

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
THERAPY DEPARTMENT FOR CARDIOPULMONARY DISORDER AND  
GERIATRICS AND ITS SURGERY**

**PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

**Physical Therapy Department for Cardiopulmonary  
Disorder and Geriatrics and Its Surgery**

**Master Degree  
2010**

Author	:	Ahmad Mahdi Ahmad.
Title	:	Effect of aerobic versus resistive exercises on energy expenditure in sedentary males.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohammed Hassan Serry.
	2.	Sherin Hassan Mohamed .
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p><b>Purpose:</b> The study was conducted to compare between the effect of aerobic versus resistive exercises on energy expenditure in sedentary overweight males. <b>Subjects:</b> Thirty overweight males with age ranged from 18-25 years, their body mass indices ranged between 25-30 kg/m<sup>2</sup>. <b>Methods:</b> Subjects were randomly assigned to two equal groups. Aerobic training group and circuit weight training group. Both groups trained 3 times per week for 12 weeks. The aerobic training was in the form of interval training at 75-85 % of maximum heart rate, and the circuit weight training composed of 11 stations of resistive exercises performed at 70-80% 1RM with 30 seconds rest in between. The subjects underwent cardiopulmonary exercise test to measure VO<sub>2max</sub>, energy expenditure and time to fatigue before and after the training programs. <b>Results:</b> For aerobic training group, there was a significant increase in VO<sub>2max</sub> by 22%, energy expenditure by 24% and time to fatigue by 41% after training. For circuit weight training group, there was a significant increase in VO<sub>2max</sub> by 16%, energy expenditure by 16% and time to fatigue by 29% after training. Regarding comparison between the two groups, the aerobic training group revealed a significant increase in all measured variables than the circuit weight training group. <b>Conclusion:</b> Both aerobic training and circuit weight training are effective interventions to increase VO<sub>2max</sub>, energy expenditure as well as time to fatigue in overweight sedentary subjects. However, the aerobic training is more effective than circuit weight training in improving those variables for overweight sedentary subjects.</p>		
Key words	1.	aerobic exercise.
	2.	resistive exercise.
	3.	energy expenditure.
	4.	VO <sub>2max</sub> .
	5.	overweight sedentary males.
	6.	sedentary males.
Arabic Title Page	:	تأثير التمارين الهوائية مقابل تمارين المقاومة على استهلاك الطاقة لدى الذكور غير النشيطين.
Library register number	:	2065-2066.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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GERIATRICS AND ITS SURGERY**

**PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Amira Mohie Abo Elyazed.
Title	:	Efficacy of strengthening exercises on insulin resistance associated with hypothyroidism.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Hanaa Mohammad Gameel.
	3.	Hany Ezzat Obaya.
Degree	:	Master.
Year	:	2010.
Abstract	:	<p><b>Purpose:</b> This study was conducted to investigate the effect of strengthening exercises on insulin resistance associated with hypothyroidism. <b>Materials and methods:</b> Forty female patients their age ranged from 20 to 40 years old selected from El- Mataria Teaching Hospital, divided into two equal groups. They were all primary hypothyroid for at least five years, their body mass index (BMI) ranged from (30 to 34.9kg/m<sup>2</sup>). twenty patients perform resistance exercises for thirty minutes twice weekly for fourteen successive weeks. The intensity of exercise for each muscle group was determined after the assessment of the load that the individual can lift only one time i.e. One Repetition Maximum (1-RM). Moderate exercise using 40-60% of 1-RM was used, 1 set of 10 repetitions for each exercise. 1-RM was re-evaluated every 2 weeks and after 4 weeks the load was increased to 2 sets of 10 repetitions. Patients received 2 sessions per week, for 14 weeks. BMI, thyroid stimulating hormone(TSH), free thyroxine (FT<sub>4</sub>), fasting glucose(FG) level, after 2hour post-prandial glucose (2hppG) level , fasting insulin (FI), insulin resistance(IR), lean body mass(LBM), fat body mass(FBM), and percentage body fat(PBF) were evaluated before starting the program and after the last session of the exercise for both groups. <b>Results:</b> The results of this study showed that there was significant decrease in insulin resistance, fasting glucose level, (2hpp) glucose level, fasting insulin, fat body mass, and percentage body fat while there was significant increase in lean body mass in group (A), while there was nonsignificant increase in FT<sub>4</sub> and decrease in TSH in group (A). There was nonsignificant change in all parameters in group (B). <b>Conclusion:</b> Strength exercise has a positive effect on insulin resistance. In other words, Strength exercise greatly affects the insulin resistance, blood glucose and body composition. Improve the function and responsiveness of skeletal muscles to insulin.</p>
Key words	1.	Hypothyroidism.
	2.	Insulin resistance.
	3.	Strength exercise.
Arabic Title Page	:	تأثير تمارين التقوية على مقاومة الأنسولين المصاحبة لنقص إفراز الغدة الدرقية.
Library register number	:	2347-2348.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
THERAPY DEPARTMENT FOR CARDIOPULMONARY DISORDER AND  
GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Ehab Naeem Bakheet.
Title	:	Effect of trunk rotation training on Gait in elderly.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Seery.
	2.	Hassan El-Said Soliman.
	3.	Akram Abd El-Aziz Said.
Degree	:	Master.
Year	:	2010.
Abstract	:	<p>The purpose of this study was to determine the effect of trunk rotation training on Gait in elderly. This study was conducted in Geriatric home (Ever green) in Helwan. Forty Geriatric subjects of both sexes, age from sixty five to eighty five years old, participated in this study. They were divided into two groups of equal number; study and control group. The study group received trunk rotation exercise in addition to breathing exercises accompied by upper limb exercises. The control group received breathing exercise accompied by upper limb exercises for two months. Both groups were subjected to the same evaluation procedure using modified visual analogue scale, vulnerable elderly Survey and physical performance test before and after treatment. The results of this study shows significant improvement in all measuring parameters. However, a significant difference was noticed in post treatment results for both groups in all measuring variables in favor to the study group. In conclusion, the trunk rotation exercise improve gait in elderly.</p>
Key words	1.	Trunk rotation.
	2.	elderly.
	3.	Training of Trunk rotation.
	4.	Gait in elderly.
Arabic Title Page	:	تأثير تمارينات إستدارة الجذع على المشى فى كبار السن.
Library register number	:	2275-2276.

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GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Eslam Hamdy Abd el-Rhman.
Title	:	Effect of Different Body Positions on Mean Arterial Blood Pressure and Oxygen Saturation in Stroke Patients in Intensive Care Unit "Icu".
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	sherin Hassan Mohamed.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p><b>Background and Purpose:</b> The purpose of this study was to compare between the therapeutic effect of different body positions on mean arterial pressure (MAP) and oxygen saturation (SpO<sub>2</sub>) in stroke patients in intensive care unit. <b>Methods:</b> Forty stroke patients were submitted in ICU, from Benha University Hospital with mean age <math>62.5 \pm 5.5</math> years participated in this study. Three reading of MAP and SpO<sub>2</sub> for each patient was taken from the monitor at base line supine position, at head elevation at 30 degree position and at prone position, with interval of 20 minutes between each reading. Physical therapy program was performed to the patient at each position including limb exercises, respiratory exercises, Percussion, vibrations, continuous rotational therapy and mobilization. <b>Results:</b> The results showed that there was highly significant decline of MAP at head elevation at 30 degree position with statistically significant differences between supine lying position and head elevation at 30 degree position and significant differences between prone position and head elevation at 30 degree position. And the results also showed statistically significant differences of SpO<sub>2</sub>% between supine lying position and head elevation at 30 degree position and prone position with the higher increase in supine lying position. <b>Conclusions:</b> supine lying position may represent beneficial therapeutic position to allow greater perfusion pressure (greater MAP) and oxygenation in stroke patients in intensive care unit.</p>		
Key words	1.	Body position.
	2.	Mean Arterial Blood Pressure.
	3.	Oxygen Saturation.
	4.	Stroke.
	5.	Intensive Care Unit (Icu).
Arabic Title Page	:	تأثير أوضاع الجسم المختلفة على ضغط الدم الشرياني المتوسطي ونسبة تشبع الدم بالأكسجين لدى مرضى السكتة الدماغية في الرعاية المركزة.
Library register number	:	2345-2346.



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Author	:	Fatma Hassan Ahmed.
Title	:	Effect of Buteyko Breathing Technique on patients with Bronchial Asthma.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M.H. Serry.
	2.	Nermine Mounir Riad.
Degree	:	Master.
Year	:	2010.
Abstract	:	<p>The aim of this study was to assess the effect of Buteyko breathing technique on patients with bronchial asthma. Forty patients with bronchial asthma participated in this study, their age ranged between 30 to 50 years. They were divided into two equal groups. Group (A) received Buteyko breathing technique (BBT), and the medications prescribed by the physician, while group (B) didn't perform any physical therapy program just their medications prescribed by the physician. The program continued for 6 weeks (2 sessions per week except the 1<sup>st</sup> week was 4 sessions per week). Peak expiratory flow rate (PEFR), control pause test, asthma daily symptoms (asthma control questionnaire) were measured at the beginning and after the treatment program for both groups. The results of this study revealed a significant decrease in asthma daily symptoms, a significant improvement in PEFR, and control pause test in group (A), while in group (B) there was slight decrease in asthma daily symptoms, slight increase in the control pause test, and PEFR but not significant. It can be concluded that BBT produce a significant improvement for patients with bronchial asthma.</p>
Key words	1.	Buteyko Breathing Technique
	2.	Bronchial Asthma.
Arabic Title Page	:	تأثير برنامج باتيكو التنفسي على مرضى الربو الشعبي.
<b>Library register number</b>	:	<b>2175-2176.</b>

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Gohar Mohammed Gohar.
Title	:	Ventilatory Response To Upper Versus Lower Limbs Exercises In Males With Chronic Obstructive Pulmonary Disease.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Foud Rahmy.
	2.	Yousry Mohammed Akl.
	3.	Akram Abdel Aziz.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p><b>Objective:</b> This study was conducted to compare between the ventilatory response to upper versus lower limb exercises in males with COPD. Thirty male patients with mild to moderate degree of COPD participated in the study, Their age ranged from 40 to 60 years .They were divided into two equal groups ; group (A) performed upper limb exercise plus receiving medical treatment, while Group (B) performed lower limb exercise program plus receiving medical treatment. The study lasted 6 weeks. Ventilatory functions were measured pre and post study for both groups. Statistically, there was significant improvement in measured values (FEV1, FVC, FEV1/FVC, and MVV) of the lower limbs exercise group in contrast to those of the upper limbs group. So it is recommended to encourage the COPD patients to participate in lower limb exercise program to improve their ventilatory functions.</p>		
Key words	1.	Upper limbs.
	2.	Lower limbs
	3.	Exercise
	4.	Ventilatory functions.
	5.	Chronic Obstructive Pulmonary Disease (COPD).
Arabic Title Page	:	الاستجابة الرئوية لتمارين الأطراف العلوية بالمقارنة بتمارين الأطراف السفلية في الرجال المصابين بمرض السدة الرئوية المزمنة.
Library register number	:	2297-2298.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Hany Mahmoud Mohmed Fares.
Title	:	Gait Analysis in Patients with Diabetic Peripheral Neuropathy.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr.
	2.	Shawky Abdel Hameed Fouad
Degree	:	Master.
Year	:	2010.
Abstract	:	<p>The aim of this study was to analyze and compare kinematic gait parameters in diabetic peripheral neuropathic patients and healthy controls. Sixty subjects were participated in this study, their ages ranged from 40-60 years. Thirty subjects were diabetic peripheral neuropathic patients, the other thirty subjects were age, weight, height and gender matched healthy controls. Gait analysis was performed for both groups using three-dimensional motion analysis system which consists of: motion capture unit (a camera system), wand-kit (L-shaped wand and T-shaped wand), serial interface adaptor, personal computer and reflective markers. The Measurement procedures included system calibration, application of markers, first trial to adjust walking path, the qualysis trac capturing image, data processing, editing, calculation and results. The results of this study revealed statistically significant differences between both groups in all measured parameters. Diabetic group was significantly lower in walking velocity, cadence, stride length and angles of ankle and knee joints during gait while in stance time percentage and time of gait cycle; it was significantly higher than control group.</p>
Key words	1.	Gait analysis
	2.	Diabetes mellitus
	3.	Peripheral neuropathy
Arabic Title Page	:	تحليل المشى فى مرضى البوال السكرى المصحوب بالتهاب الاعصاب الطرفية.
Library register number	:	2077-2078.

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Author	:	Howida Abdel-Aleem Fouda.
Title	:	Assessment of maximum oxygen consumption in hemophilic patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abdel-Aziz Abdel-Hady.
	2.	Adly Aly Heidar Sabbour.
	3.	Magde El-Ekiaby.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p><b>Background and purpose:</b> Although patients with haemophilia are advised to participate in physical activities, their physical fitness has not been studied in Egypt. Exercise testing, including the determination of maximal performance and maximal oxygen uptake (VO<sub>2</sub>max), is considered the gold standard for assessing physical fitness. The purpose of the study was to assess the maximum oxygen consumption in Egyptian hemophilic patient. <b>Methods and results:</b> the study was conducted to determine maximum oxygen consumption in hemophilic patients compared with their healthy peers. Thirty subjects were divided equally into hemophilic and control groups. Highly significant decrease in maximum oxygen consumption was revealed in hemophilic patients in comparison to normal individuals (56.5%), highly significant decrease in total work load (32.5%) in comparison to normal subjects, and a highly significance difference in maximum oxygen consumption between normal group and moderate hemophilic patients and between normal group and sever hemophilic patients. But, there was no significant difference between moderate and severe hemophilic patients. <b>Conclusion:</b> The study concluded that exercise testing in patients with severe and moderate haemophilia A can be safely performed. Patients with sever and moderate hemophilia demonstrate low maximum oxygen consumption and poor exercise performance, which the study believe is due to a lack of physical conditioning. Recommendations are made for individual exercise prescriptions to improve the fitness of these patients.</p>		
Key words	1.	Maximum oxygen consumption
	2.	hemophilia
	3.	physical fitness
Arabic Title Page	:	تقييم أقصى إستهلاك الأوكسجين لمرضى سيولة الدم.
Library register number	:	2143-2144.



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Author	:	Ibrahim Reda M. Zeidan.
Title	:	Effect of Inspiratory Muscle Training on Diaphragmatic Excursion after Valvular Surgery.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Mohamed Helmy.
	2.	Ahmed Sabry El Saied.
	3.	Sherin Hassan Mohamed.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p>The aim of this study was to determine the effect of inspiratory muscle training on diaphragmatic excursion after valvular surgeries. Forty male patients had done open heart surgery participated in this study. They divided in to tow groups: The first group (study group) who received inspiratory muscle training by using inspiratory muscle trainer for at least seven days post operatively, twice a day, for (15-20) minutes. The second group (control group) who received a routine chest physical therapy only and didn't participate in the inspiratory muscle training program. Ultrasonography was used to evaluate the changes in diaphragmatic excursion. Statistical analysis revealed a significant improvement in diaphragmatic excursion in the study group after the using of inspiratory muscle trainer postoperatively in patients after open heart surgery. So this study recommends the using of inspiratory muscle trainer as a method of rehabilitation to improve strength and endurance of the inspiratory muscles and for reducing the risk of postoperative pulmonary complications.</p>		
Key words	1.	Inspiratory Muscle Training
	2.	Diaphragmatic Excursion
	3.	Valvular Surgery.
Arabic Title Page	:	تأثير تدريب عضلات الشهيق على كمية انحراف عضلة الحجاب الحاجز بعد جراحات الصمامات.
Library register number	:	2299-2300.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Islam Ahmed Moustafa.
Title	:	Plasma proteins response to aerobic exercise in type 2 diabetic male.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El-Aziz Abd El-Hadi.
	2.	Azza Fekry Ismail.
	3.	Mohamed Momtaz El-Sawy.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p>The purpose of this study was to examine the response of the plasma proteins to aerobic exercise in type 2 diabetic male patients. Forty patients from Out Patient Clinic of Diabetes in Ras El-Teen &amp; Talaat Moustafa Hospitals were assigned randomly into 2 groups not equal in number. The study group-A (n=30) received aerobic exercise in addition to oral hypoglycemic drugs, whereas the study group-B (n=10) for measuring the changes occurrence in the plasma proteins (Albumin, Globulin &amp; Fibrinogen), creatinine. Results: The results showed a statistically non significant improvement in all parameters in study group compared with Control group. Conclusion: It was concluded that aerobic exercise is not effective way as a therapeutic method to improve plasma protein (Albumin, Globulin &amp; Fibrinogen) in male patients with type 2 diabetes mellitus.</p>		
Key words	1.	Plasma Protein
	2.	Diabetic Patients.
	3.	aerobic exercise.
	4.	type 2 diabetic male.
Arabic Title Page	:	مدى استجابة بروتينات البلازما للتمرينات الهوائية فى مرضى البوال السكري النوع الثاني عند الرجال.
Library register number	:	2211-2212.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mai Helmy Hassan.
Title	:	Effect of Phase I Cardiac Rehabilitation on Quality of Life in Patients After Coronary Artery Bypass Graft.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Mohamed Helmy.
	2.	Abd Elghany Mohamed Abd Elghany.
Degree	:	Master.
Year	:	2010.
Abstract	:	<p>The aim of this study was to determine the effect of phase one cardiac rehabilitation on quality of life in patients after coronary artery bypass graft. Forty male patients had been operated upon for elective coronary artery bypass graft surgery; they were divided into two equal in number groups. The first group (Control group) twenty patients had been subjected just to chest physiotherapy and instruction about routine post operative care. The second group (study group): twenty patients that had been subjected to phase I CR in addition to routine chest physical therapy. All patients were evaluated by part I Nottingham Health Profile questionnaire and modified exercise tolerance test ( physical capacity) before surgery and after one month of hospital discharge .The data obtained in the present investigation indicated that there were statistical significant changes of part I Nottingham Health Profile variables (pain, sleep, energy, emotional and physical ability) between control and study groups with no significant difference in social isolation domain of questionnaire between both groups . Also there were statistical changes in duration of modified exercise tolerance test (physical capacity) between control and study groups.</p>
Key words	1.	phase one cardiac rehabilitation.
	2.	quality of life.
	3.	coronary artery bypass graft surgery.
Arabic Title Page	:	تأثير المرحلة الأولى لتأهيل القلب على جودة الحياة في مرضى ما بعد عمليات ترقيع الشريان التاجي.
Library register number	:	2051-2052.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
THERAPY DEPARTMENT FOR CADIOPULMONARY DISORDER AND  
GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mariana Moheb Aziz Ghobrial.
Title	:	Effect of aerobic versus resistive training in improving gait pattern of elderly.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M.H. Serry.
	2.	Nagui Sobhi Nassif.
Degree	:	Master.
Year	:	2010.
Abstract	:	<p><b>Background:</b> Decreased muscle strength impedes elders' functional performance in daily activities such as gait. The mechanisms whereby increased strength improves gait are unknown. <b>Purpose:</b> To investigate the effect of moderate intensity aerobic exercise versus resistive training on functional performance and gait pattern in elderly subjects. <b>Subjects:</b> Thirty subjects of both sexes, 12 males and 18 females, they assigned into two equal groups, Group (A) with mean age (<math>70.17 \pm 3.50</math>) years and mean Body Mass Index (<math>27.19 \pm 1.56</math>) Kg/m<sup>2</sup> Group (B) with mean age (<math>69.33 \pm 3.29</math>) years and mean Body Mass Index (<math>28.14 \pm 1.63</math>) Kg/m<sup>2</sup> <b>Methods:</b> Chair rise time, stair climb time, and foot print method were measured before and after three months in the two groups. Group (A) who was instructed to practice aerobic exercises in the form of treadmill, group (B) who was instructed to practice resistive training by sand bags. Each subject in either group practiced three sessions/week, for three months. <b>Results:</b> The results revealed that there was highly significant increase in speed of gait mean values (from <math>0.5867 \pm 0.0581</math> to <math>0.6933 \pm 0.1022</math> in group (A), and from (<math>0.5373 \pm 0.762</math> to <math>133 \pm 8.67</math> and <math>0.6680 \pm 0.1269</math> to <math>87 \pm 4.68</math> in group (B). These effects appear potentially in the improvement of functional performance in elderly. <b>Discussion and conclusion:</b> The findings revealed that there was no significant difference between aerobic exercises and resistive training in improving gait pattern among elderly subjects, but resistive training had greater effect than aerobic exercises in decreasing chair rise time among elderly subjects.</p>
Key words	1.	Aerobic exercise.
	2.	Resistive training.
	3.	Geriatric.
	4.	gait.
	5.	elderly.
Arabic Title Page	:	تأثير التمرينات الهوائية مقابل التمرينات بالمقاومة في تحسين المشي لدى المسنين.
Library register number	:	2179-2180.



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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mohamed Taha Said.
Title	:	Effect of Low Level Laser Therapy on Blood Flow in Type 2 Diabetic Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Aza Fekry Ismail.
	2.	Ragia Mohamed Kamel.
	3.	Abir Zakaria Mohamed.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p>The aim of this study was to assess the effect of low level laser therapy (LLLT) on microcirculation in diabetic patients (type 2). Thirty patients participated in the study, their age ranges from 40 to 53 years. They were divided into two equal groups. Subjects: The studied group (fifteen patients), received low level laser therapy (LLLT) program (3 sessions/ week, 20 minutes/per session for 4 weeks) in addition to oral hypoglycemic drugs. The control group (fifteen patients) received only the oral hypoglycemic drugs. Methods: Maximum skin blood perfusion, minimum skin blood perfusion, basal mean perfusion (before heating), and percentage changes of perfusion of the legs was measured by Laser Doppler Flowmetry (LDF) at the beginning and after 4 weeks for both groups. Results: The results showed a significant improvement in all parameters in LLLT group compared with control group. Conclusion: It was concluded that LLLT is effective as a therapeutic method to improve skin microcirculation in patients with type 2 diabetes mellitus.</p>		
Key words	1.	Low level Laser Therapy.
	2.	Blood Flow.
	3.	Diabetes Mellitus.
	4.	Lasers.
	5.	Type 2 Diabetic Patients.
Arabic Title Page	:	تأثير الليزر العلاجي المنخفض الشدة على التدفق الدموي لدى مرضى البوال السكري (النوع الثانى).
Library register number	:	2053-2054.

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THERAPY DEPARTMENT FOR CARDIOPULMONARY DISORDER AND  
GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mohammed Youssef El-Hamrawy.
Title	:	Effect of phase I cardiac rehabilitation on heart rate recovery in patients post coronary angioplasty.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Mohamed Helmy.
	2.	Islam Shawky Abdel-Aziz.
	3.	Sherin Hassan Mohamed.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p><b>Background:</b> Recently, abnormal decline in heart rate after exercise has gained attention as an independent predictor of all-cause and cardiac mortality. Cardiac rehabilitation is an effective solution for improving an inadequate heart rate recovery in patients with coronary artery disease. <b>Purpose:</b> This study was conducted at the Coronary Care Unit and Inpatient Cardiology Department in El-Hussin University Hospital to investigate the different changes in heart rate recovery and functional capacity in male patients post coronary angioplasty. <b>Design :</b> Thirty male patients aged 45-55 years ( 49.35 years <math>\pm</math> 3.04 ) were admitted for elective coronary angioplasty. Heart rate recovery as a percentage of maximum predicted heart rate, resting heart rate , and distance walked in the two minute walk test were measured in three stages ( preoperative and in the 1<sup>st</sup> day postoperative and at the end of phase I cardiac rehabilitation after 7 days). <b>Results :</b> The results showed that the relative changes (%) for the heart rate recovery as a percentage of maximum predicted heart rate were (23% <math>\pm</math> 5.4%, 53.4% <math>\pm</math> 5.8, and 89.8% <math>\pm</math> 4.84%) between pre operative versus 1<sup>st</sup> day post operative, 1<sup>st</sup> day post operative versus end of phase I CR, and between pre operative versus end of phase I CR respectively. The relative changes for the resting heart rate were ( 2.3 % <math>\pm</math> 0.6%, 6.03% <math>\pm</math> 0.8%, and 8.2% <math>\pm</math> 0.6% ) between pre operative versus 1<sup>st</sup> day post operative, 1<sup>st</sup> day post operative versus end of phase I CR, and between pre operative versus end of phase I CR respectively. Also the relative changes for distance walked in 2MWT were (14.8% <math>\pm</math> 16.3%, 38% <math>\pm</math> 15.1% , 58.5% <math>\pm</math> 15.45%) between preoperative versus 1<sup>st</sup> day post operative, 1<sup>st</sup> day post operative versus end of phase I CR, and between pre operative versus end of phase I CR respectively. <b>Conclusion:</b> phase I cardiac rehabilitation has a significance effect in heart rate recovery as a percentage of maximum predicted heart rate, resting heart rate, and distance walked in the two minute walk test in male patients post coronary angioplasty.</p>		
Key words	1.	Phase I Cardiac Rehabilitation.
	2.	Heart Rate Recovery.
	3.	Coronary Angioplasty.
Arabic Title Page	:	تأثير المرحلة الأولى من تأهيل القلب على استرداد معدل ضربات القلب بعد عمليات قسطرة التاجي.
Library register number	:	2281-2282.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
THERAPY DEPARTMENT FOR CARDIOPULMONARY DISORDER AND  
GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Naglaa Fathey Mostafa Ali.
Title	:	Cardiopulmonary fitness in response to aerobic training program with Smoking cessation for young men.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Badr.
	2.	Sherif Mohamed Eissa.
Degree	:	Master.
Year	:	2010.
Abstract	:	<p><b>Background:</b> Chronic smoking was found to affect young male smoker's cardiovascular fitness, impairing the economy and decreasing the capacity of their respiratory and circulatory systems, aided quit attempts through a combination of behavioral counseling and nicotine replacement therapy can improve success rates, but these remain low and more effective interventions are needed. <b>Objectives:</b> To investigate the response of cardiopulmonary fitness to aerobic training with smoking cessation for young men. <b>Methods:</b> The study was done on 90 males aged from 18-24 years selected as light nicotine dependant according to" Fagerström test for nicotine dependency" they were classified according to their choice into 3 groups of equal number (group A) Continue smoking as a control group (Group B) participated in smoking cessation while (group C) participated in smoking cessation and moderate aerobic training program for successive six weeks. Resting heart rate (RHR), resting systolic blood pressure (RSBP), resting diastolic blood pressure (RDBP), pulse pressure (PP), maximum oxygen consumption (VO<sub>2</sub>max), oxygen saturation (O<sub>2</sub> sat ), and the running distance in 12 minutes (RD<sub>12</sub>) were measured before and after six weeks of application of the selected program. <b>Results:</b> Cardiopulmonary fitness was significantly improved with both group (B) and group (C). The improvement in group (C) was better than group (B).</p>
Key words	1.	Smoking.
	2.	Smoking cessation.
	3.	Cardiopulmonary fitness.
	4.	12 min run test.
	5.	Aerobic training.
Arabic Title Page	:	استجابة كفاءة الجهاز الدوري التنفسي أثناء برنامج تدريب هوائي مع التوقف عن التدخين للشباب.
Library register number	:	2085-2086.

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GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Noha Ali Mohamed Hussien.
Title	:	Postural Instability In Type (1) Versus Type (2) Diabetic Patients With Peripheral Neuropathy.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El Aziz Abd El Hady.
	2.	Sadek Mohamed Helmy.
Degree	:	Master.
Year	:	2010.
Abstract	:	<p>Diabetic peripheral neuropathy (DPN) is one of the most common complications of diabetes mellitus (DM), either type (1) or type (2) diabetes mellitus. It is likely that DPN affect postural stability in these patients. The purposes of this study are to evaluate postural instability in type (1) and type (2) diabetes mellitus and determine which type can cause more postural instability. Fifty male diabetic patients with duration of 15 years who developed DPN since at least one year were selected and included in the study. 25 patients were diagnosed as type (1) and other 25 are diagnosed as type (2). Participants in both groups were assessed for balance control. Assessment was carried out twice for each participant, once with eye-open and once with eye-closed. Outcomes were in form of three stability indices (SI), overall, anteroposterior (AP), and mediolateral (ML) indices. Results show that by comparing SI in eye-open versus eye-closed conditions in either of the two groups, eye-open condition had significantly lower SI indicating better balance control. Comparing group A (NIDDM) and group B (IDDM) once in eye-open and another in eye-closed condition, showed that group A (NIDDM) had lower stability indices in both conditions than group B (IDDM).</p>
Key words	1.	diabetes mellitus.
	2.	diabetic peripheral neuropathy.
	3.	Postural Instability.
	4.	Type (1) Versus
	5.	Type (2) Diabetic Patients
	6.	Peripheral Neuropathy.
Arabic Title Page	:	تأرجح القوام في مرضى البوال السكري النوع الأول والثاني المصابين بالتهاب الأعصاب الطرفية.
Library register number	:	2167-2168.



**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Ryham Ezz EL-Dine Mohamed.
Title	:	Blood Pressure Response to Evening versus Morning Exercises Among Hypertensive Females.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Eniat Ezzat Othman.
	3.	Hany Ezzat Obaya.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p><b>Back ground:</b> A circadian rhythm is the natural pattern of physiological and behavioral processes that are timed to a near 24-hour period. These processes include sleep-wake cycles, body temperature, blood pressure, heart rate and the release of hormones. <b>Purpose of study:</b> To compare the changes of blood pressure as a result of morning exercise versus evening exercise training and determine the most effective time of day for exercising for hypertensive females. <b>Methods:</b> sixty subjects were divided into two equal groups(overweight and class I obesity) enrolled in aerobic training program for 75% maximum heart rate intensity for 20 min, one time the exercise applied at morning (09.00-11.00 AM) and other at Evening (08.00 PM-10.00PM.)For same patient at other day .We measured blood pressure three times for each (before, immediately and 1h later). <b>Results:</b> At both groups (overweight and class I obesity) the systolic blood decrease after 1 hour of exercise by (2.6 mmHg) for Morning exercise program while for Evening exercise program by (4.1mmHg) and Diastolic blood pressure was decrease after 1 hour of exercise by (1.4 mmHg) for Morning exercise program while for Evening exercise program by (3mmHg).No significant different between over weight and class 1 obesity group of diastolic blood pressure among morning and evening, but systolic blood pressure of over weight tends to decrease by(1mmHg) among class(1) in (PM). <b>Conclusion:</b> It was concluded that moderate evening exercises at (08.00-10.00PM) had certain benefit than morning exercise at (09.00-11.00 AM) in decrease the level of mild hypertension in women patients</p>		
Key words	1.	Diastolic.
	2.	Hypertension.
	3.	Treadmill.
	4.	Systolic.
	5.	Morning.
	6.	Evening.
	7.	Blood Pressure.
Arabic Title Page	:	استجابة ضغط الدم للتمرين الصباحي مقابل التمرين المسائي لدي مريضات الضغط المرتفع.
Library register number	:	2153-2154.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Saif El Deen Ahmed Ragab.
Title	:	Impact of ear acupuncture on ventilatory function among tobacco smokers.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Nagwa Hassan.
	3.	Sherin Hassan Mohamed.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p><b>Background:</b> scientific interest in traditional and complementary medicine progressively increased.in the field of acupuncture. Investigators conducted clinical trials to test its efficacy for various conditions, but till now the mechanisms underlying acupuncture are poorly understood. Auricular acupuncture is helpful for many conditions.It has been shown to be particularly powerful in relieving acute symptoms of withdrawal from tobacco during smoking cessation. <b>Purpose:</b> to measure the effect of ear acupuncture on ventilatory function among tobacco smokers. <b>Subjects and procedures:</b> thirty male, aged between 20-30 years were assigned randomly into two equal groups: acupuncture group (A) and control group (B) both groups underwent pulmonary function tests (flow-volume curve) to measure FVC, FEV1/FVC&amp;FEF25-75%, after that the acupuncture group underwent a program of ear electro-acupuncture sessions, two session per week for 5 weeks with ear piercing needles between sessions. At the end of the 5<sup>th</sup> week spirometry were repeated to measure any changes in both groups. <b>Results:</b> for acupuncture group, there was a statistically insignificant difference in FVC with relative change percent of 3.51%, and for FEV1/FVC and FEF25-75% there were a statistically significant increase with relative change percent of 19.95% 42.39% respectively. For the control group FVC, FEV1/FVC and FEF25-75% showed a statistically insignificant increase with percent of change of 4.34%, 0.63% and 2.62% respectively. <b>Conclusion:</b> comparing the results of both groups in this study ear acupuncture is an effective intervention to improve ventilatory function among tobacco smokers.</p>		
Key words	1.	Ear acupuncture.
	2.	Ventilatory function.
	3.	Tobacco smokers.
Arabic Title Page	:	تأثير وخز الأذن بالإبر على وظائف التهوية الرئوية بين مدخني التبغ.
Library register number	:	2261-2262.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Shimaa Hussein Ahmed.
Title	:	Efficacy of Breathing Exercise on Pulmonary Complication and Liver Functions Post Liver Transplantation.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abdel Aziz Abdel Hady.
	2.	Adel Mohamed Alansary.
	3.	Nesreen Ghareeb Mohamed El Nahas.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p><b>Purpose of the study:</b> This study was conducted to determine the efficacy of breathing exercise on pulmonary complication and liver functions post liver transplantation. <b>Study design:</b> Twenty patient (14 male and 6 female), age ranging from 42-60years suffering from pulmonary complication post liver transplantation. There were treated with breathing exercises for 21 days, two sessions daily, and received same protocol of medical treatments. All patients were evaluated in first, seventh and twenty one-days post liver transplantation. <b>Results:</b> The results showed highly significant decrease (<math>P &lt; 0.05</math>) FEV1 ,FVC, chest x-Ray, Arterial blood lactate, total Bilirubin, ALT , AST, Alkaline Phosphate, LDH and Albumin while there was no significant (<math>P &gt; 0.05</math>) in FEV1/ FVC ratio , Direct Bilirubin and GGT after the end of treatment. <b>Conclusion:</b> From results of this study concluded, improve pulmonary complication due to breathing exercises post liver transplantation. It was considered as treatment to respiratory problems post liver transplantation</p>		
Key words	1.	Breathing exercises.
	2.	Pulmonary Complication.
	3.	Liver Functions.
	4.	Post Liver Transplantation.
Arabic Title Page	:	كفاءة تمارينات التنفس علي مضاعفات السعة الرئوية ووظائف الكبد بعد عمليات زراعة الكبد.
Library register number	:	2183-2184.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Tamer Mohamed Mortada Kandeel.
Title	:	Effect of aerobic versus resistive training on lipoproteins in hypertensive patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry.
	2.	Mostafa M. El-Najjar.
	3.	Sherin Hassan Mohamed.
Degree	:	Master.
Year	:	2010.
Abstract	:	<p>Objective of this study was to evaluate the effect of aerobic training versus resistive training on total cholesterol, triglyceride, high density lipoproteins (HDL) and low density lipoproteins (LDL) in hypertensive patients. Method: Forty hypertensive patients with age of 50-60 years old were selected randomly from Al-Bagour Public Hospital, they were divided randomly into two groups ;each group consisted of twenty patients .The first group (group A) received aerobic training at mild to moderate intensity at 65% - 80% of predicted maximum heart rate (40minutes,3 times weekly) , the second group(group B) received resistive training in the form of Circuit Weight Training at 40%-60%1-MR (30minutes, 3circuits of 10-15 repetitions).lipoproteins measured at the beginning of the study and after eight weeks Results: Both groups showed a statistical significant improvement of total cholesterol, triglyceride, high density lipoproteins (HDL) and low density lipoproteins(LDL).Group(A)&amp;(B) showed a statistical significant decrease in total cholesterol (decrease 4.42% vs. decrease 6.68%), triglyceride (decrease 5.5% vs. decrease 8.5%), and showed a statistical significant decrease LDL (decrease 10.25 % vs. decrease 15.6%). Non-significant difference on HDL was seen between the two groups (increase 9.01% vs. increase 8.95 %).Conclusion: Aerobic and resistive training are beneficial on lipoproteins in hypertensive patients.</p>
Key words	1.	Aerobic training.
	2.	Triglyceride.
	3.	High-density lipoproteins
	4.	Low-density lipoproteins
	5.	Resistive training &Hypertension
	6.	Total cholesterol.
Arabic Title Page	:	تأثير التمرينات الهوائية مقابل تمرينات المقاومة على البروتينات الدهنية فى مرضى ضغط الدم المرتفع.
Library register number	:	2253-2254.



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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Yaser Omar Mohammad Abu Asi.
Title	:	Effect of Monochromatic Infrared Energy on diabetic foot ulcer.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa M. Badr.
	2.	Aziz G. Aziz.
	3.	Khaled Abdel Aal.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p>The aim of the study was to determine the efficacy of Monochromatic Infrared Energy in enhancement of chronic diabetic foot ulcer. Sixty patients participated in the study. They suffered from chronic foot ulcer as a complication of diabetes mellitus, their ages ranged from 45 to 55 years old. They were classified into two equal groups (Monochromatic Infrared Energy MIRE Therapy group and standard medical therapy group). MIRE group received monochromatic infrared energy therapy (3times/ week, for 6 weeks) in addition to standard medical treatment, while control group received standard medical treatment only, and followed by 2 weeks of follow up. It is concluded that there was statistical significant reduction in wound surface area after 18 sessions. Additionally two weeks period of follow up was added to the total program. Therefore, MIRE therapy is a effective, innovative, non expensive modality in the treatment of diabetic foot ulcer combined with standard medical treatment.</p>		
Key words	1.	Monochromatic Infrared Energy.
	2.	Wound Healing.
	3.	Diabetic foot ulcer.
Arabic Title Page	:	تأثير الطاقة تحت الحمراء أحادية اللون على قرحة القدم السكري.
Library register number	:	2169-2170.