

原作者及出處 (Original):

Verschuren, Olaf; Bongers, Bart C.; Obeid, Joyce; Ruyten, Thijs; Takken, Tim
Pediatric Physical Therapy. 25(1):25-28, Spring 2013.

doi: 10.1097/PEP.0b013e3182791459

題目 (Title):

肌力短跑測驗對於具行走能力的腦性麻痺少年之效度

(Validity of the Muscle Power Sprint Test in Ambulatory Youth With Cerebral Palsy)

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目的 (Purpose):

驗證在腦性麻痺少年使用肌力短跑測驗相對於溫蓋特無氧腳踏車測驗的效度

(To validate the Muscle Power Sprint Test (MPST) against the Wingate Anaerobic
cycling Test (WANt) in a group of youth with cerebral palsy (CP).)

方法 (Methods):

二十名患有痙攣型腦性麻痺且粗大動作功能分類等級 I 或 II 的兒童與青少年(11
位男孩與 9 位女孩；平均年齡 = 14.8 歲) 完成本研究。

(Twenty children and adolescents (11 boys and 9 girls; mean age = 14.8 years) with
spastic CP, and classified as either level I or II of the Gross Motor Function
Classification System, completed the study.)

結果 (Results):

肌力短跑測驗和溫蓋特無氧腳踏車測驗在最大爆發力(peak power)以及平均爆發
力 (mean power) 具有非常顯著的相關性 (PP: $r = 0.731$, $P < .001$; MP: $r = 0.903$, $P < .001$)。

(Very strong significant correlations were seen for peak power (PP) and mean power (MP) from the MPST and WAnT PP and MP values (PP: $r = 0.731$, $P < .001$; MP: $r = 0.903$, $P < .001$.)

結論 (Conclusions):

本研究結果顯示肌力短跑測驗可以有效測量腦性麻痺患童的無氧能力，可以當作運動介入對於具獨立走或跑的腦性麻痺兒童與青少年的無氧表現之成效評量工具。

(The results of this study show that the MPST is a valid test for measuring anaerobic capacity in children with CP, and that this test can be used as an evaluation tool for anaerobic performance in exercise interventions focusing on children and adolescents with CP who are able to walk or run independently.)