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具备独立步行能力的脑卒中患者运动所需代谢当量的初步研究 [点此下载全文](#)

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摘要:

目的:观察具备独立步行能力的脑卒中患者常规运动疗法所需的代谢当量。方法:18例脑卒中患者参加了实验。用K4b2便携式运动心肺功能仪记录受试者在静息坐位、坐站转换、靠墙挺髌、患腿负重、患腿上下、上下楼梯、60m行走和连续完成上述动作过程中的耗氧量,计算上述各项运动所需代谢当量。结果:静息坐位代谢当量值为 1.024 ± 0.162 METs,各项活动代谢当量值分别为:坐站转换 2.854 ± 0.907 METs、靠墙挺髌 2.079 ± 0.397 METs、患腿负重 2.159 ± 0.418 METs、患腿上下 2.247 ± 0.515 METs、上下楼梯 2.865 ± 0.558 METs、60m行走 2.590 ± 0.603 METs、连续动作为 2.999 ± 0.590 METs。结论:各项训练代谢当量值的确定为合并心血管疾病的脑卒中患者的安全运动强度提供了依据。

关键词: [脑卒中](#) [运动疗法](#) [代谢当量](#)

Pilot study of the metabolic equivalents cost in some therapeutic exercises of stroke patients who can walk independently [Download Fulltext](#)

The Rehabilitation Centre, Armed Police Hospital in Hangzhou, 310051

Fund Project:

Abstract:

Objective: To observe the metabolic equivalents(METs) cost in some therapeutic exercises. Method: Eighteen stroke patients participated in the test. K4b2 Pulmonary Function Equipment was used to record oxygen consumption(ml/min·kg) of the following eight states, which are relaxing sitting position, sit-to-stand transfers, hip extension when standing, weight loading of the involved leg, raising of involved leg, climbing stairs, walking 60 meters and also completing these mentioned exercises continuously. METs of these exercises were calculated. Result: METs of relaxing sitting position was 1.024 ± 0.162 , while that of sit-to-stand transfers was 2.854 ± 0.907 METs, hip extension when standing was 2.079 ± 0.397 METs, weight loading of the involved leg was 2.159 ± 0.418 METs, raising of involved leg was 2.247 ± 0.515 METs, climbing stairs was 2.865 ± 0.558 METs, 60m walking was 2.590 ± 0.603 METs and consecutive exercise was 2.999 ± 0.590 METs. Conclusion: The calculation of METs in therapeutic exercises may ensure the safety for the training of the stroke patients with cardiovascular diseases.

Keywords: [stroke](#) [therapeutic exercise](#) [metabolic equivalents](#)

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