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題目 (Title):

青少年男女運動選手的動態姿勢穩定
(Dynamic Postural Stability in Young Adolescent Male and Female Athletes)

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目的 (Purpose):

探討青少年運動選手的動態姿勢穩定表現。
(To investigate dynamic postural stability performance of young adolescent athletes.)

方法 (Methods):

89 位男性與 81 位女性運動選手參與此研究。每位運動選手的四肢都進行 3 次的前側、後內側及後外側的星狀平衡測試[star excursion balance test]。每個方向可以達到的距離將依據其佔腿長的百分比來記錄，每個方向可以達到的距離之組合分數將用於統計分析。
(Eighty-nine male and 81 female athletes participated. Each participant performed 3 trials of the anterior, posterior-medial, and posterior-lateral reach directions of the Star Excursion Balance Test on each limb. Distance achieved for each direction was expressed as a percentage of leg length, with the composite reach distance of these directions being used for statistical analysis.)

結果 (Results):

性別與慣用肢體間並無顯著交互作用產生，性別或慣用肢體也未觀察到有顯著的主效應。值得注意的是男性和女性運動員每個移動方向之組合分數可以達到的距離均小於腿長的 94%，這數字就是先前已確定會增加青少年運動選手運動傷害風險的臨界值。
(No significant interaction effect for sex and limb dominance (P > .05) was found, nor was a significant main effect for sex or limb dominance (P > .05) observed. Notably, the composite reach distance achieved by both male and female athletes was less than 94% of leg length, a value that has previously been identified for increased injury risk in adolescent athletes.)

結論 (Conclusions):
未來需要長時間的研究以充分了解青少年動態姿勢穩定的變化。
(Further longitudinal research is needed to fully understand how dynamic postural stability changes over adolescence.)