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題目 (Title):

短期使用日常社區Walk Aide對單側痙攣型腦性麻痺兒童之成效

(Effects of Short-Term Daily Community Walk Aide Use on Children With Unilateral Spastic Cerebral Palsy)

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目的 (Purpose):

於單側痙攣型腦性麻痺兒童探討功能性電刺激對其步態相關機能損傷之成效

(To determine the effects of functional electrical stimulation (FES) on the main impairments affecting gait in children with unilateral spastic cerebral palsy.)

方法 (Methods):

20週、單一受試ABA設計，包括6週的基線（pre-FES）階段、8週的FES介入階段以及6週倒返（post -FES）階段。12位5至16歲兒童每天穿戴功能性電刺激器（the Walk Aide），介入共8週。每週測量踝關節活動度、選擇性動作控制、背屈和蹠屈肌肌肉力量、腓腸肌痙攣、單腳平衡、觀察式步態量表（OGS）分數，以及垂足、在社區跌倒的自陳報告。

(A 20-week, multiple single-subject A-B-A design included a 6-week pre-FES phase, an 8-week FES phase, and a 6-week post-FES phase. Twelve children, aged 5 to 16 years, wore an FES device (the Walk Aide) daily for 8 weeks. Weekly measures included ankle range of motion, selective motor control, dorsiflexion and plantar

flexion strength, gastrocnemius spasticity, single-limb balance, Observational Gait Scale (OGS) score, and self-reported toe drag and falls in the community.)

結果 (Results):

與基線（pre-FES）階段相較，FES介入階段顯示在踝關節活動度、選擇性動作控制、肌肉力量有明顯的改善，以及痙攣、角紙拖地和跌倒也顯著減少，但是觀察式步態量表（OGS）分數並無變化。在倒返（post -FES）階段，這些改善仍然維持。

(Compared with the pre-FES phase, the FES phase showed significant improvements in ankle range of motion, selective motor control and strength, and reductions in spasticity, toe drag, and falls, but no change in OGS score. These improvements were maintained during the post-FES phase.)

結論 (Conclusions):

間歇性、短期使用功能性電刺激（FES）是可能有效減少影響單側痙攣型腦性麻痺兒童與步態相關的機能損傷。

(Intermittent, short-term use of FES is potentially effective for reducing impairments affecting gait in children with unilateral spastic cerebral palsy.)

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