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**題目 (Title):**

設計用來改善兒童接受住院抗癌治療後之功能損傷的全身振動訓練:前驅研究  
Whole-Body Vibration Training Designed to Improve Functional Impairments After  
Pediatric Inpatient Anticancer Therapy: A Pilot Study.

**摘要中文翻譯****目的：**

評估一種全身振動（whole-body vibration）介入對癌症治療後兒童的影響

**方法：**

11位接受住院抗癌治療後之兒童參與12週的全身振動介入，包含每周一次9到13分鐘之全身振動，其中含5到9分鐘之全方位振動。可行性之定義為有能力參與全身振動訓練，但無不良事件。評估提供及完成訓練的次數、計畫接受性和功能測量。

**結果**

9位受測者完成全身振動介入，沒有發生相關之不良事件，依從率（adherence rate）為87.96%。有輕微的副作用發生，但在一般可接受範圍內。全身振動對於膝伸直肌力與踝關節背屈之主動關節角度有正向效果。

**結論：**

全身振動對於接受住院抗癌治療後之兒童為一可行，安全及可接受的介入。未觀察到對健康有不好的情況。正向的效果則需進一步試驗來確定。

## **Original Abstract**

### **PURPOSE:**

To assess a whole-body vibration (WBV) intervention for children after cancer treatment.

### **METHODS:**

Eleven children after inpatient anticancer therapy participated in a 12-week supervised WBV intervention, which consisted of one 9- to 13-minute WBV session per week, with 5 to 9 minutes' overall vibration time. Feasibility was defined as the ability to participate in WBV training without reporting adverse events. The number of offered and completed training sessions, program acceptance, and measures of function were assessed.

### **RESULTS:**

Nine participants completed the WBV intervention without any WBV-related adverse events. The adherence rate was 87.96%. Only minor side effects were reported and there was general program acceptance. We found indications that WBV has positive effects on knee extensor strength and active ankle dorsiflexion range of motion.

### **CONCLUSIONS:**

WBV was feasible, safe, and well received among children after inpatient anticancer therapy. No health deteriorations were observed. Positive effects need to be confirmed in future trials.

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