

## 研究業績 英文表記

和文	
表題	つま先グリップバー付インソールの長期使用が就学前の子供のバランス、歩行、走行に及ぼす影響:ランダム化比較試験
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英文	
Title	Effects of long-Term use on insoles with a toe-grip bar on the balance,Walking,and running on preschool children:A randomized contorlled trial
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Abstract	<p>This randomized controlled study is aimed at investigating the effects of long-term use of insoles with a toe-grip bar on the balance, walking, and running of preschool children. Fifty-two preschool children were randomly assigned to an intervention group or control group. Children included in the intervention group wore shoes with insoles that had a toe-grip bar, and those in the control group wore shoes with regular insoles without a toe-grip bar for 4 weeks while they were at school. The center of gravity sway (total trajectory length and envelope area), walking parameters (walking speed, cadence, stride length, step length, stance time, and swing time), and time to run 25 m were measured before and after the intervention. The 25 m running time of the intervention group was significantly improved after the intervention (<math>F= 5.66; p &lt; 0.05</math>). This study suggests that insoles with a toe-grip bar may contribute to improvements in the running of preschool children.</p>
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