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**題目 (Title):**

物理治療脊椎側彎特定運動可能可減少輕度青少年原發性脊椎側彎角度之增加

Physical Therapy Scoliosis-Specific Exercises May Reduce Curve Progression in Mild Adolescent Idiopathic Scoliosis Curves.

**摘要中文翻譯****目的：**

對於輕度青少年原發性脊柱側彎 (adolescent idiopathic scoliosis) 且有高風險會增加側彎角度的受試者，評估其接受門診物理治療脊椎側彎特定運動 (physical therapy scoliosis-specific exercises, PSSEs) 後的側彎角度。

**方法：**

受試者為患有青少年原發性脊柱側彎 (側彎角度  $12^{\circ}$  至  $20^{\circ}$ ，Risser 等級 0) 之個案，選擇參與 PSSE 組或控制組。PSSE 組接受巴塞隆納脊椎側彎物理治療課程 (Barcelona Scoliosis Physical Therapy School)，控制組則只進行觀察。一位觀察者在不知分組情況下，分別在基準期、六個月及一年追蹤時測量 Cobb 角度。

**結果：**

49 位受試者參與本研究 (26 位運動組，23 位控制組)。一年後有 33 位 (19 位運動組，14 位控制組) 接受追蹤評估，發現運動組的側彎角度較控制組小 ( $16.3^{\circ}$  vs  $21.6^{\circ}$ ,  $P = .04$ )，且側彎角度增加較少 ( $0^{\circ}$  vs  $5.6^{\circ}$ ,  $P = .02$ )。一年追蹤時兩組受試者需使用背架比例相似 (37% vs 43%)。

**結論：**

在這小型的前瞻系列研究中，PSSE 比控制組可顯著減少脊椎側彎角度的增加。

## Original Abstract

### PURPOSE:

To evaluate the curve magnitude in participants with mild adolescent idiopathic scoliosis (AIS) at high risk of progression who received outpatient physical therapy scoliosis-specific exercises (PSSEs).

### METHODS:

Participants with AIS curves 12° to 20° and Risser grade 0 chose either the PSSE or the control group. The PSSE group was instructed in the Barcelona Scoliosis Physical Therapy School. The control group was observed. Cobb angles were measured by one observer masked to group type at baseline, 6-month follow-up, and 1-year follow-up.

### RESULTS:

Forty-nine participants were enrolled (26 exercise vs 23 controls). Thirty-three participants (19 exercise vs 14 controls) were seen at 1-year follow-up. At 1-year follow-up, the exercise group had smaller curves than controls (16.3° vs 21.6°,  $P = .04$ ) and less curve progression (0° vs 5.6°,  $P = .02$ ). Bracing was performed similarly between groups at 1-year follow-up (37% vs 43%).

### CONCLUSIONS:

In this small prospective series, PSSE resulted in significantly less curve progression compared with controls.

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