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題目 (Title):

划船對唐氏症兒童肺功能的成效
(Effect of Rowing on Pulmonary Functions in Children With Down Syndrome)

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目的 (Purpose):

探討划船運動相較於胸腔物理治療對唐氏症兒童肺功能的成效
(To examine effects of a rowing exercise regimen versus a chest physical therapy
program on pulmonary function in children with Down syndrome.)

方法 (Methods):

29 位年齡介於 8-12 歲且包括男生與女生之受試者參與本研究。受試者隨機分派至兩組中之任一組。第一組(A 組)接受胸腔物理治療，而第二組(B 組)則接受使用划船肌功器來進行有氧運動。肺活量、用力肺活量、第一秒後用力吐氣量、最大吐氣流速則分於連續 12 週治療之前及之後測量。

(Twenty-nine participants of both sexes, between 8 to 12 years of age, participated in this study. They were assigned randomly into 2 study groups. The first group (A) received a chest physical therapy program, while the second group (B) received an aerobic exercise regimen using a rowing ergometer. Vital capacity, forced vital capacity, forced expiratory volume after 1 second, and peak expiratory flow rate were measured before and after 12 successive weeks of treatment.)

結果 (Results):

兩組受試者所有的測量參數在治療後均顯著改善。且兩組在治療後並無顯著差異。

(Significant improvements in all measured variables were found posttreatment in both study groups. No significant difference between the 2 groups was found posttreatment.)

結論 (Conclusions):

划船運動能有效改善唐氏症兒童的肺功能。

(Rowing exercise could be effective in improving pulmonary functions in children with Down syndrome.)

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