

原作者及出處 (Original):

Bolster EAM, Balemans ACJ, de Groot V, Buizer AI, Dallmeijer AJ.
Pediatr Phys Ther. 2020 Jul;32(3):202-209. doi: 10.1097/PEP.0000000000000705.

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題目 (Title):

肢體障礙兒童及青少年的疲勞徵象：與走路和體適能的能量需求之相關性
Fatigue in Children and Young Adults With Physical Disabilities: Relation With Energy Demands of Walking and Physical Fitness.

摘要中文翻譯**目的：**

探討肢體障礙之兒童及青少年的整體疲勞和行走時或行走後疲勞是否與行走及體適能過程中的能量需求有相關性。

方法：

共有六十八位肢體障礙者參與本實驗。實驗共測量其整體疲勞（個人疲勞強度[Checklist Individual Strength, CIS8R]問卷）、行走誘發之疲勞（行走6分鐘後以OMNI量表[OMNIwalk]測量）、行走之總能與淨能消耗量（energy costs, ECs）、行走的身體疲勞、及有氧與無氧適能。

結果：

回歸分析顯示CIS8R與其它測量指標沒有顯示任何相關性。分析所有受試者資料後發現，較高的淨能消耗量與OMNIwalk增加量有輕微的相關性。只有在青少年資料中發現，低無氧適能及高度行走時的身體疲勞與高OMNIwalk分數有中度的相關性。

結論：

低無氧適能及行走時高度的身體疲勞可以部份解釋腦性麻痺青少年行走後的疲勞現象，但此解釋並不適用於年紀較小的腦性麻痺兒童。整體疲勞則無法以低體適能或行走之高能量需求來解釋。

Original Abstract

PURPOSE:

To examine whether general fatigue and fatigue during or after walking are related to energy demands during walking and physical fitness in children and young adults with physical disabilities.

METHODS:

Sixty-eight individuals with physical disabilities participated. General fatigue (Checklist Individual Strength [CIS8R] questionnaire), walking-induced fatigue (OMNI [OMNIwalk] scale after walking for 6 min), gross and net energy costs (ECs) of walking, physical strain of walking, and aerobic and anaerobic fitness were measured.

RESULTS:

Regression analyses showed no relations with the CIS8R. For all participants, a higher net EC was weakly related to an increased OMNIwalk. For teenagers only, low anaerobic fitness and high physical strain of walking values were moderately related to high OMNIwalk scores.

CONCLUSION:

Low anaerobic fitness and high physical strain values partly explain fatigue after walking in teenagers with cerebral palsy, but not in younger children. General fatigue was not explained by low fitness levels or high energy demands of walking.

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