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題目 (Title):

非正式舞蹈介入改善腦性麻痺青少年的身體質量指數與功能性步態：個案報告
Informal Dance Intervention Improves BMI and Functional Gait in an Adolescent With Cerebral Palsy: A Case Report.

摘要中文翻譯**目的：**

這篇個案報告探討將非正式舞蹈介入融入傳統治療對一位女性腦性麻痺青少年的身體質量指數與功能性步態的成效。

個案描述：

一個15歲、粗大動作功能分類系統(Gross Motor Function Classification System)第二級的女性腦性麻痺青少年參與一個每週兩次，每階段16次，共兩階段的非正式舞蹈介入。每次六十分鐘的課程著重於華爾滋、行列舞、方塊舞與肚皮舞，來改善適時性、耐力、前庭功能及核心肌力。

結論：

腰圍減少、六分鐘行走測試和計時上下樓梯測試的走路速度增加、根據特定活動平衡信心量表(Activities-specific Balance Confidence Scale)量得的平衡信心增加、根據功能性步態評估(Functional Gait Assessment)的改變顯示前庭功能改善。

臨床實務建議：

將非正式舞蹈介入融入治療中，可能可以增加腦性麻痺青少年的動機及改善其整體健康狀態，以對抗他們久坐不動生活型態增加的趨勢。

Original Abstract

PURPOSE:

This case study examined the effects of incorporating Informal Dance Intervention into traditional therapy sessions on body mass index and functional walking in an adolescent girl with cerebral palsy.

CASE DESCRIPTION:

A 15-year-old adolescent girl, Gross Motor Function Classification System Level II, participated in Informal Dance Intervention twice weekly in 2, 16 session phases. Sixty-minute sessions focused on waltzing, contra dancing, square dancing, and belly dancing to improve timing, endurance, vestibular functioning, and core strength.

CONCLUSIONS:

Waist circumference decreased, walking speed increased on the 6-Minute Walk Test and Timed Up and Down Stairs, balance confidence increased per the Activities-specific Balance Confidence Scale, and vestibular functioning improved per changes in the Functional Gait Assessment.

RECOMMENDATIONS FOR CLINICAL PRACTICE:

Incorporating Informal Dance Intervention, in conjunction with therapy, may be motivating and improve overall health for adolescents with cerebral palsy to combat their tendency of increased sedentary lifestyle.

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