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題目 (Title):

比較腦性麻痺兒童穿戴關節式(活動式)和固定式踝足裝具之成效：系統性文獻回顧
(Comparison of Articulated and Rigid Ankle-Foot Orthoses in Children With Cerebral Palsy: A Systematic Review)

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目的 (Purpose):

本文獻回顧的目的為比較固定式和關節式(活動式)踝足裝具對腦性麻痺兒童步態之影響。

(The aim of this review was to compare the effects of rigid and articulated ankle-foot orthoses on gait in children with cerebral palsy (CP).)

方法 (Methods):

以系統性文獻回顧檢索四個資料庫。文獻的篩選條件包括(1)研究設計以臨床對照試驗為主；(2)研究族群為腦性麻痺兒童和青少年；(3)介入為固定式或關節式(活動式)踝足裝具；以及(4)成效為改善動作功能和步態表現。

(A systematic review was carried out in 4 databases. The papers identified were evaluated on the basis of the following inclusion criteria: (1) design—controlled clinical trial; (2) population—children and adolescents with CP; (3) intervention—rigid or articulated ankle-foot orthoses; and (4) outcome—improved motor function and gait performance.)

結果 (Results):

回顧顯示有七篇臨床對照試驗比較不同踝足裝具之影響。這些研究在研究品質評定的PEDro量表得分為3和4分。

(Seven controlled studies comparing the effects of different ankle-foot orthoses were found. Studies achieved PEDro scores of 3 and 4 for methodological quality.)

結論 (Conclusions):

證據支持腦性麻痺兒童使用關節式(活動式)踝足裝具，因為其能提供功能上的改善。然而，其他研究指出固定式踝足裝具對痙攣和攣縮較嚴重兒童是有益處的。
(There is evidence supporting the use of an articulated ankle-foot orthosis by children with CP, because of the improved function this type of orthosis provides. However, other studies point out the advantages of a rigid orthosis for children with greater impairment related to spasticity and contractures.)

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