

**原作者及出處 (Original):**

O'Malley, Grace; Hussey, Juliette; Roche, Edna  
Pediatric Physical Therapy. 24(3):292-298, Fall 2012.  
doi: 10.1097/PEP.0b013e31825c14f8A

**題目 (Title):**

肥胖兒童下肢肌肉骨骼健康描繪的前驅研究  
(A Pilot Study to Profile the Lower Limb Musculoskeletal Health in Children With Obesity)

**翻譯者 (Translator):**

黃維彬 (Wei-Pin Huang, PT, MS)  
弘光科技大學專技助理教授 台中 台灣  
(Assistant Professor Rank Specialist, Department of Physical Therapy, College of Medicine, Hungkuang University, Taichung, Taiwan )

**校閱者 (Reviewer):**

黃靄雯 (Ai-Wen Hwang)  
長庚大學 早期療育研究所 助理教授 桃園 台灣  
(Assistant Professor, Graduate Institute of Early Intervention, Chang Gung University, Tao-Yuan, Taiwan)

**目的 (Purpose):**

證據支持肥胖對兒童肌肉骨骼健康有負面影響。此前驅研究探討肥胖兒童肌肉骨骼之損傷，並探索身體質量組成，體能活動和肌肉骨骼量測間的關係。  
(Evidence suggests a negative effect of obesity on musculoskeletal health in children. A pilot study was undertaken to investigate the presence of musculoskeletal impairments in children with obesity and to explore the relationships among body mass index, physical activity, and musculoskeletal measures.)

**方法 (Methods):**

用標準化的方法評估下肢肌肉骨骼健康(疼痛、力量、平衡、柔軟度和關節角度)，體能活動和篩檢時間。  
(Lower limb musculoskeletal health (pain, power, balance, flexibility, and range of motion), physical activity, and screen time were assessed using standardized methods.)

**結果 (Results):**

共 17 位兒童(平均年齡= 12.21 歲)參與，文中也報告下肢肌內骨骼健康測量的平均值。結果發現身體組成與關節角度，柔軟度及肌力有中度負相關。膝外翻變形與身體質量指數成中度正相關。

(Results: Seventeen children (mean age = 12.21 years) participated. Mean values for lower limb musculoskeletal measures are presented. Moderate negative correlations were found between body composition and range of motion, flexibility, and strength. Genu valgum deformity was moderately positively correlated to body mass index.)

### **結論 (Conclusions):**

此前驅研究結果建議肥胖兒童或許存在了下肢肌肉骨骼損傷。與肥胖兒童相關的臨床工作者應徹底評估其肌肉骨骼，並在促進其體能活動時考慮其肌肉骨骼損傷的狀態。

(Conclusions: The results of this pilot study suggest that children who are obese may present with musculoskeletal impairments of the lower limb. Clinicians working with children who are obese should conduct a thorough musculoskeletal assessment and consider the presence of impairments when promoting physical activity.)