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題目 (Title):

計時起走測試使用於兒童受試者：選擇不同的測試方式是否有影響？系統性回顧
The Timed Up and Go Test in Children: Does Protocol Choice Matter? A Systematic
Review.

摘要中文翻譯**目的：**

本研究是針對計時起走測試（Timed Up and Go Test）使用於典型發展兒童的信度及常模數據作系統性回顧分析。

重點摘要：

本研究呈現了6種適用於3至18歲兒童的計時起走測試方式的常模數據。計時起走測試的時間在不同的測試者或同一測試者，以及不同的測試次數間皆呈現一致性，並且只受年齡的影響。不同的測試方式：如自選速度與最快速度、加入提高動機的情境、結果的計算方式等皆會影響測試的時間，以及每次及不同次測試的一致性。

結論：

目前缺乏標準化計時起走測試，應該發展標準化測試方式並注意信度。

對臨床執業的建議：

臨床治療人員在使用計時起走測試作為動態平衡控制的篩選工具時，應使用包含最快速度及加入提高動機的情境之測試方式。

Original Abstract

PURPOSE:

Results on reliability and normative data for the Timed Up and Go test (TUG) in children who are developing typically are systematically reviewed.

SUMMARY OF KEY POINTS:

Six different TUG protocols are presented for which normative data are available for ages 3 to 18 years. TUG time is consistent within and between raters and sessions and is influenced by age. The choice of protocol, self-selected versus fastest walking speed, and use of a motivational aspect and of the outcome calculation affect TUG time as well as its consistency within and between sessions.

CONCLUSIONS:

A standard protocol for the TUG is lacking and should be developed with attention to reliability.

RECOMMENDATIONS FOR CLINICAL PRACTICE:

If the TUG is to be used as a screening tool for dynamic balance control, clinicians need to apply protocols that include fastest walking speed motivation.

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