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**題目 (Title):**

筋骨鬆弛症候群孩童的疼痛、平衡、活動和參與  
(Pain, Balance, Activity, and Participation in Children With Hypermobility Syndrome)

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**目的 (Purpose):**

描述筋骨鬆弛症候群孩童的關節活動度過高程度，平衡，疼痛，活動和參與並與一控制組做比較。  
(To describe hypermobility, balance, pain, activity, and participation in children with hypermobility and compare these characteristics with those of a control group.)

**方法 (Methods):**

二十位八至十六歲被診斷為筋骨鬆弛症候群或橡皮人症候群的孩童，以及二十四位同年齡的控制組孩童參與此研究。關節活動度過高程度是依據 Del Mar 級別做評估；平衡是以布歐式動作精熟度測試(BOTMP)評量；日常生活參與度是以參與頻率的問卷評定；疼痛和活動量則以日誌評估。  
(Twenty children aged 8 to 16 years with hypermobility syndrome (HMS) or Ehlers-Danlos syndrome and a control group of 24 children of the same age participated in the study. Hypermobility was assessed according to the Del Mar scale, balance was assessed with the Bruininks-Oseretsky test of motor proficiency, and participation in daily life activities was assessed with the frequency of participation

questionnaire. Pain and physical activity were assessed in a diary.)

**結果 (Results):**

相較於控制組，筋骨鬆弛症候群孩童具有過高關節活動度以及有較多疼痛，且在平衡方面得分較低，他們的活動量則受每日生活狀況影響。

(In comparison with the control group, the children with hypermobility had significantly more hypermobile joints and more pain and scored lower in the balance test, and their activity was affected on a daily basis.)

**結論 (Conclusions):**

疼痛似乎會影響到筋骨鬆弛症候群孩童的活動量和參與度。與健康的控制組相較，筋骨鬆弛症候群孩童的平衡較差。

(Pain appears to affect activity and participation in children with HMS. Balance is decreased in children with HMS compared with healthy controls.)