

原作者及出處 (Original):

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Pediatric Physical Therapy.26(2):230-236, Summer 2014.

doi: 10.1097/PEP.0000000000000031

題目 (Title):

膝關節活動度過大兒童之功能性伸手測試與側向伸手測試的常模值

(Normal Values of Functional Reach and Lateral Reach Tests in Children With Knee Hypermobility)

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目的 (Purpose):

測量膝關節活動度過大之學齡兒童的功能性伸手測試與側向伸手測試的數值，以及檢驗體格測量與膝關節活動度過大之學齡兒童的功能性伸手測試與側向伸手測試數值的相關性。

(To measure values for functional reach (FR) and lateral reach (LR) in school children with knee joint hypermobility (KJH), and to examine the correlation of anthropometric measures and KJH with FR and LR values.)

方法 (Methods):

總計 140 位 6 至 12 歲典型發展且膝關節伸直角度大於 10 度之雙側膝關節活動度過大的兒童參與本研究。於站姿，雙腳與肩同寬，連續進行 3 次功能性伸手測試與側向伸手測試，計算 3 次測試的平均值。以變異數分析與 Bonferroni 檢定功能性伸手測試與側向伸手測試的數值與膝關節過度活動角度、體格測量資料的相關性及關係及其 95%信賴區間。

(A total of 140 children aged 6 to 12 years with typical development (TD) and bilateral KJH of greater than 10° hyperextension participated. Three successive trials

of FR and LR tests in standing position with feet shoulder width apart were performed, and the mean of the 3 trials was calculated. Analysis of variance and Bonferroni tests were used to analyze correlation and association of FR and LR values with KJH angle and anthropometric data, respectively, with a 95% confidence interval.)

結果 (Results):

典型發展之學齡兒童，男童及女童之身高與膝關節活動度過大與功能性伸手測試數值具顯著相關；然而，身高與側向伸手測試數值的相關性則僅見於女童。

(In school-aged children with TD, height and KJH contributed significantly to the FR values in both genders, whereas height contributed for LR values among girls alone.)

結論 (Conclusions):

身高與膝關節活動度過大影響兒童之平衡之功能性伸手測試與側向伸手測試分數。

(Height and KJH affect children's scores on the FR and LR tests of balance.)

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