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題目 (Title):

踝足支架對裘馨氏肌肉失養症男孩行走的效果：先驅研究
(Effects of AFO Use on Walking in Boys with Duchenne Muscular Dystrophy: A Pilot Study)

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目的 (Purpose):

雖然裘馨氏肌肉失養症於後期行走階段使用踝足支架曾被描述過，但其在早期階段的效果還未被評估。本先驅研究的目的是描述動態反應踝足支架(DR-AFO)對能行走的裘馨氏肌肉失養症男孩的效果。

(Although bracing in the late ambulatory stage of Duchenne muscular dystrophy (DMD) has been described, the effects of ankle-foot orthoses (AFOs) in earlier stages have not been evaluated. The aim of this pilot study was to describe the effects of dynamic response AFO (DR-AFO) use in boys with DMD who are ambulatory.)

方法 (Methods):

運用交叉設計的研究方法，三位男孩被隨機分配到動態反應踝足支架(DR-AFO)的實驗期或安慰劑期各兩週，兩期中並間隔一週洗除期。主要成果測量方法為行走10公尺所花的時間及六分鐘行走測試。

(Using a crossover design, 3 boys were randomly assigned to either a 2-week DR-AFO or a placebo intervention. Phases were separated by a 1-week washout period. Primary outcomes were time to walk 10 m and a 6-Minute Walk Test.)

結果 (Results):

使用動態反應踝足支架(DR- AFO)期間，其行走10公尺的時間(下降中位數0.8秒)以及六分鐘行走距離(中位數25公尺)都退步。三個孩童中有兩個家長報告於使用動態踝足支架期間，兒童跌倒的機率增加。

(With DR-AFO use, declines in 10-m walk time (median decline = 0.8 s) and 6-Minute Walk Distance (median = 25.0 m) occurred. Parental report suggested that the use of DR-AFOs increased falls in 2 of 3 participants.)

結論 (Conclusions):

本先驅研究無法支持動態反應踝足支架對具行走能力的裘馨氏肌肉失養症男孩有效果。

(This pilot study does not support the use of DR-AFOs by boys with DMD who are ambulatory.)

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