

**原作者及出處 (Original):**

Howard M, Bickley C, Linton J, Northcutt L, Lux M, Scott A, Stephenson L, Barnes D.  
Pediatr Phys Ther. 2020 Jul;32(3):218-224. doi: 10.1097/PEP.0000000000000709.

**翻譯者 (Translator):**

陳佳琳

臺灣大學附設醫院物理治療師，臺北，臺灣

**校閱者 (Reviewer):**

康琳茹

長庚大學早期療育研究所副教授，桃園，臺灣

**題目 (Title):**

接受單次多部位手術的腦性麻痺兒童之早期運動復健計畫

Early Mobilization Rehabilitation Program for Children With Cerebral Palsy Undergoing  
Single-Event Multilevel Surgery.

**摘要中文翻譯****目的：**

本研究探討功能和技術成效，以支持腦性麻痺兒童接受單次多部位手術(single-event multilevel surgery, SEMLS)後的早期運動復健，並傳遞了強調早期行走訓練的創新指引。

**方法：**

回顧23位年齡7至17歲的痙攣型雙邊腦性麻痺(spastic diplegic CP)受試者，粗大動作功能分類系統(Gross Motor Function Classification System)第一至第三級，在接受SEMLS後進行了早期運動計畫。從動作分析數據和臨床紀錄檢查結果。

**結果：**

所有受試者都能夠在出院時回到學校步行。手術後1年，受試者已恢復到之前的步行能力或更好。步態偏差指數(Gait Deviation Index)和兒童成效資料收集工具(Pediatric Outcomes Data Collection Instrument)的變化顯示功能性移行和步態的改善與文獻結果一致或更好。

**結論：**

密集的早期運動計畫可在手術後第一個月內恢復日常活動、行走和學校的參與。

## **Original Abstract**

### **PURPOSE:**

This study investigates functional and technical outcomes to support an early mobilization approach to rehabilitation after single-event multilevel surgery (SEMLS) for children with cerebral palsy (CP), and disseminates innovative guidelines emphasizing early walking.

### **METHODS:**

Twenty-three participants with spastic diplegic CP ages 7 through 17 years, Gross Motor Function Classification System levels I to III, who underwent an early mobilization program after SEMLS were reviewed. Outcomes were examined from motion analysis data and clinical documentation.

### **RESULTS:**

All participants were able to return to school walking at discharge. At 1-year postoperatively, participants had returned to their prior walking level or better. Change in Gait Deviation Index and Pediatric Outcomes Data Collection Instrument indicated improvements in functional mobility and gait consistent with or greater than the literature.

### **CONCLUSION:**

This intensive early mobilization program restores participation in daily activities, walking, and school within the first month postoperatively.

Lippincott Williams & Wilkins, a business of Wolters Kluwer Health and its affiliates take no responsibility for the accuracy of the translation from the published English original and are not liable for any errors which may occur.

威科集團醫療衛生業務部門之一：Lippincott Williams & Wilkins，及威科集團醫療衛生業務部門的其他附屬機構不承擔因從英文原文翻譯的準確性而導致的任何責任，也不承擔由於翻譯錯誤而導致的任何法律責任。