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**題目 (Title):**

穿著裝具之距骨下關節排列對於腦性麻痺兒童發展與步態之重要性

(Importance of Orthotic Subtalar Alignment for Development and Gait of Children With Cerebral Palsy)

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**目的 (Purpose):**

此個案報告在探討踝足裝具可以有助於腦性麻痺兒童的假設。

(This case report addresses the assumption that ankle and foot orthoses assist children with cerebral palsy.)

**關鍵點 (Key Points):**

過去的成效研究報告針對此議題並無一致結論。臨床觀察和研究顯示裝具不合腳及設計不良可能導致治療成效不佳。尤其是當距骨下關節發生排列不良的問題時，兒童通常以不正常的動作模式代償，以致影響治療進展、發展及功能。本研究以 4 位個案報告來顯示當踝足裝具或踝上裝具無法將距骨下關節維持在正中姿勢時可能導致的問題。

(Outcome research reports are not consistent. Clinical observations and research studies suggest that inappropriate fit and design of orthoses may contribute to poor outcomes. In particular, problems occur when the subtalar joint is out of alignment as children often compensate with unwanted movement patterns that affect progress, development, and function. Four cases are presented to demonstrate

problems that can occur when ankle-foot or supramalleolar orthoses are not cast in subtalar neutral.)

**結論 (Conclusions):**

物理治療師可以用臨床觀察技巧去評估腦性麻痺兒童穿著裝具時的合適度與足部骨骼排列是否適當。

(Physical therapists can use their clinical observation skills to evaluate the proper fit and alignment of orthoses for children with cerebral palsy.)

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