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翻譯者 (Translator):

陳佳琳

臺灣大學附設醫院物理治療師，臺北，臺灣

校閱者 (Reviewer):

康琳茹

長庚大學早期療育研究所副教授，桃園，臺灣

題目 (Title):

目標訓練於治療軀幹控制不良的兒童：4 位病例報告

Targeted Training in Managing Children With Poor Trunk Control: 4 Case Reports.

摘要中文翻譯**目的:**

本研究探討目標訓練於 2 歲以下因腦性麻痺或發展遲緩造成軀幹控制不良的兒童之可行性及兒童軀幹控制與功能性能力的整體改變，介入時不使用專門器材並且兒童仍維持物理治療標準介入。

重點摘要:

徵招 4 位 24 個月以下並有動作障礙的兒童。這些兒童在接受目標訓練時沒有發現任何困難。在開始訓練的 3 個月內，4 位兒童增加了軀幹控制和功能性能力，包括獨坐和在遊戲中使用雙手。

結論與臨床建議:

本研究中目標訓練對於有動作障礙的幼童是可行的，合併於標準治療能提升軀幹控制和動作技能。目標訓練可能是一項有效的治療方法，值得進一步研究。

Original Abstract

PURPOSE:

This study investigated whether targeted training was feasible with young children younger than 2 years with poor trunk control due to cerebral palsy or developmental delay without using specialized equipment and the overall change in trunk control and functional ability, with the addition of targeted training to standard care physical therapy.

SUMMARY OF KEY POINTS:

Four children younger than 24 months with motor disorders were recruited. No difficulty was identified in using targeted training with this group. Within 3 months of commencing intervention, the 4 children had increased trunk control and functional abilities including independent sitting and bilateral hand use in play.

CONCLUSIONS AND RECOMMENDATIONS FOR CLINICAL PRACTICE:

This form of targeted training was feasible for young children with motor disorders and augmented standard care therapy in enhancing both trunk control and motor skills. Targeted training should be further investigated as a potentially effective treatment.

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