**

這是一項橫斷式研究，針對於2008年6月至2013年間接受治療的173名8至18歲兒童，所進行的回溯性評論。

**方法：**

所使用的量測方法有計時起走測試、計時上下樓梯測試、布魯茵克斯-歐西瑞斯基動作品質量表第二版、六分鐘行走測試，以及下肢功能評量表。參與者的表現與人口統計學特徵、功能性障礙指數、多向度兒童焦慮量表、兒童抑鬱量表和加拿大職能表現量表作相關性分析。

**結果：**

治療後，五種物理治療量測的分數皆有顯著性的進步。功能性障礙指數與六分鐘行走測試之外的每種物理治療量測都有相關性。

**結論：**

本研究支持這些物理治療量測方法的臨床使用，以追蹤兒童下肢慢性疼痛相關障礙接受復健治療後的功能進展。

## **Original Abstract**

### **PURPOSE:**

To assess the clinical utility of 5 physical therapy (PT) outcome measures in quantifying functional changes in pediatric lower extremity chronic pain treated at a hospital-based interdisciplinary rehabilitation center.

### **DESIGN:**

This was a cross-sectional study with retrospective review of 173 individuals, 8 to 18 years old, treated from June 2008 to 2013.

### **METHODS:**

The measures used were the Timed Up and Go, Timed Up and Down Stairs, Bruininks-Oseretsky Test of Motor Proficiency, Second Edition, 6-minute walk test, and Lower Extremity Functional Scale. Participant performance was correlated with demographic characteristics, the Functional Disability Index, Multidimensional Anxiety Scale for Children, Child Depression Inventory, and Canadian Occupational Performance Measure.

### **RESULTS:**

Scores from all 5 PT measures showed significant improvement following treatment. Functional Disability Index correlated to every PT measure except the 6-minute walk test.

### **CONCLUSIONS:**

This study supports the clinical use of these PT measures to track functional progress after rehabilitative treatment of lower extremity chronic pain-related disability.

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