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題目 (Title):

5-12 歲兒童的動態平衡和年齡、性別、身體型態的相關性
(Relationships Among Age, Gender, Anthropometric Characteristics, and Dynamic Balance in Children 5 to 12 Years Old)

翻譯者 (Translator):

黃維彬 (Wei-Pin Huang, PT, MS)
弘光科技大學專技副教授 台中 台灣
(Associate Professor Rank Specialist, Department of Physical Therapy, College of Medicine, Hungkuang University, Taichung, Taiwan)

校閱者 (Reviewer):

廖華芳 (Hua-Fang Liao)
台灣大學醫學院 物理治療學系暨研究所 兼任副教授 台北 台灣
(Adjunct Associate Professor, School of Physical Therapy, College of Medicine , National Taiwan University, Taipei, Taiwan)

目的 (Purpose):

探測年齡、性別、身體型態和動態平衡的相關性
(To examine relationships among age, gender, anthropometrics, and dynamic balance.)

方法 (Methods):

量測 160 位 5-12 歲一般發展兒童的身高，體重，手長和腳長，並使用站起及走測試，兒童伸手測試及兒童平衡量表評估動態平衡。
(Height, weight, and arm and foot length were measured in 160 children with typical development aged 5 to 12 years. Dynamic balance was assessed using the Timed Up and Go (TUG) test, Pediatric Reach Test (PRT), and Pediatric Balance Scale (PBS).)

結果 (Results):

年齡的增加和兒童伸手測試及兒童平衡量表分數呈現中度到良好的正相關($r = 0.61$ and $r = 0.56$)，年齡和站起及走測試結果呈現一點負相關($r = -0.49$)。同年齡

組不同性別者無顯著差異。於動態平衡中站起及走測試結果和兒童平衡量表分數的最大影響因素為年齡;兒童伸手測試分數的最大影響因素為手長。

(Moderate to good positive relationships ($r = 0.61$ and $r = 0.56$) were found between increasing age and PRT and PBS scores. A fair negative relationship ($r = -0.49$) was observed between age and TUG test. No significant gender-by-age group difference was observed. Age had the strongest influence on TUG and PBS scores; arm length had the strongest influence on PRT scores.)

結論 (Conclusions):

動態平衡能力和生理年齡有直接相關。平衡分數的最強相關因素是年齡和手長。這個發現也許可以協助兒童治療師根據兒童年齡選擇動態平衡測試，而非根據特定診斷。

(Dynamic balance ability is directly related to chronological age. Age and arm length have the strongest relationships with balance scores. These findings may assist pediatric therapists in selecting dynamic balance tests according to age rather than specific diagnosis.)

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