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论著

PD-WEBB训练对帕金森病平衡障碍和跌倒的影响

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摘要： 目的：评价PD-WEBB 训练对帕金森病（Parkinson's disease，PD）患者平衡障碍和跌倒的影响。方法：采用随机、单盲、对照设计分析PD-WEBB 训练8 周前后PD-WEBB 组与对照组PD 患者跌倒功效量表（falls efficacyscale，FES）评分、帕金森病综合评分量表（UPDRS）评分和Mini-Balance Evaluation Systems Test（Mini-BESTest）评分的变化。结果：8 周后PD-WEBB 组FES 评分、UPDRS-2 评分、UPDRS-3 评分和Mini-BESTest 评分较对照组有明显变化 （$P<0.05$），而两组间UPDRS-1 评分变化不明显。结论：PD-WEBB 训练可以明显改善PD 患者的平衡障碍，提高患者日常生活质量，预防跌倒。PD-WEBB 训练适合中国PD 患者，是一种合理有效的可持续的家庭训练模式。

关键词： 帕金森病 物理疗法 PD-WEBB 跌倒

Effect of PD-WEBB training on balance impairment and falls in people with Parkinson’s disease

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Abstract: Objective: To determine the effect of Parkinson's disease-weight bearing exercise for better balance (PD-WEBB) exercise on balance impairment and falls in people with Parkinson's disease (PD). Methods: A single-blind, randomized controlled clinical trial was conducted. The falls efficacy scale score, unified Parkinson disease rating scale (UPDRS) score and Mini-BESTest score were measured and compared between a PD-WEBB group and a control group. Results: The falls efficacy scale score, UPDRS-2 score, UPDRS-3 score and Mini-BESTest score were improved in the PD-WEBB group compared with the control group ($P<0.05$), with no significant change in UPDRS-1 score between the two groups. Conclusion: PD-WEBB training can significantly improve the balance impairment and quality of life to prevent falls. PD-WEBB training is suitable for PD patients in China, and is a reasonable, effective and sustainable training of family and community assessment model.

Keywords: Parkinson’s disease physiotherapy PD-WEBB fall

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