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題目 (Title):

特定頻率微電流治療長期先天肌肉性斜頸

Frequency-Specific Microcurrent for Treatment of Longstanding Congenital Muscular Torticollis.

摘要中文翻譯**目的：**

此案例描述第一次使用保守治療、按摩和特定頻率微電流刺激於一位患有8級左側先天肌肉性斜頸並有纖維結節的19個月大男童。

方法：

個案接受10週物理治療包括牽拉、肌力訓練、按摩和家長衛教，並在第3週至第10週增加特定頻率微電流刺激。

結果：

居家活動計畫部分配合的情況下，此個案於治療第8週時，被動頸部旋轉與側彎達最大角度、頸部側彎肌力達4分(滿分5分)、改善頭部傾斜，無法觸診出纖維結節。

結論與實務建議：

對於預後不佳和可能轉介手術的患者，利用保守治療可獲得良好的成效。結合牽拉、肌力訓練、按摩、姿勢再教育與特定頻率微電流刺激可於相當短的時間內達成頸部完全角度及良好肌力的效果。雖然先前並沒有研究報告，但結合按摩和特定頻率微電流刺激可能是治療先天肌肉性斜頸的有效工具。

Original Abstract

PURPOSE:

This case describes the first episode of care, using conservative treatment, massage, and frequency-specific microcurrent (FSM), for a 19-month-old boy with grade 8 left congenital muscular torticollis with fibrotic nodules.

METHODS:

Ten weeks of physical therapy provided stretching, strengthening, massage, and parent education, adding FSM in weeks 3 to 10 for this patient.

RESULTS:

Full passive cervical rotation and lateral flexion, 4/5 lateral cervical flexion strength, improved head tilt, and inability to palpate fibrotic nodules were achieved by week 8, with partial home program adherence.

CONCLUSIONS AND RECOMMENDATIONS FOR PRACTICE:

Excellent outcomes were achieved with conservative care in a patient with poor prognosis and likelihood of surgical referral. Combining stretching, strengthening, massage, postural reeducation, and FSM resulted in full range and good strength in an exceptionally short time. The combination of massage and FSM, not previously reported, are tools that may be effective in congenital muscular torticollis treatment.

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