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**題目 (Title):**

足踝矯具的前足活動度：對腦性麻痺兒童步態的影響

(Forefoot Mobility in Ankle and Foot Orthoses: Effect on Gait of Children With Cerebral Palsy)

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**背景和目的 (Background and Purpose):**

一般行走需要足踝的柔軟度。走路時，踝背屈曲以及腳趾伸直是重要的。本報告的目的是要顯示若足部矯具限制重要的動作則可能會導致代償而干擾步態。

(Typical gait requires flexibility in the ankle and foot. During gait, it is critical that the ankle dorsiflex and the toes extend. The purpose of this report is to demonstrate that when foot orthoses block critical movement undesirable compensations that may interfere with gait can appear.)

**個案描述 (Case Description):**

三位痙攣型腦性麻痺兒童顯示移除足矯具的限制對其步態的影響。

(Three children with spastic cerebral palsy demonstrate the effect on gait when the blocks attributable to the orthoses were removed.)

**介入 (Intervention):**

所有兒童都接受電刺激介入並使用足部矯具。

(All children received electrical stimulation and used foot orthoses.)

**成效 (Outcomes):**

若矯具限制腳趾伸直，會發生髖關節內轉與踮腳尖走路。即使是微小不被注意到的限制也會影響步態而使兒童必須為喪失的活動度進行代償。

(Internal hip rotation and toe walking occurred when orthoses blocked digit extension. A block may be small and unnoticed but can still influence gait and force the child to compensate for the loss of mobility.)

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