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**題目 (Title):**

兒童支持性站立活動劑量之系統性回顧和以實證為基礎的臨床建議  
(Systematic Review and Evidence-Based Clinical Recommendations for Dosing of  
Pediatric Supported Standing Programs)

**翻譯者 (Translator):**

林珮如 (Pei-Ju Lin, PT, MS)  
臺北市立文山特殊教育學校 物理治療師 台北 台灣  
(Physical Therapist, Wenshan School of Special Education, Taipei, Taiwan)

**校閱者 (Reviewer):**

廖華芳 (Hua-Fang Liao)  
台灣大學醫學院 物理治療學系暨研究所 兼任副教授 台北 台灣  
(part-time Associate Professor, School of Physical Therapy, College of Medicine ,  
National Taiwan University, Taipei, Taiwan)

**目的 (Purpose):**

儘管臨床上廣泛使用兒童支持性站立活動，但目前尚缺乏以實證為基礎的有效劑量建議。

(There is a lack of evidence-based recommendations for effective dosing of pediatric supported standing programs, despite widespread clinical use.)

**方法 (Methods):**

作者群使用國際健康功能與身心障礙分類系統（兒童和青少年版）架構為基礎，並使用特定的關鍵字詞搜索 7 個資料庫。

(Using the International Classification of Functioning, Disability, and Health (Child and Youth Version) framework, we searched 7 databases, using specific search terms.)

**結果 (Results):**

搜尋到的 687 篇文章中有 30 篇符合納入條件。本篇為協助臨床決策，使用知名的工具評量證據強度，以提供以實證為基礎的臨床建議，並加入作者意見。

(Thirty of 687 studies located met our inclusion criteria. Strength of the evidence was

evaluated by well-known tools, and to assist with clinical decision-making, clinical recommendations based on the existing evidence and the authors' opinions were provided.)

**結論及臨床建議 (Conclusions and recommendations for clinical practice):**

每週 5 天的支持性站立活動顯著改善骨質密度 (劑量每天 60 至 90 分鐘)、髖關節的穩定性 (於雙側髖關節外展 30 至 60 度站姿下, 劑量每天 60 分鐘); 髖、膝和踝關節的活動度 (劑量每天 45 至 60 分鐘) 以及肌肉痙攣程度 (劑量每天 30 至 45 分鐘)。

(Standing programs 5 days per week positively affect bone mineral density (60 to 90 min/d); hip stability (60 min/d in 30° to 60° of total bilateral hip abduction); range of motion of hip, knee, and ankle (45 to 60 min/d); and spasticity (30 to 45 min/d).

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