

原作者及出處 (Original):

Verschuren, Olaf; Maltais, Désirée B.; Douma-van Riet, Danielle; Kruitwagen, Cas; Ketelaar, Marjolijn.

Pediatric Physical Therapy. 25(4):409-413, Winter 2013.

doi: 10.1097/PEP.0b013e3182a47022

題目 (Title):

比較腦性麻痺兒童與典型發展兒童在無氧表現上的差異

(Anaerobic Performance in Children With Cerebral Palsy Compared to Children With Typical Development)

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目的 (Purpose):

本篇研究採用以移行動作為基礎的無氧表現測試，比較能獨立行走之痙攣型腦性麻痺兒童與其典型發展同儕在無氧表現上的差異。

(Using a locomotor-based field test of anaerobic performance, this study compared the anaerobic performance of children with spastic cerebral palsy (CP) who walk without support with that of peers who are typically developing.)

方法 (Methods):

159 位粗大動作功能系統分類階級一(115 位)和階級二(44 位)的腦性麻痺兒童(102 位男孩，平均年齡為 9.7 ± 1.5 歲，57 位女孩，平均 9.5 ± 1.6 歲)，和 376 位典型發展兒童(175 位男孩，平均 8.9 ± 1.8 歲，201 位女孩，平均 9.0 ± 1.7 歲)接受肌肉力量短跑測試 (Muscle Power Sprint Test)。

(The Muscle Power Sprint Test was performed by 159 children with CP (102 boys,

mean age 9.7 ± 1.5 years; and 57 girls, mean age 9.5 ± 1.6 years) classified at Gross Motor Function Classification System level I ($n = 115$) or level II ($n = 44$) and 376 children with typical development (175 boys, mean age 8.9 ± 1.8 years; and 201 girls, mean age 9.0 ± 1.7 years).

結果 (Results):

腦性麻痺兒童的無氧表現低於典型發展的同儕。

(The anaerobic performance of the children with CP was lower than that of peers with typical development.)

結論 (Conclusions):

腦性麻痺兒童和典型發展兒童兩組在無氧表現上的差異會受身高因素而增加，特別是粗大動作功能系統分類階級二的腦性麻痺兒童。腦性麻痺兒童的無氧表現能力是有缺損的。

(The difference between the 2 groups increased with height, especially for the children with CP classified at Gross Motor Function Classification System level II. Children with CP appear to have impaired anaerobic performance.)

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