

**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
2015

Author	:	Abd El-Rahman Mahmoud Abd El Moneim
Title	:	Aerobic exercises versus whole body vibration exercise on thyroid stimulating hormones in type 1 diabetes
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan
	2.	Nadia Mohamed Abd El Rahman
	3.	Hany Farid Eid Morsy Elsis,
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>Background: Previous studies have revealed that diabetes mellitus appears to influence thyroid function in at least two sites, one at the level of hypothalamic control of TSH release and the other at the conversion of T4 to T3 in the peripheral tissue. Purpose of the Study: to investigate the response of thyroid stimulating hormone and tri-iodothyronine and tetra-iodothyronine hormones in type 1 DM to the aerobic exercise versus whole body vibration exercise through measuring fT4 and fT3, as well as TSH. Subjects and Methods: Forty patients (22 boys, 18 girls) with type 1 DM and hypothyroidism were selected from Nasr City Hospital Health Insurance. Their ages ranged from 15 to 18 years old. Patients participated in a physical therapy program for eight weeks, from February to April 2015 patients were assigned into two groups (A,B) equally in number. Group (A): (10 boys and 10 girls) received a stationary bicycle for 8 weeks three sessions per week, group (B): (12 boys and 8 girls) received whole body vibration (WBV) for 8 weeks three sessions per week, T3, T4 and TSH were measured pre and post. Results: The results of this study found that, there was a statistically highly significant difference ($P<0.01$) in TSH, free (T3 and T4) measurements after the performance of the aerobic stationary bicycle training and whole body vibration exercise sessions on participated patients. In addition, WBV showed significant change in all measures (decrease in TSH, change free T4 and free T3) with P-values (0.4%, 0.01% and 0.4%), respectively. Conclusion: So the W.BV act as adjuvant method for treating patient with type 1 Diabetes mellitus with hypothyroidism.</p>
Key words	1.	whole body vibration
	2.	aerobic exercises.
	3.	type I diabetes mellitus
	4.	thyroid stimulating hormones.
Classification number	:	000.000.
Pagination	:	127 p.
Arabic Title Page	:	التمارين الهوائية مقابل الإهتزاز الكلى للجسم على تحفيز هرمون الغدة الدرقية على البوال السكرى من النوع الأول.
Library register number	:	4429-4430.

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Author	:	Abeer Nooreldeen Saleh Abdalla
Title	:	Impact of Exercise Training on Blood Clotting Time in Smokers
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Serri
	2.	Nessrin Ghareeb El Nahaas
	3.	Moheb Mahros Habeb
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>Purpose: To determine the effect of exercise on blood clotting time in smokers. Assessed by the calculation of clotting time by using laboratory analysis. Methods: Forty heavy smokers' men (30 to 40 cigarettes per day) for at least ten years were recruited for this study, their ages ranged from (30 to 40 years old). They were assigned in one interventional group. Blood clotting time was measured before and after intervention. They received program of exercise with intensity between (65%-75%) of HR_{max} and frequency of 3 times/week for 12 weeks. The session consists of 5-10 minutes warm-up performed on the orbitrac at low load followed by training period for 30 minutes and ended by 5-10 minutes cool down. Results: Result showed that exercise training program increased the clotting time with a percentage of 13.53% ($P<0.001$). Conclusion: Exercise training was valuable in increasing blood clotting time in smokers so reduce the risk of CVD and stroke.</p>
Key words	1.	Smokers
	2.	clotting time
	3.	exercise training
	4.	Blood Clotting Time.
Classification number	:	000.000.
Pagination	:	95 p.
Arabic Title Page	:	تأثير التمرينات على وقت التجلط في المدخنين.
Library register number	:	4371-4372.

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Author	:	Ahmed Hussein El Dessouky El kharsawy
Title	:	Effect Of Acapella Device On Acute Exacerbation Of Chronic Obstructive Pulmonary Diseases Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Akram Abd El Azeez Sayed
	2.	Mohamed Abd El haleem Mohamed Shendy
	3.	Reem Ibrahim Mohamed El Korashy Assistant
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>The purpose of this study: is to evaluate efficacy of Acapella in the treatment of acute exacerbations in COPD patients. Subjects and methods: Forty patients of both sexes with acute exacerbation of COPD were included in this study. Age was ranged from 40-60 years old. Patients were assigned into two equal groups: group (A) study group and group (B) control group with pre- and post- treatment protocol application. The study group consisted of 20 patients received treatment by the green Acapella device in addition to chest physiotherapy, this program was performed 3 times per week for two successive weeks with total duration of each session of (20-30) minutes, the control group consisted of 20 patients received conventional chest physiotherapy program which was performed 3 times per week for two successive weeks and the total duration of each session was nearly (20-30) minutes. The data concerned with the ventilatory functions included, forced expiratory volume in first second (FEV₁), forced expiratory volume in sixth second (FEV₆) and the ratio between forced expiratory volume in one second to forced expiratory volume in sixth second (FEV₁/FEV₆), were measured at baseline, and through the two weeks of treatment. MMV was calculated by the equation $MMV = 37.5 \times FEV_1$ which was the most robust equation found in the literature for predicting maximum minute ventilation. Results: The results of the current study showed statistical significant difference for the ventilatory functions (FEV₆, FEV₁, FEV₁/FEV₆) the percentage of improvement of FEV₆ was about 10.45% for group (A) and showed a decline in group (B) of a value -0.38%, and that of FEV₁ was about 8% improvement for group (A) and much less in group (B) with 0.2% improvement. While the FEV₁/FEV₆ ratio showed a percentage of improvement about 1.58% in group (A) while in group (B) with a percentage of improvement about 0.46% and for the ratio of improvement of maximum voluntary ventilation in one minute (MVV) for group (A) showed statistical percentage of improvement of 9.69 % while in group (B) showed statistical improvement of percentage of 7.94%. Conclusion: The current respiratory device (Acapella) provided an adequate physiotherapy method to patients with AECOPD, helped sputum expectoration, contributes in stabilization and improvement of respiratory functions, enhance patients' compliance and independence.</p>
Key words	1.	Acute exacerbations
	2.	Chronic obstructive pulmonary disease
	3.	High frequency chest wall oscillation vest
	4.	Ventilatory functions
	5.	Acapella Device
Classification number	:	000.000.
Pagination	:	86 p.
Arabic Title Page	:	تأثير الأكابيلا على التفاقم الحاد لحالات الانسداد الرئوي المزمن.
Library register number	:	4528-4529.

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Author	:	Ahmed Mohamed Sayed Mohamed
Title	:	Effect of Cardiac Rehabilitation Program on Corrected QT Interval in Old Myocardial Infarction Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	<i>Zeinab Mohammed Helmy</i>
	2.	<i>Sherin Hassan Mohammed</i>
	3.	<i>Essam ahmed samy</i>
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background and purpose: corrected QT interval (QTc) , a measure of myocardial repolarization, may reflect injury to myocardial cells. QTc prolongation may be predictive of an increased risk of late cardiac decompensation and arrhythmia , so it's a predictor for a sudden death. The purpose of the study was to investigate the effect of cardiac rehabilitation program on corrected QT interval in old myocardial infarction patients . Patient and Methodology: Thirty male patients aged from 40 to 50 years old diagnosed as old myocardial infarction and the patients were randomly divided into two groups, study group; group (A) consisted of fifteen patients received cardiac rehabilitation program including aerobic training using treadmill and bicycle ergometer for 8 weeks, 3 days per week with intensity started at 50% of trainig target heart rate and increased gradually till reaching 80 % at the end of 8 weeks, while the control group; group (B) consisted of fifteen patients didn't perform any exercise. Both groups were evaluated before , after 4 weeks of training program and, after 8 weeks of the cardiac rehabilitation program. Corrected QT interval was taken from resting ECG before and after the cardiac rehabilitation program. Results: resting heart rate showed a significant reduction in the study group after performing the cardiac rehabilitation program by (8.68%) while the control group showed a reduction by (5.91%) after performing the cardiac rehabilitation program. corrected QT interval showed significant reduction in study group after performing the cardiac rehabilitation program by (4.14 %) while the control group showed reduction by (1.65 %). The study group shows more significant improvement than control group .Conclusion: Cardiac rehabilitation program was effective in reducing corrected QT interval in old myocardial infarction patients.</p>		
Key words	1.	Corrected QT interval
	2.	Myocardial infarction
	3.	Cardiac rehabilitation program.
	4.	post-isometric relaxation and progressive pressure release
Classification number	:	000.000.
Pagination	:	129 p.
Arabic Title Page	:	تأثير برنامج تأهيل القلب علي الفترة الزمنية المصححة (كيو تي) برسم القلب الكهربائي في مرضي احتشاء القلب المزمنة.
Library register number	:	4027-4028.

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Author	:	Alaa Mohamed El-Moatasem Mohamed
Title	:	Effect of high frequency chest wall oscillation on acute exacerbations of chronic obstructive pulmonary disease
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr
	2.	Taghreed Saied Farag
	3.	Mariam Elsayed Mohamed Abdel Aal
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The purpose of this study: is to evaluate efficacy of high frequency chest wall oscillation vest system in the treatment of acute exacerbations in COPD patients. Subjects and methods: Thirty men patients with AECOPD were included in the study. Patients were assigned to a single group with pre- and post- treatment protocol application. All patients received high frequency chest wall oscillation with vest system in addition to their prescribed medication. The data concerned with the ventilatory functions included, forced vital capacity (FVC), forced expiratory volume in first second (FEV₁), ratio of forced expiratory volume in one second to forced vital capacity (FEV₁/FVC), and Forced expiratory flow (FEF₂₅₋₇₅ %) were evaluated at the beginning of the study and after three weeks. Six minute walk test and (CAT) was also performed. Results: showed statistical significant difference for the ventilatory functions (FVC, FEV₁, FEV₁/FVC, and FEF₂₅₋₇₅ %), also improvement in 6MWT and CAT between pre and post treatment in favor of post treatment condition. Conclusion: The current respiratory device (Vest Clearance HFCWO) provided an adequate physiotherapy method to patients with AECOPD, helped sputum expectoration, contributes in stabilization and improvement of respiratory functions, enhance patients' compliance and independence.</p>		
Key words	1.	Acute exacerbations
	2.	Chronic obstructive pulmonary disease
	3.	High frequency chest wall oscillation vest
	4.	Chest.
Classification number	:	000.000.
Pagination	:	85 p.
Arabic Title Page	:	تأثير التذبذب عالي التردد عبر جدار الصدر على النوبات الحادة لمرض الضيق الشعبي الهوائي المزمن.
Library register number	:	4149-4150.

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Author	:	Ali Mohamed Ali Ismail
Title	:	Nitric oxide and masculinity functions response to aerobic exercise in Prediabetic visceral Obese men
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Hala Mohamed Ezz-deen
	2.	Mariam Elsayed Mohamed Abdel Aal
	3.	Amr Tharwat Mohamed Kamel
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The aim of this study was to find out nitric oxide and masculinity functions response to aerobic exercise in prediabetic visceral obese men. Forty married visceral obese men were diagnosed as having mild and moderate erectile dysfunction on Five- Item Version of International Index of Erectile Function with a 1 to 5-year history prediabetes. Their ages ranged from 29 to 51 years. They were selected from outpatient clinic of andrology (Cairo University Hospitals) with body mass index ranged from 30.75 to 41.23 kg/m², waist circumference > 102 cm and C- reactive protein < 10 mg/L. They were divided into two equal groups, study and control group, twenty patients for each group. In addition to receiving dietary supplement (cavigen) one time daily for eight weeks as a general tonic for both groups, the study group received home abdominal exercise and a treadmill walking exercise for 30 minutes three times weekly for eight weeks while the control group received no training. Pre and post study measurement of waist circumference, plasma nitric oxide (measured as the stable end product of nitrite + nitrate), C- reactive protein and Five- Item Version of International Index of Erectile Function were done for each patient of both groups. The results of the study revealed improvement in the previous measurements of study group only. The down regulatory effect of aerobic exercise training on C- reactive protein (improvement percentage was 49.75%) and waist circumference (improvement percentage was 4.46 %) added to the increased nitric oxide (improvement percentage was 41.31 %) may be the likely cause for significant improvement in Five - Item Version of International Index of Erectile Function (improvement percentage was 25.64%) in prediabetic visceral obesity men with erectile dysfunction.</p>		
Key words	1.	Visceral obesity
	2.	Aerobic exercise
	3.	Nitric oxide
	4.	masculinity functions.
	5.	Prediabetic visceral.
	6.	Obesity.
Classification number	:	000.000.
Pagination	:	122 p.
Arabic Title Page	:	استجابة أكسيد النيتريك ووظائف الذكورة للتمارين الهوائية في الرجال ما قبل السكري ذوي السمنة الأحشائية.
Library register number	:	4073-4074.

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

Author	:	Amr Ali Ali El Khodary
Title	:	Response of obese body composition and Optimal Health to Combined Aerobic and Circuit Weight Training
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr.
	2.	Osama Mohamdy Mohamed.
	3.	Hany Ezzat Obaya.
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Purpose: To determine the effect of combined aerobic and circuit weight training on obese body composition and optimal health. Methods: Sixty women divided into two equal groups with grade one obesity included in this study with an age ranged from 30 to 45 years old. Group (A) : 30 women followed low caloric well balanced diet and aerobic exercises only for 12 weeks three days per week, Group (B): 30 women followed low caloric well balanced diet and combined aerobic with circuit weight training for 12 weeks three days per week. They were chosen from El Kasr El Ainy outpatient clinic. Results: BMI showed a statistical significant decrease after the program of both groups in favor of combined aerobic with circuit weight training. The percentage of change of BMI for group (A) was 10.68%↓ whereas; in group (B) was 28%. The body fat percent showed a statistical significant decrease after the program of both groups in favor of combined aerobic with circuit weight training. The percentage of change of body fat percent for group (A) was 10.62%↓ whereas; in group (B) was 13.91%↓. The body water percent showed a statistical significant increase after the program of both groups in favor of combined aerobic with circuit weight training. The percentage of change of body water percent for group (A) was 8.64% ↑ whereas; in group (B) was 11.3%↑. The C-reactive protein showed a statistical significant reduction after the program of both groups in favor of combined aerobic with circuit weight training. The percentage of change of CRP for group (A) was 13.58%↓ whereas; in group (B) was 34.94%↓. The six minutes walking test showed a statistical significant increase after the program of both groups in favor of combined aerobic with circuit weight training. The percentage of change of six minutes walking test for group (A) was 12.68%↑ whereas; in group (B) was 18.43%↑. Conclusion: It was concluded that 12 weeks of combined aerobic with circuit weight training showed significant improvement in BMI, C-reactive protein, body Fat percent, water percent and six minutes walking test.</p>		
Key words	1.	Aerobic Exercises
	2.	Combined aerobic with circuit weight training
	3.	Obesity
	4.	Circuit Weight Training
Classification number	:	000.000.
Pagination	:	138 p.
Arabic Title Page	:	استجابة مكونات الجسم وأفضل صحة للجمع بين التمارين الهوائية والتدريب بحلقة الأوزان في البدناء.
Library register number	:	4245-4246.

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Author	:	Ashraf Ishak Michael Youssef
Title	:	Effect of Needle Acupuncture Versus Surface Acupuncture on Blood Pressure In Hypertensive Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Hala Mohamed Ezz El Dein
	2.	Ibrahim NagiebEl Ebrashi
	3.	Mariam El Sayed Mohamed Abel Aal,
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Objectives : The purpose this study was to find out the effect of both needle acupuncture and surface acupuncture on blood pressure (Mild to Moderate) in hypertensive patients. Subjects and Methods: Forty hypertensive patients 22 men and 18 women with age ranged from 41 years to 52 years were selected from outpatient's clinic of Al kaser Al Aini Hospital, Cairo University Egypt. These patients divided randomly into two equal groups (20 patient per each). Group (A): (n=20) received needle acupuncture connected with electric stimulation. Group (B): received surface acupuncture connected with electric stimulation. Both groups (A and B) received two sessions per week for six weeks. The parameter including blood pressure (systole and diastole), heart rate and oxygen saturation were measured before and after treatment program. Results: there was significant improvement (lowering) in blood pressure and heart rate in both study groups after acupuncture in comparison to pre study results between group A and group B regarding percentage of improvement, SBP improved by 7.53% and 5.37% respectively, DBP improved by 5.87%, 3.22% respectively, pulse rate improved by 4.69%, 3.33% respectively and oxygen saturation respectively improved by 0.25% and 0.10% respectively. Conclusion: The outcome of present study emphasize that the use of acupuncture by both needle and surface was effective in lowing blood pressure in hypertensive patients.</p>		
Key words	1.	Acupuncture
	2.	hypertension
	3.	hypertensive patients
	4.	Needle Acupuncture.
	5.	Blood Pressure.
Classification number	:	000.000.
Pagination	:	126 p.
Arabic Title Page	:	تأثير الوخز بالابر الصينية مقابل التنبيه السطحي لنقاط الوخز الابرى على ضغط الدم لحالات ضغط الدم المرتفع.
Library register number	:	4083-4084.

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Author	:	Asmaa Abdelmonem Ahmed
Title	:	Kinesio Taping Versus Mobilization in Management of Diabetic Frozen Shoulder
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M. H. Serry.
	2.	Hassan Hussien Ahmed
	3.	Gihan Samir Mohamed
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The aim of this study was to compare between the effects of mobilization versus kinesio taping on frozen shoulder in diabetic patient. Forty diabetic patients (16 men and 24 women) were selected from outpatient clinic of physical therapy department who referred from orthopedic clinic of Basyon El Markarzy Hospital, El Gharbia, their age ranged between 45 to 55 years. The patients were assigned into two equal groups in number :- group (A) consisted of 20 patients (9 men,11women) , who received kinesio taping ,one time per week for 6 weeks and group (B) consisted of 20 patients (8 men,12 women) ,who received mulligan and midlands mobilization technique, three times a week, for 6 weeks. Range of motion of shoulder was measured at the beginning and after the treatment program for both groups. The results of this study revealed a highly statistical significant improvement in all variables in group (B) , flexion of shoulder (61.36%)↑,abduction(50.82%)↑,internal rotation(18.66%)↑,external rotation(23.89) ↑ ,extension(66.07%) ↑ and increase in variables in group (A) ,flexion shoulder(13.31%) ↑ ,abduction(11.63%)↑,internal rotation(5.71%) ↑ , external rotation(4.78)↑,extension(20.36%)↑.In group(B) ,flexion improved (55.35%) ↑ in men and (65.78%) ↑ in women, abduction improved (47.61%) ↑ in men and (52.97%) ↑ in women, external rotation improved (19.12%) ↑ in men and (27.52%) ↑in women, internal rotation improved (9.76%) ↑ in men and (25.47%) ↑ in women and extension improved (73.47%) ↑ in men and (60.32%) ↑ in women . In group (A) ,flexion improved(14.34%) ↑ in men and (12.53%) ↑ in women, abduction improved (14.52%)↑ in men and (9.49%) ↑ in women, external rotation improved (8.34%) ↑ in men and(2.50%) ↑in women, internal rotation improved (6.28%) ↑ in men and (5.26%) ↑ in women and extension improved (16.83%) ↑ in men and(25%)↑ in women. It can be concluded that mobilization produces a significant improvement for patients with diabetic frozen shoulder more the kinesio taping.</p>		
Key words	1.	Mobilization
	2.	Kinesio taping
	3.	diabetic frozen shoulder
Classification number	:	000.000.
Pagination	:	96 p.
Arabic Title Page	:	الكينسيو مقابل التحريك في علاج الكتف السكري.
Library register number	:	4249-4250.

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

Author	:	Asmaa Said Mandour Naser
Title	:	Resistive Versus Aerobic Exercises On Anemia In Chronic Kidney Disease
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M. H. Serry.
	2.	Ahmed Alaa El Din Ahmed
	3.	Gihan Samir Mohamed
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The aim of this study was to compare between resistive and aerobic exercises on anemia in chronic kidney disease(CKD). Fifty patients of both sexes(25 men ,25 women) , suffering from chronic kidney disease received regular hemoheamodialysis, they were selected from outpatients clinic “hemoheamodialysis unit” Badr Hospital, EL Behira., Their age ranged between 35 to 45 years old. They were assigned randomly to three groups. Group (A) (10 men,10 women) received resistive training exercise, and the heamodayalsis session, while group (B) (10 men,10women) received aerobic exercise program in form of cycle ergometer and the heamodayalsis session, while group (C) (5men,5women) received heamodayalsis only. The program continued for 6 weeks. heamoglobin , albumin and urea were measured at the beginning and after the treatment program. The results of this study revealed a statistical significant improvement in all variables in group (A) there was a significant increase in heamoglobin level (6.49%), increase in albumin (6.63%) and decrease in urea (5.39%). In group (B) Heamoglobin level increased (9.05%), Albumin level increased (14.65%) , decreased in urea (9.17%). In group (A) heamoglobin level increase 6.77% in men and increased 6.22% in women, albumin increased 6.50% in men and 6.49%in women, urea decreased 4.83%in men and 6.07%in women. While in group (B) heamoglobin level increased 8.88% in men and 9.24% in women, albumin increased 14.20% in men and 15.11% in women, urea decreased 9.7% in men and 8.43% in women. While in group (C) heamoglobin level increased 2.73% in men and 1.83% in women albumin increased 2.53% in men and 2.17% in women, urea decreased 2.98%in men and 2.75%in women. It was be concluded that aerobic exercise produce a significant improvement for patients with CKD more than the resistive training exercises.</p>		
Key words	1.	Chronic kidney disease
	2.	aerobic exercise
	3.	resistive exercise
	4.	Anemia.
Classification number	:	000.000.
Pagination	:	67 p.
Arabic Title Page	:	تأثير التمرينات الهوائية على نسبة الهيموجلوبين لدي الإناث البالغات اللاتي يعانين من الأنيميا
Library register number	:	4341-4342.

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Author	:	Aya Gamal Khattab Omr Khattab
Title	:	Efficacy of High Intensity Interval Training in Chronic Non-Cirrhotic Active Hepaitits C Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Prof. Dr.Hala Mohamed Ezz-Al Din
	2.	Prof. Dr. Wafaa Ahmed Fahmy
	3.	Dr.Mariam El-Sayed Mohamed AbdAlaal
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: Chronic infection with the hepatitis C virus (HCV) is now the leading cause of liver-related morbidity and mortality; Exercise is a low-cost, reliable and sustainable therapy for many chronic diseases. Moderate, long-term physical exercise may increase the production of IL-2, an important regulator of the immune response. HIT can serve as an effective alternate to traditional endurance training, inducing similar or even superior changes in a range of physiological, performance and health-related markers in both healthy individuals and diseased populations. Objective:to investigate the effect of low volume high intensity interval training on IL2, INFγ and ALT, AST in HCV patients chronic non cirrhotic active HCV. Subjects and methods:forty patients submitted to low volume high intensity interval training for 2 months 3 sessions per week. Their serum level of IL2 and INFγ were measured using ELISA test also serum levels of ALT and AST were measured before and after the interval training. Results: Results showed significant increase in serum levels of IL2, INFγ with improvement percentage (48.23%), (21.05%) and decrease in ALT, AST with improvement percentage (18.85%), (23.87%) in the study. Conclusion: Low volume high intensity interval training had a potent effect on immune system in patients with chronic active HCV.</p>		
Key words	1.	HCV
	2.	interleukin 2
	3.	interferon gamma
	4.	high intensity interval training
	5.	Chronic Active Hepaitits C Patients
	6.	Non-Cirrhotic Active Hepaitits C Patients
Classification number	:	000.000.
Pagination	:	98 p.
Arabic Title Page	:	تأثير التمرينات عالية الشدة المتقطعة على مرضى الإلتهاب الكبدي المزمن غير المتلطف لفيروس سي
Library register number	:	4511-4512.

**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	:	Aya Hassan Mohammed
Title	:	Laser Acupuncture versus Acupressure in Hypertension
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Ass. Prof. Dr. Akram Abdel Aziz
	2.	Prof. Dr. Hamdy Soliman
	3.	Dr. Hany Ezzat Obaya
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Purpose: The current study was carried out to compare between the effect of laser acupuncture and acupressure in the treatment of hypertension. Methods: Forty females patients their ages were ranged from 50 to 60 years from national heart institute, with mild hypertension were randomly divided into two equal groups, group (A) received laser acupuncture and group (B) received acupressure sessions. The method of assessment was mercury sphygmomanometer to measure blood pressure before and at the end of the study after 6 weeks of the sessions. The sessions were twice/week for 6 weeks and all patients under medical control. Results: The results showed that there was significant decrease in blood pressure in both groups while no significant different between laser acupuncture treated group compared with the acupressure group. Using mercury sphygmomanometer in recording blood pressure, the study revealed that the results obtained in first group were similar to that of second group. Conclusion: It was concluded that laser acupuncture and acupressure were effective in decreasing blood pressure in patients suffering from hypertension while no significant different between laser acupuncture treated group compared with the acupressure group.</p>		
Key words	1.	Hypertension
	2.	blood pressure
	3.	Laser Acupuncture
Classification number	:	000.000.
Pagination	:	79 p.
Arabic Title Page	:	الوخز بالليزر مقابل الضغط علي مناطق الوخز الابري علي ارتفاع ضغط الدم
Library register number	:	4380-4381.

**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	:	Dina Abdel Moneam Abdo Elsadr
Title	:	Effect of low intensity interval exercises on lipid profile in patients with essential hypertension.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abdelaziz Abdelhady.
	2.	Aly Saber Abou Al-Ela.
	3.	Nesreen Ghareeb Mohammed Elnahas.
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The purpose of this study was to determine the effect of low intensity interval exercise on lipid profile in patients with essential hypertension. Methods: The study was carried out on forty hypertensive women, their ages ranged from 30 - 40 years suffering from essential hypertension. Patients were selected from the out-patient clinics of Elameri general hospital and the chronic diseases clinic in Omar Ibn Elkhatab governmental center in Port Said. The patients were assigned into 2 equal groups in number. Group I received the low intensity interval training program for 22-37 minutes, three times/week for twelve weeks. Group II received aerobic exercise program for 25-40 minutes, three times/week for twelve weeks. Blood pressure, Body Mass index (BMI), and lipid profile were measured in both groups pre and post the program. Results: The results of this study declared that the group I showed improvement in lipid profile (decreasing cholesterol 8.9%↓ (Significant), Triglycerides 11.05%↓(Significant), Low Density Lipoproteins 7.78%↓(Significant), and increasing High Density Lipoproteins 62%↓(Non-Significant). The results also declared that group II showed improvement in lipid profile (decreasing cholesterol 8.62%↓ (Significant), Triglycerides 12.04%↓(Significant), Low Density Lipoproteins 10.44%↓(Significant), and increasing High Density Lipoproteins 1.35%↑(Non-Significant). Conclusion: it was concluded that both low intensity interval exercise and aerobic exercise have an effect on lipid profile on patients with essential hypertension.</p>		
Key words	1.	hypertensive patients.
	2.	Lipid profile.
	3.	Interval exercise.
	4.	aerobic exercise.
Classification number	:	000.000.
Pagination	:	Xiii, 110,2 p.
Arabic Title Page	:	تأثير التمرينات المتقطعة ذات الشدة المنخفضة على الدهون في مرضى ضغط الدم المرتفع.
Library register number	:	4087-4088.

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

Author	:	Donia Mohamed Mostafa Ahmed Elmasry
Title	:	Effect of low frequency neuromuscular stimulation on ergoreflex activity in advanced heart failure
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Nesreen Ghareeb Elnahas
	3.	Hazem Mohamed Khorshid
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Purpose: To determine the effect of low frequency neuromuscular stimulation on ergoreflex activity in advanced heart failure. Methods: Thirty patients of both sexes (7 women and 23 men) with advanced heart failure were included in this study with an age range of 50 to 70 years old. Twenty seven of these patients fully completed the study while three of them died. They were chosen from outpatient clinic, Eldemerdash hospital, Ain shams university. They were assigned in a single group which received eight weeks of low frequency neuromuscular stimulation after thorough assessment of ergoreflex, ejection fraction and assessment of disability via Minnesota Living with Heart Failure Questionnaire. Results: Statistical significant alteration of ergoreflex contribution associated with decreased disability without any statistically significant changes in ejection fraction. The percentage of change in V_E and V_{CO_2} -37.83% and -36.38% respectively, and in V_{O_2} by 25.46%. These changes were associated with improved functional, emotional and psychological status of the patients with a decline of Minnesota Living with Heart Failure Questionnaire score by -29.87% without any significant statistical change in ejection fraction with a change percentage of 2.06%. Conclusion: eight weeks of low frequency neuromuscular stimulation altered ergoreflex contribution leading to a higher functional levels without causing any significant central changes regarding ejection fraction</p>		
Key words	1.	Heart Failure
	2.	Low Frequency Neuromuscular Stimulation
	3.	Muscles
	4.	ergoreflex activity.
	5.	advanced heart failure
Classification number	:	000.000.
Pagination	:	95 p.
Arabic Title Page	:	تأثير التنبيه العصبى العضلى منخفض التردد على منعكس العمل العضلى فى حالات قصور القلب المتقدمة.
Library register number	:	4155-4156.

**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	:	El-Sayed Essam El-Sayed Felaya
Title	:	Effect of Trunk Stabilizing Exercises on Sternal Separation in Sternal Instability After Coronary Artery Bypass Grafting
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Mohammed Helmy
	2.	Sherin Hassan Mohammed
	3.	Eman Hassan Abd Al-Salam
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background and purpose: Sternal instability stills a serious complication after Coronary Artery Bypass Graft (CABG) surgery. However, the risk of sternal instability is not equal for all patients. The aim of this study was to investigate the effect of trunk stabilizing exercises on sternal separation, pain, and activities of daily life (ADL) performance in patients with sternal instability after CABG surgery. Patients and Methodology: Forty patients who underwent Coronary Artery Bypass Grafting and had sternal instability with age ranged from 40-60 years enrolled in this study for four weeks. They were assigned into two groups: Group (A): The experimental group consisted of 20 patients who received routine physiotherapy program (incentive spirometer, shoulder active range of motion exercises, walking training, and therapeutic modalities such as TENS, IR and vibrator) that would begun from the 1st day post CABG surgery until discharge, in addition to trunk stabilizing exercises which would begun from the 7th day post CABG surgery. Group (B): The control group consisted of 20 patients who received routine physiotherapy program alone. The program continued for four weeks. Sternal separation, pain, and ADL performance were evaluated for both groups at the beginning of the study and at the end of four weeks. Results: The study group showed a significant reduction in sternal separation, while the control group showed a significant increase in sternal separation. On the other hand, both groups showed a reduction in pain level associated with an increase in ADL performance in favor of the study group. Conclusion: It was concluded that trunk stabilizing exercises in combination with routine physiotherapy program significantly reduced sternal separation and pain, and improved ADL performance in patients who underwent CABG surgery and had sternal instability.</p>		
Key words	1.	Sternal separation
	2.	Trunk stabilizing exercises
	3.	Coronary Artery Bypass Grafting (CABG)
Classification number	:	000.000.
Pagination	:	145 p.
Arabic Title Page	:	تأثير تمارينات الثبات الجذعية على انفصال عظمة القص في عدم ثبات العظمة القصية بعد إستبدال الشريان التاجي.
Library register number	:	4067-4068.

**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	:	Emad Kameil Gaid Abdelnour
Title	:	Effect of Whole Body Vibration (WBV) exercise on the immune system mainly CD16% of natural killer cells in sedentary elderly people
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohmed Badr
	2.	Soheir Abdel Fattah Aboel Fadl
	3.	Mariam El-Sayed Mohamed Abd Al-Aal
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: Aging is associated with considerable decline in efficiency of the immune system; Physical exercise might be effective in slowing the rate of the immunity decline. Objective: To investigate the effect of Whole Body Vibration (WBV) exercises on CD16% of natural killer cells in sedentary elderly people. Subjects and methods: Thirty elderly subjects 15 males and 15 females were participated in the study, their age ranged from 65 to 75 years. They received (WBV) exercise at 35 Hz three times per week for three months. Results: there was a significant increase in CD16% of natural killer cells. The mean value and SD of CD16% in the study group before the study period was $18.353\% \pm 3.680$, while after the study period it was 22.140 ± 3.150 with 22.337% percentage of improvement, there was non- significant correlation between percentage of improvement of CD16% , sex and age in the group. Conclusion: it can be concluded that Whole Body Vibration exercise improves the immunity specially CD16% of natural killer cells in sedentary elderly people.</p>		
Key words	1.	Immuno senescence
	2.	Whole Body Vibration exercise
	3.	natural killer cells
	4.	CD16%.
	5.	immune system.
Classification number	:	000.000.
Pagination	:	98 p.
Arabic Title Page	:	تأثير الاهتزاز الكلي للجسم على الجهاز المناعي لدى المسنين قليلي الحركة.
Library register number	:	4141-4142.

**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	:	Essraa Talaat Khairallah
Title	:	Left Ventricular Mass Responses To Aerobic Training In Central Obese Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Hala Mohamed Ezz-Deen
	2.	Mohamed Zaki
	3.	Mona Mohamed Taha
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: Patients with left ventricular hypertrophy and central obese improved their health status with weight reduction. Purpose: To determine the response of Left Ventricular Mass to aerobic exercise in central obese patients. Methods: Thirty patients of both sexes (13 women and 17men) with left ventricular hypertrophy and central obesity were included in this study, with an age range of 40 to 65 years old. They were chosen from Agouza Police Hospital. They were assigned in a single group which received twelve weeks of a treadmill walking exercise for 30 minutes three times a week for twelve weeks. Results: The statistical analysis of the mean differences of LVM by paired t-test at pre-treatment and post application of treatment revealed the following results: There was statistical significant decrease ($P<0.05$) in LVM by 4.67%, after treatment (Post) when compared with the corresponding mean value before initiation of treatment (Pre), in BMI by 5.90%, in WC by 3.82% and Weight by 5.60%. Conclusion: It was concluded that twelve weeks of a treadmill walking exercise for 30 minutes three times a week for twelve weeks and low caloric diet altered not only the weight but also Left Ventricular Mass, which reflect on general health status.</p>		
Key words	1.	Central obesity
	2.	Aerobic exercise
	3.	Left Ventricular Mass
Classification number	:	000.000.
Pagination	:	83 p.
Arabic Title Page	:	تأثير التمارين الهوائية على حجم البطين الأيسر في مرضى السمنة المركزية.
Library register number	:	4265-4266.

**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	:	Fathi Mohamed Ibrahim Mohamed
Title	:	Efficacy of Kinesio Tape on Lower Limb Edema in Patients with Chronic Hepatitis C
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Hala Mohamed Ezz El Deen
	2.	Hany Ezzat Obaya,
	3.	Nadia EL Sayed Ahmed
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: Lower limb edema remains an important problem in patients with chronic hepatitis C, occurring between 12% and 28% of the cases even with modern therapies (HCV). Purpose: To determine efficacy of kinesio tape on lower limb edema in patients with chronic hepatitis C. Method: Forty HCV patients who had lower limb edema with age ranged from 45 to 55 years old participated in this study. The practical work was recruited from the department of Internal medicine at Manshiyat AL Bakry hospital. They were assigned into two groups: group I included 20 patients who had lower limb edema they received traditional physical therapy program in addition to kinesio tape. Group II included 20 patients who had lower limb edema and they received traditional physical therapy program. Measuring volumetric assessment edema, ALT, AST, and Albumin before and after training program. Results: Statistical analysis revealed a significant improvement of ALT, AST, and Albumin in the first group who received kinesio tape on lower limb more than the second group while edema showed significant improvement at both groups by the same level Conclusion: kinesio tape plays a good role as a method of liver rehabilitation in improvement lower limb edema and liver function.</p>		
Key words	1.	kinesio tape
	2.	hepatitis C
	3.	lower limb edema
Classification number	:	000.000.
Pagination	:	88 p.
Arabic Title Page	:	تأثير شريط كينسيو اللاصق على ورم الطرف السفلي لحالات الإلتهاب الكبدي الوبائي الفيروسي سي.
Library register number	:	4505-4506.

**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	:	Ghada Saeed Hussien Ali
Title	:	Response of Non-Alcoholic Fatty Liver to Aerobic Versus Resisted Exercise in Obese Women
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Manal Ahmed Mohamed
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: nonalcoholic fatty liver disease (NAFLD) is a common condition that is largely a manifestation of obesity and characterized by lack of optimal health-related fitness or physical activity. The disparity in research and the necessity to add to the existing literature base led to the development of this study. Purpose: to determine response of non-alcoholic fatty liver to aerobic versus resisted exercise in obese women. Methods: Forty nonalcoholic fatty liver as diagnosed by physician obese women their age ranged from 40-50 years were selected from outpatient clinic of internal medicine department of Cairo University Hospitals; their body mass indices were 35:39.9 kg/m². The forty patients were classified into two groups equal in number; each group consisted of twenty patients. The first received a program of aerobic exercise (group A) 3times/week for twelve weeks and the second received a program of resisted exercise (group B) 3times/week for twelve weeks. The changes in liver enzymes were measured at the beginning of the study and after twelve weeks from august to November. The results showed that resisted exercise had significant improvement in Body mass index (BMI) (-6.87%; P≤0.05 vs. -5.17%; P≤0.05), in Waist circumference (WC) (-9.58%; P>0.05 vs. -3.45%; P>0.05), in Alanine aminotransferase (ALT) (-17.96 %; P<0.05 vs. -9.18%; P<0.05), in Aspartate aminotransferase (AST) (-13.30%; P<0.05 vs. -7.02 %; P<0.05), in Alkaline phosphatase (AP) (-9.64%; P<0.05 vs. -3.97%; P>0.05), in Bilirubin (-12.38%; P<0.05 vs. -1.98%; P>0.05) but changes in aerobic exercise were not statistically significant in AP and Bilirubin (P>0.05). It was concluded that the resisted exercise is associated with significant improvement (decrease) in liver enzymes greater than aerobic exercise in non-alcoholic fatty liver disease in obese patients in a short term (up to twelve weeks).</p>		
Key words	1.	Aerobic
	2.	Resisted
	3.	Exercise
	4.	Non-Alcoholic Fatty Liver.
	5.	Obese Women
Classification number	:	000.000.
Pagination	:	97 p.
Arabic Title Page	:	استجابة الكبد الدهني للتمرينات الهوائية مقابل تمرينات المقاومة للسيدات البدنيات
Library register number	:	4185-4186.

**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	:	Hady Atef Labib Mohammed Balabel
Title	:	Effect of Low Level Laser on Healing of Moderate Sized Induced Septal Defects on Rabbits
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Mohamed Helmy
	2.	Mostafa Fadel
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background and purpose: congenital ventricular septal defects are among the most frequently reported congenital heart defects. The aim of this study was to investigate the effect of low level LASER irradiation on induced ventricular septal defects. Subjects and Methodology: twenty male rabbits who underwent induction for ventricular septal defects by cardiac puncture technique with age ranged 6-10 months enrolled in this study for one and half months. They were assigned into two groups: Group (A): The study group consisted of 10 rabbits who received routine animal care associated with LASER irradiation. Group (B): The control group consisted of 10 rabbits who received only routine animal care. Size of the septal defects were measured for both groups at the beginning and after the end of the study. Results: There was significant decrease of size of the diameter of the induced ventricular septal defect with study group (percentage of improvement was 22.17%) when compared with control group. Conclusion: It was concluded that low level LASER therapy can be considered as a promising therapy for congenital heart defects in animals and to be examined on children with similar congenital lesions after then.</p>		
Key words	1.	LASER
	2.	VSD
	3.	Rabbits
	4.	Healing.
	5.	Moderate Sized Induced Septal
Classification number	:	000.000.
Pagination	:	94 p.
Arabic Title Page	:	تأثير الليزر المنخفض في التئام ثقب القلب المصطنعة من الحجم المتوسط في الأرانب
Library register number	:	4205-4206.

**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	:	Hagar Ahmed EL Hadidy
Title	:	Using of whole body vibration as a prevention exercise for diabetic complication
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohmed Badr
	2.	Huda Ibrahim Fahum
	3.	Mona Mohamed Taha
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: Peripheral neuropathy is one of the common complications of diabetes mellitus. Balance deficits is seen in these patients. Whole-Body Vibration (WBV) is a time-efficient method which may be beneficial for them. The (WBV) is recommended to improve balance of diabetic patients. This Study assesses the effect of 8 weeks of whole body vibration on balance in patients with type 2 diabetic peripheral polyneuropathy. Objective: The purpose of this study was to assess the effect of whole body vibration as a prevention exercise for diabetic complication. Subjects and methods: forty type 2 diabetic patients (both sex) diagnosed as having peripheral neuropathy participated in the study, their ages ranged from 45-55 years. They were divided randomly into two groups; each group 20 patients. Group (A) received whole body vibration exercises 12 min for 8 weeks, 3 sessions per weeks plus their traditional medical treatment. Group (B) didn't receive whole body vibration exercises but received their medical treatment only. Pre and post 8 weeks, biodex balance system used to take balance index (Antroposterior stability index and mediolateral stability index) from all subjects. Data was statistically described in terms of mean \pm standard deviation (\pm SD). Using t-test. Results: Whole body vibration exercise had highly significant improvement in balance of diabetic neuropathic patients in group (A). But; there was no significant change in balance in group (B). Conclusions: It was concluded that Whole body vibration exercise had highly significant improvement in balance so this study supports the value of Whole body vibration in the management of balance disorders in type 2 diabetic polyneuropathy .</p>		
Key words	1.	Type 2 diabetes mellitus
	2.	whole body vibration
	3.	balance .
Classification number	:	000.000.
Pagination	:	120 p.
Arabic Title Page	:	التمارين الهوائية مقابل اهتزاز الجسم الكامل على معدل الكوليسترول في مرض متلازمة التمثيل الغذائي.
Library register number	:	4143-4144.

**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	:	Hanan Abd-Allah Elsayed Hassan
Title	:	Response of Serum Immunoglobulin E to Laser Acupuncture in Asthmatic Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Akram Abdel-Aziz,
	2.	Rana Helmy El-Helbawy
	3.	Hany Farid Eid Morsy ELsisi
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Purpose: To find out the effect of laser acupuncture on serum immunoglobulin E (IgE) in atopic bronchial asthma patients. Methods: Forty men presented with atopic bronchial asthma were selected from chest department, Faculty of Medicine, Menoufia University with age ranged from 35- 45 years old. Patients were assigned to two groups equal in number Group A Received laser acupuncture, in addition to medical treatment and diaphragmatic breathing exercises twice daily for three times / week for one month. Group B Received medical treatment and diaphragmatic breathing exercises for one month. Results: There was significant statistical difference in post treatment mean values in IgE ($p=0.011$) and FEV1 of predicted ($p=0.014$) between 2 groups. Conclusion: Laser acupuncture is effective in decreasing serum immunoglobulin E (IgE), increasing FEV1 of predicted in bronchial asthma patients.</p>		
Key words	1.	Laser acupuncture
	2.	serum immunoglobulin E
	3.	Bronchial asthma
	4.	Asthmatic Patients
Classification number	:	000.000.
Pagination	:	115 p.
Arabic Title Page	:	استجابة مصل المناعي "هـ" لوخز الأبر الصينية بالليزر فى مرضى الربو الشعبى.
Library register number	:	4397-4398.

**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	:	Heba Ahmed Mousa Galeb
Title	:	Efficacy of Aerobic Versus Resisted Exercises on Selected Adipokines In Hypertensive Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Hala Mohamed Ezz El-Deen
	2.	Sally Adel Hakim
	3.	Samah Mahmoud Ismail
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The aim of this study was to investigate the effect of aerobic versus resisted exercises on resistin and adiponectin (selected adipokines) in mild hypertensive patients. Thirty patients participated in this study their ages range from 45-55 years old and their BMI ranged from 25-29.9 kg/m². They were divided randomly into two equal groups. Group A, performed aerobic exercises at mild to moderate intensity at 65% - 80% of predicted maximum heart rate on treadmill (3 sessions/week, 40 minutes/session for 12 weeks) in addition to the medical treatment, while Group B, performed resisted exercise (in the form of circuit weight training) at 40% of 1-RM which graduated to 60% of 1-RM at the end of the study (3 sessions/week, 40 minutes/session for 12 weeks). In addition to the medical treatment. Blood pressure, resistin and adiponectin were measured at the beginning and end of the study for both groups. The results showed a highly significant difference in both groups (reduction in resistin and blood pressure and increase in adiponectin). These findings suggest that aerobic exercise and resisted exercise may be an effective methods to reduce the risk of cardiovascular complications in hypertensive patients.</p>		
Key words	1.	Adipokines
	2.	Hypertension
	3.	Resisted Exercise
Classification number	:	000.000.
Pagination	:	105 p.
Arabic Title Page	:	كفاءة التمرينات الهوائية مقابل تمرينات المقاومة علي بعض السيتوكينات لدي مرضي إرتفاع ضغط الدم.
Library register number	:	4201-4202.

**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	:	Heba Gaber Abd–El Aziz
Title	:	Correlation between Foot Progression Angle and Balance in Cerebral Palsied children
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Samia Abdel Rahman Abdel Rahman
	2.	Khaled Ahmed Olama
	3.	Nahed Shukri Thabet
	4.	Sahar Mohamed Nour Eldin
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The purposes of this study were to compare between foot progression angle in diplegic cerebral palsy (study group) and normal children (control group) within three age groups (5 to 6, 6 to 7 and 7 to 8 years), to assess the difference between foot progression angles among the three study groups of diplegic cerebral palsied children and to investigate the correlation between foot progression angle of right and left lower extremity and balance in diplegic cerebral palsied children. Sixty spastic diplegic cerebral palsied children with age ranged from 5 to 8 years participated in this study. They were classified into three age groups of equal numbers: group (A); from 5 to 6 years, group (B); from 6 to 7 years and group (C); from 7 to 8 years. Foot progression angle of both feet and balance were measured by dynamic foot print and biodex balance system respectively. Data regarding the control group were derived from a referred thesis. Results revealed when comparing between the study and control groups, the mean values of the foot progression angle of both sides showed significant increase the study group in children aged from 5 to 6 years, the mean values of the foot progression angle in the "right" side showed no significant differences while for the "left" side showed significant increase in the study group in children aged 6 to 7 years, the mean values of the foot progression angle in the "right" side showed significant reduction in the study group while for the "left" side both groups showed no significant differences in children aged from 7 to 8 years. Results revealed no significant difference of the mean of the foot progression angle among the three study groups for both right and left feet. Results also showed that there was a positive correlation between foot progression angle of the right foot and balance with no significant correlation between foot progression angle of the left foot and balance. These results provide objective information useful for rehabilitation strategies to detect functional abnormalities and the appropriate treatment.</p>		
Key words	1.	Foot progression angle
	2.	Balance
	3.	Biodex balance system
	4.	Foot Progression Angle
	5.	Cerebral Palsied children
Classification number	:	000.000.
Pagination	:	114 p.
Arabic Title Page	:	الارتباط بين زاوية القدم والاتزان في الأطفال المصابين بالشلل الدماغي.
Library register number	:	4239-4240.

**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	:	Heba Yakout Soliman Mohammed Ebadh
Title	:	Effect of Diadynamic Current Stimulation on Vertebral Artery Blood Flow in Cervical Spondylotic Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Gamal Salah Eldin Elmorsy
	3.	Gihan Samir Mohammed
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Purpose of the study: This study was conducted to investigate the effect of Diadynamic current stimulation on Vertebral artery blood flow in Cervical spondylotic patients. Subjects: fifteen patients (7 men and 8 women) participated and completed the procedure of the study with age ranged from 40 to 53 years with mean value of age was 47.13 ± 4.34 years, With mean value of weight was 83.33 ± 6.29 kg, and with mean value of height was 169.00 ± 5.56 cm. They were selected from the physical therapy-outpatient clinic of Ahmed Maher Teaching Hospital. Methods: All patients were first evaluated by extracranial duplex to assess vertebral artery blood flow and visual analogue scale to assess the vertebrobasilar insufficiency symptoms before and after the treatment process. All patients received Diadynamic current stimulation in sitting position, with frequency of 50 Hz and pulse duration of 10 ms and 10 ms intervals at threshold intensity without painful or burning sensation ("MF" current form) for 20 minutes in each session for 8 sessions (3 sessions per week) and the electrodes were applied on the cervical region. At the beginning of the study, the patients signed a consent form. Results: The results revealed statistical significant reduction in the resistive index in Rt. vertebral artery more than Lt. vertebral artery $9.72\% \downarrow$ and $8.57\% \downarrow$, respectively. While symptoms of vertebrobasilar insufficiency were reduced at the end of the treatment program by about $86,2\% \downarrow$. Conclusion: On the basis of this study, it could be concluded that Diadynamic current stimulation was effective in improving blood flow of both vertebral arteries in Cervical Spondylosis, The degree of vertebrobasilar insufficiency symptoms were reduced.</p>		
Key words	1.	Cervical spondylosis
	2.	Vertebrobasilar insufficiency
	3.	Diadynamic current
	4.	Vertebral Artery Blood
Classification number	:	000.000.
Pagination	:	92 p.
Arabic Title Page	:	تأثير التنبيه بتيار الدياين امك على تدفق الدم بالشريان الفقاري في مرضى خشونة الفقرات العنقية.
Library register number	:	4041-4042.

**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	:	Hend Abd El-Monaem Abd El-Monaem
Title	:	Changes in Quality of Life after Selected Pulmonary Rehabilitation in Idiopathic Pulmonary Fibrosis Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassn Serry
	2.	Ali Saad Rafea
	3.	Gihan Samir Mohamed Mousa
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: Idiopathic pulmonary fibrosis (IPF) is a progressive parenchymal lung disease of unknown etiology and poor prognosis that has no effective drug therapy, and the survival rate is worse than many cancers, although pulmonary rehabilitation is effective for patients with COPD, Its efficacy in patients with IPF is unknown. The purpose of this study was to evaluate changes in quality of life after selected pulmonary rehabilitation in idiopathic pulmonary fibrosis patients. Subjects: Forty women with IPF (patients) selected from outpatient chest clinic of al-Mataria Teaching Hospital (Cairo; Egypt) with age ranged from 50- 65 years. Methods: Patients were assigned to two equal groups, Group (A): received medical treatment with pulmonary rehabilitation program which consisted of 2 sessions/ week (treadmill for 30 min. and resistive exercises by using sand bags) and 3 days /week home exercise program for 12 weeks. Group (B): received medical treatment only. All patients underwent measurement of ventilatory function test, pulse oxygen saturation, six min. walk distance (6MWD), dyspnea rating by using BORG scale and health-related quality of life by the St George's Respiratory Questionnaire specific version for IPF (SGRQ-I) at baseline and after the rehabilitation program. Results: Showed improvement at all parameters for group (A). On the other hand group (B) had declined in all parameters. 6MWD increased in group A by 34.9% while in group B decreased by 4.1% . Dyspnea level was markedly declined by 49% among group A, with no change in group B. There was significant improvement among group A for health quality of life through SGRQ-I score by (77+9.8) % , on other hand the SGRQ-I score results were increased among group (B) i.e. "the patients had worsened" by (2.4+1.9) % . Increased level of pulse oxygen saturation s_{pO_2} (during rest and after 6MWT) in group A, while decreased in group B. Regarding to Ventilatory Function Test: The results showed FVC the most parameter improved among group A, while all parameters decreased in group B. Conclusion: Pulmonary Rehabilitation (PR) had effect on increased walking distance, decreased dyspnea level and changed health related quality of life to better in IPF patients.</p>		
Key words	1.	IPF
	2.	ventilatory function test
	3.	six minute walk test
	4.	Quality of Life.
	5.	Pulmonary Rehabilitation.
	6.	Idiopathic Pulmonary Fibrosis Patients
Classification number	:	000.000.
Pagination	:	111 p.
Arabic Title Page	:	التغيرات في جودة الحياة عقب برنامج التأهيل الرئوي المُختار لمرضى التليف الرئوي مجهول السبب
Library register number	:	4253-4254.

**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	:	Ibrahim Ahmed Ibrahim Rady
Title	:	Effect of moderate aerobic exercise in coagulation profile of type 2 diabetic patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Akram Abdel-Aziz Sayed
	2.	Salwa Tawfik Mahmoud
	3.	Hany Ezzat Obaya
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Purpose: to find out the effect of moderate aerobic exercise (acute and chronic) on coagulation profile for patients with type 2 diabetes mellitus. Methods: Forty patients of both genders, aged 40-50 years, suffer from type 2 D.M. were divided into two equal groups. Group (A) received aerobic exercise for twelve weeks (3days per week) .Group (B) received aerobic exercises for only one session in form of treadmill. Results: Group (A), there was no statistical significant difference in prothrombin time, prothrombin activity, platelets count and INR after application of 12 weeks of regular moderate aerobic exercise when compared with the corresponding mean value before initiation of treatment. Group (B), Acute aerobic exercise (only one session) showed no statistical significant difference in prothrombin time. While, there was a statistical significant increase in prothrombin activity, platelets count and INR after application of aerobic exercises when compared with the corresponding mean value before single session. In the other hand, Conclusion:- long term regular moderate aerobic exercise has no effect on coagulation profile of type 2 diabetic patient, but acute aerobic exercise elevated prothrombin activity, platelets count and INR, and has no effect on prothrombin time</p>		
Key words	1.	diabetes mellitus
	2.	aerobic exercise
	3.	coagulation profile
	4.	type 2 diabetic patients
Classification number	:	000.000.
Pagination	:	80 p.
Arabic Title Page	:	تأثير التمارين الهوائية المتوسطة المجهود علي معدل تجلط الدم لدى مرضي البوال السكري (النوع الثاني)
Library register number	:	4455-4456.

**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	:	Mahmoud Saber Aref
Title	:	Efficacy of exercise program on prevention of pneumonia in hematological patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El-Aziz Abd El-Hady
	2.	Raffat Mohammed Abd el-Fatah
	3.	Basant Hamdy El-Refay
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Purpose of the study: This study was conducted to investigate the effect of Diadynamic current stimulation on Vertebral artery blood flow in Cervical spondylotic patients. Subjects: fifteen patients (7 men and 8 women) participated and completed the procedure of the study with age ranged from 40 to 53 years with mean value of age was 47.13 ± 4.34 years, With mean value of weight was 83.33 ± 6.29 kg, and with mean value of height was 169.00 ± 5.56 cm. They were selected from the physical therapy-outpatient clinic of Ahmed Maher Teaching Hospital. Methods: All patients were first evaluated by extracranial duplex to assess vertebral artery blood flow and visual analogue scale to assess the vertebrobasilar insufficiency symptoms before and after the treatment process. All patients received Diadynamic current stimulation in sitting position, with frequency of 50 Hz and pulse duration of 10 ms and 10 ms intervals at threshold intensity without painful or burning sensation ("MF" current form) for 20 minutes in each session for 8 sessions (3 sessions per week) and the electrodes were applied on the cervical region. At the beginning of the study, the patients signed a consent form. Results: The results revealed statistical significant reduction in the resistive index in Rt. vertebral artery more than Lt. vertebral artery $9.72\% \downarrow$ and $8.57\% \downarrow$, respectively. While symptoms of vertebrobasilar insufficiency were reduced at the end of the treatment program by about $86,2\% \downarrow$. Conclusion: On the basis of this study, it could be concluded that Diadynamic current stimulation was effective in improving blood flow of both vertebral arteries in Cervical Spondylosis, The degree of vertebrobasilar insufficiency symptoms were reduced.</p>		
Key words	1.	Pneumonia
	2.	Leukemia
	3.	Pulmonary functions
	4.	inspiratory muscle training
	5.	hematological patients
Classification number	:	000.000.
Pagination	:	113 p.
Arabic Title Page	:	تأثير التنبيه بتيار الدياين امك على تدفق الدم بالشريان الفقاري في مرضى خشونة الفقرات العنقية.
Library register number	:	4029-4030.

**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	:	Mai Salah Ali Ali
Title	:	Arterial blood gases response to different deep breathing maneuvers after mitral valve replacement
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Prof.Dr. Zeinab Mohammed Helmy
	2.	Prof. Dr. Sherin Hassan Mohammed
	3.	Prof.Dr.Abd-Elghany Mohammed Abd-Elghany
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: Respiratory complications are among the most common causes of morbidity and mortality after cardiac surgery. Decreased oxygenation of arterial blood has been recognized as a postoperative complication after mitral valve replacement. Purpose: to determine arterial blood gases response to different deep breathing maneuvers after mitral valve replacement. Method: Forty patients from both sexes who underwent MVR with age ranged from 20 to 30 years old participated in this study. The practical work was recruited at the surgical department at National Heart Institute. They were assigned into two groups equal in number: Group A: included twenty patients (10 men and 10 women) who performed breathing exercises without resistance by using I.S in the form of 30 deep breaths(three sets of 10 deep breaths each set performed for 60-90sec and with a 30- 60 second pause between each set). Then after 5 hours from using IS they performed breathing exercises against resistance by using IMT in the form of 30 deep breath (three sets of 10 deep breaths each set was 60-90sec and with a 30- 60 second pause between each set).Group (B): included twenty patients (10 men and 10 women) who performed breathing exercises against resistance by using IMT in the form of 30 deep breaths (three sets of 10 deep breaths each set was 60-90sec and with a 30- 60 second pause between each set). then after 5 hours from using IMT they performed breathing exercises without resistance by using I.s in the form of 30 deep breaths three sets of 10 deep breaths each set was 60-90sec and with a 30- 60 second pause between each set. Both groups received deep breathing maneuvers after 2nd postoperative day for one single session from 7-8minutes for each modality. Arterial blood gases were measured before starting treatment as a base line, after 30 min and after 2 hours from finishing treatment. Results: Statistical analysis revealed a significant improvement in arterial blood gases in group A and group B but IMT has more significant effect on ABGs (Pao₂, Paco₂ and PH) with percentage of improvement 35.55, 5.99 and 0.26 respectively than I.S with percentage of improvement 17.59, 3.34 and 0.26 respectively. Conclusion: Deep breathing maneuvers including inspiratory muscle trainer and incentive spirometer may help in immediate improving arterial blood gases after mitral valve replacement and the improvement of ABGs was more after using IMT than I.S.</p>		
Key words	1.	Arterial blood gases
	2.	Deep breathing maneuvers
	3.	Mitral valve replacement
Classification number	:	000.000.
Pagination	:	94 p.
Arabic Title Page	:	استجابة غازات الدم الشريانية لوسائل مختلفة من التنفس العميق بعد استبدال الصمام الميترالي.
Library register number	:	4445-4446.

**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	:	Maii Fekry Ahmed Fouad
Title	:	Brachial Artery Adaptation to Handgrip Training Exercise in Patients with Type 2 Diabetes
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M. Hassan Serry
	2.	Emam Abdel-Latif Waked
	3.	Nesreen Ghareb Elnahas
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The study was designed to detect the effect of handgrip exercise training on the brachial artery adaptation in patients with type 2 diabetes mellitus. Methods: the study was carried out on forty type 2 diabetic patients (20 men and 20 women) for (10-15 years). Their age ranged from (45 to 55) years. Patients were selected from the outpatient clinic of El- Agouza Police Authority Hospital in the period from April 2013 to June 2014. A Doppler ultrasound was used to assess the brachial artery adaptation (the brachial artery diameter, blood velocity and shear rate) before and after the period of study (8 weeks). Patients were assigned into 2 equal groups in number. Group (A) received unilateral isometric handgrip exercise 22 min per session, 3 sessions per week for 8 weeks and Group (B) received aerobic exercise in form of walking on electronic treadmill for 30 min, 3 sessions per week for 8 weeks. Results: Group (A) showed significant improvement in brachial artery adaptation as increased brachial artery diameter by 3.42%, brachial artery blood velocity by 21.62% and shear rate by 17.22% compared with the group (B) which shows no significant increase in brachial artery diameter by 0.47%, brachial artery blood velocity by 2.73% and shear rate by 1.48%. Men showed statistical significant more than women in brachial artery diameter, blood velocity and shear rate. Conclusion: Isometric handgrip exercise improved brachial artery diameter, blood velocity and shear rate in patients with type 2 diabetes.</p>		
Key words	1.	Type 2 diabetes
	2.	Isometric handgrip exercise
	3.	brachial artery diameter
Classification number	:	000.000.
Pagination	:	84 p.
Arabic Title Page	:	تكيف شريان الذراع لتمارين قبضة اليد لمرضى السكري من النوع الثانى
Library register number	:	4525-4526.

**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	:	Marian Shawky Habib Fam
Title	:	Effect of reflexology on stiff shoulder in patients with lymphedema
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Tamer Mohammed Fared,
	3.	Nesreen Ghareb Mohammed El-Nahas
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: Breast cancer (lymphedema of the upper limb) survivors normally experience long-term sequence that include lymphedema of the upper limb and restricted shoulder mobility. Purpose: to determine the effect of reflexology on stiff shoulder in patients with lymphedema. Method: Forty patients had modified radical mastectomy with axillary lymph nodes dissection and lymphedema of the upper limb with age ranged from 40 to 60 years old participated in this study and began the rehabilitation for three to six months after operation. They were recruited from Nasr City police hospital. They were assigned into two groups equal in number: Group A received foot and hand reflexology on points related to lymphatic drainage in addition to traditional physical therapy treatment that include active shoulder ROM exercise and short-stretch compression bandaging for 3 times per week for 12 weeks. Group B received only traditional physical therapy treatment. Circumferential lymphedema formation and shoulder flexion, abduction and external rotation ROM was measured before and after training. Results: Statistical analysis revealed a significant decrease in circumferential lymphedema formation (14.57%) and a significant increase shoulder flexion (73.04%), abduction (77.01%) and external rotation (36.32%) ROM after using reflexology and a significant decrease in circumferential lymphedema formation (14.01%) and a significant increase shoulder flexion (23.79%), abduction (49.01%) and external rotation (18.18%) ROM after using active shoulder ROM exercises and bandaging. Conclusion: Foot and hand reflexology should be recommended for lymphedema patients with stiffness of shoulder.</p>		
Key words	1.	Reflexology
	2.	Stiff shoulder
	3.	Lymphedema
Classification number	:	000.000.
Pagination	:	92 p.
Arabic Title Page	:	تأثير تقنيات الريفليكسولوجي في علاج تيبس الكتف في مرضى التورم الليمفاوي.
Library register number	:	4541-4542.

**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	:	Marina Alfred Youssef Nakhla
Title	:	Response Of Blood Pressure To Buteyko Exercise In Patients With Essential Hypertension
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abdel El Aziz Abd El Hady
	2.	Hoda Ibrahim Fahim
	3.	Nesreen Ghareeb El-Nahas
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The purpose of this study was to determine the response of blood pressure to buteyko exercise in patients with essential hypertension. Methods: The study was carried out on 40 women who had mild to moderate degree of essential hypertension, the age ranged between 40-60 years; they were selected from the outpatient clinic of internal medicine in Shoubra general hospital. The patients were assigned into 2 equal groups in number. Group (A) patients with systolic blood pressure 120-140 mmHg and diastolic blood pressure 80-90 mmHg received buteyko breathing exercise for 20 minutes with rest 3 minutes between exercises 3 times per week for eight weeks. Group (B) patients with systolic blood pressure 140-160 mmHg and diastolic blood pressure 90-100 mmHg received buteyko breathing exercise for 20 minutes with rest 3 minutes between exercises 3 times per week for eight weeks. Both groups underwent blood pressure & blood PH analysis pre and post program. Results: The results of this study showed that there was statistical significant difference between pre and post treatment in both groups (A) and (B). In group (A) Systolic blood pressure reduced by 4.54% and blood PH reduced by 0.67% but there was no significance difference in diastolic blood pressure between pre and post treatment by the percent of improvement was 2.05%. In group (B) Systolic blood pressure reduced by 4%, Diastolic blood pressure reduced by 6.63% and blood PH reduced by 0.66%. Conclusion: it was concluded that buteyko breathing exercise has a reduced effect on mild and moderate essential hypertensive patients.</p>		
Key words	1.	Essential hypertension
	2.	buteyko breathing
	3.	blood pressure
Classification number	:	000.000.
Pagination	:	86 p.
Arabic Title Page	:	استجابة ضغط الدم لتمارين البوتيكيو على مرضى ارتفاع ضغط الدم الأساسي.
Library register number	:	4103-4104.

**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	:	Marwa Mohammed Mahmoud Eleawa
Title	:	Response of Static Lung Volumes to Different Mangement of Diabetic Frozen Shoulder
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd Elaziz Abd Elhady
	2.	Nesreen Ghareeb Elnahas
	3.	Mohammed Fouad Nada
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Objectives: Frozen shoulder associated with diabetes mellitus is characterized by loss of shoulder range of motion. Its complication on static lung volumes has not been previously reported. The aim of this study was to find out the response of static lung volumes to different management of diabetic frozen shoulder. Subjects :Forty diabetic(20men,20women) patients with frozen shoulder were chosen from Physical Medicine and Rehabilitation Centre Military forces, Helmyet Elzaytoun ,Cairo, Egypt in the period from February to December 2014. Their age ranged from 55-65years .Methods:They were assigned into two equal groups in number (10men and10 women) in each group; Group (A) used Traditional Multigem, and Group(B) used Milon circuit training . Intensity of exercise was 50-60% of 1 repetition max /3times per week /3months for both groups. Static lung volumes(Vital Capacity(VC), Inspiratory reserve volume(IRV), Expiratory reserve volume(ERV), Tidal volume(VT), Inspiratory capacity(IC) and Forced vital capacity at expiration (FVCex) and shoulder range of motion were assessed at baseline and after 3months.Results: It showed that there were no significant difference in VC, VT,ERV,IRV,IC, FVCex, shoulder abduction and flexion between men in group(A)and group (B),also there were no significant difference between in VC, VT, IRV,IC, FVC ex, all shoulder range of motion between women in group (A) and group(B).There were a significant increase in ERV for women in group (A) than in group (B)by 39,13% and 7.69% respectively. While for shoulder extension, internal and external rotation for men in group(A)improved by(100%), (71.19%), (85.71%) respectively. For group(B) improved by(86.67%), (93.65)%and (82.19%) respectively Conclusion: Both traditional Multigem and Milon circuit training have positive effect on static lung volumes and shoulder range of motion in diabetic frozen patients .</p>		
Key words	1.	Frozen shoulder
	2.	Diabetes
	3.	Static lung volumes
	4.	Diabetic Frozen Shoulder
Classification number	:	000.000.
Pagination	:	163 p.
Arabic Title Page	:	استجابة وظائف الرئة الساكنة لمختلف طرق علاج تيبس الكتف لمرضى السكري.
Library register number	:	4203-4204.

**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	:	Mohamed Kamal Ali
Title	:	Effect Of Incentive Spirometry Versus Breathing Exercises On Ventilatory Function In Pleural Effusion
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Nesreen Ghareeb Mohamed Elnahas
	3.	Atef Abdel alkhalag Shain
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: In clinical practice the Pleural effusion is a significant public health problem. About 20% to 60% of the people who develop pneumonia have a pleural effusion Patients with pleural effusion are frequently symptomatic with dyspnea and loss of lung function. Morbidity and mortality rates in patients with pneumonia and pleural effusion are higher than those in patients with pneumonia alone. Pleural effusion leads to reduce of lung volumes & ventilatory functions. So, this study was designed to find out the effect of Incentive Spirometry versus Breathing exercises on ventilatory function in pleural effusion. Methodology: Forty men patients were chosen from Kom el shoukafa & Maamora Chest hospitals, Alexandria, Egypt. Their ages ranged from 45 to 55 years with mild to moderate pleural effusion. The amount of effusion ranged from (100-500ml), assigned randomly into two groups equal in number: Group (A) performed designed program with triflow incentive spirometry three times per week for 8 weeks duration, group (B) performed designed program of pursed lip breathing three times per week for 8 weeks duration. Measurements for ventilatory functions (FEV₁, FVC, FEV₁/FVC & MVV) were done before the study, after 8 weeks of treatment for each group by using computerized incentive spirometry. Results: Data showed that after 8-week of treatment with incentive spirometry and pursed lip breathing there is increase in ventilatory functions except FEV₁/FVC which is decreased by (-2.4%) with incentive spirometry. While increase in FVC with incentive spirometry is (15.95%) higher than pursed lip tranining (5.5%). Conclusion: Incentive spirometry showed significant improvement than pursed lip breathing in improving the ventilatory functions in pleural effusion patients.</p>		
Key words	1.	pleural effusion
	2.	pursed lip breathing
	3.	incentive spirometry.
	4.	Breathing Exercises
	5.	Ventilatory Function
Classification number	:	000.000.
Pagination	:	103 p.
Arabic Title Page	:	تأثير تقنيات الريفليكسولوجي في علاج تيبس الكتف في مرضى التورم الليمفاوي.
Library register number	:	4555-4556.

**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	:	Noha Hamdy Teama
Title	:	Resistive versus aerobic exercise on serum uric acid in patients with hypertension
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Hesham Mokhtar menesy
	3.	Mohamed Abd Elhaleem. M. Shendy
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Objective: this study aimed to study the effect of resistive exercise program using delerom techique in comparision to mild to moderate intensity aerobic exercise program using cycle ergometer on serum uric acid in hypertensive patients. Study design: forty hypertensive patients with mild to moderate high blood pressure. (SBP between 140to179 mmHg, DBP between90to 109 mmHg),they were given antihypertensive medications and elevated SUA level between ≥ 7 mg/dl for men and ≥ 6.0mg/dl for women with BMI between 30.0–34.9 kg/m², their ages ranged between 40-50 years old. They were selected from out patients clinic of Damietta hospital, they were assigned into two equal in number groups : Group A: twenty hypertensive patients with elevated SUA divided into ten men and ten women were given treatment in form of mild to moderate intensity aerobic exercise ranges from 40% to 70% using cycle ergometer three times a week for 24 sessions(8weeks) and Group B: twenty hypertensive patients with elevated SUA divided into ten men and ten women were given a treatment in form of resistive exercise using delerom technique three times a week for 24 sessions(8weeks). Serum uric acid and blood pressure were assessed for both groups before and after treatment. Results: there were a significant decrease SUA in group (A) with improvement percentage of decrease 34.79% in males and decrease 42.71% in females, therefore the difference between males and females was insignificant, on the other hand there were statistical significance effect of aerobic exercise on reduction of ABP. There were significant increase of serum uric acid in group (B) with improvement percentage of increase 27.5% in males and increase 26.48% in females, therefore the difference between males and females was insignificant, as in group (A) there was also statistical significance effect of resistive exercise on reduction of ABP. Conclusion: Results indicated that resistive and aerobic exercise programs had increase and decrease significant effect on serum uric acid level and a decrease significant effect on arterial blood pressure.</p>		
Key words	1.	Hypertension
	2.	Serum Uric Acid
	3.	Resistive Exercise
	4.	aerobic exercise
Classification number	:	000.000.
Pagination	:	120 p.
Arabic Title Page	:	تمرينات المقاومة مقابل الهوائية على حمض البوليك في الدم لدى مرضى ارتفاع ضغط الدم
Library register number	:	4553-4554.

**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	:	Omar Abd El Hameed Abd Elfattah Ghetas
Title	:	Effect of Reflexology on Bronchial Asthmatic Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El Aziz Abd Elhady
	2.	Alsayed Ali Shaheen
	3.	Mohamed Abd Elhalim Mohamed Shendy
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The aim of this study was to investigate the effect of reflexology on asthmatic patients. Forty asthmatic patients (25 men and 15 women) shared in this study. Their ages ranged from 35 to 45 years old, with mean value of (39.56 ± 0.80) years in the study group and (40.00 ± 0.93) years in the control group, they were divided into two groups equal in number. Group (I) ; Twenty patients (12 men and 8 women) received medical treatment, chest physiotherapy and reflexology program, while group (II) ; Twenty patients (13 men and 7 women) received medical treatment and chest physiotherapy only. The program continued for four weeks, with two sessions per week for eight sessions. In the study group there was significant improvements in ventilatory functions (p value < 0.05) with 21.40% improvement after program, while in control group the improvement was 7.23% (p value > 0.05). Within the study group, women showed more increase in percents of ventilatory functions by 24.47% more than men which were 23.07 % . And on the other hand IGE level in the study group showed a significant decrease in blood (p value < 0.05) with 39.62% than in control group was 19.30% . Within the study group, women showed a decrease in IGE level by 42.37%, while in men was 39.46% (p value<0.05). In control group women showed a decrease in IGE level by 21.45%, while in men was 18.41% (p value>0.05). So, it was recommended to use reflexology for management program of asthmatic patients.</p>		
Key words	1.	Asthma
	2.	Reflexology
	3.	ventilatory functions and IGE level
	4.	Bronchial Asthmatic.
Classification number	:	000.000.
Pagination	:	92 p.
Arabic Title Page	:	تأثير استخدام الرفلكسولوجى فى علاج مرضى الربو الشعبى .
Library register number	:	4081-4082.

**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	:	Radwa Mohamed Adel Abd El-Salam
Title	:	Effect of Low Level Laser On Osteoporosis In Elderly Women
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Mohamed Mahmoud EL-Batanoni
	3.	Mona Mohamed Taha
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background and purpose: Osteoporosis is a silent bone disorder that commonly affects old age women with a high impact on the body functions and working capacity with high incidence of falling and exposure to fracture even with minor trauma. The purpose of this study was to find out the effect of low level laser therapy (LLLT) on bone mineral density (BMD) in osteoporotic elderly women by using dual energy X-ray absorptiometry (DEXA). Methods and results: The study was conducted on thirty women selected from orthopedic out-patient clinic from Zagazig general hospital (Egypt) as osteoporotic women. They were assigned randomly into two groups equal in number their age ranged from 50-65 years old. Each woman of the two groups was evaluated by (DEXA), their T-Score ranged from (-4.5: -2.5g/cm²) the evaluation done at the beginning of study and at end of it. The study group (A) received (LLLT) for 3 months as 3 sessions /week each session last for 20 minutes plus their traditional medical treatment. and control group (B) only received their traditional medication Results: There was significant improvement in the values of bone mineral density (BMD) by 36.3% in group (A) compared to group (B). Conclusion: The study concludes that application of low level laser can help to increase bone mineral density in osteoporotic women.</p>		
Key words	1.	Low Level Laser Therapy
	2.	Osteoporosis
	3.	Bone Mineral Density
	4.	Elderly Women
Classification number	:	000.000.
Pagination	:	81 p.
Arabic Title Page	:	تأثير الليزر منخفض الشدة على هشاشة العظام في السيدات المسنات
Library register number	:	4135-4136.

**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	:	Ramy Salama Ateia Draz
Title	:	Effect of Interval Training on Coronary Blood Flow in Ischemic Heart Disease Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Prof. Dr. Awny Foad Rahmy
	2.	Prof. Dr. lofty Mohammed Esa
	3.	Dr. Mona Mohamed Taha
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background and purpose: Coronary artery disease (CAD) is accountable for more than 7 million deaths each year according to the World Health Organization (WHO), Aerobic interval training (AIT) is a more effective modality for improving aerobic fitness in patients with coronary artery disease or left ventricular dysfunction. The aim of this study was to investigate the effect of interval training exercises on cardiac muscle performance and functions through investigation of left ventricular ejection fraction and cardiac output. Subjects and methods: Thirty patients of both sexes with ischemic heart disease participated in this study with an age range of (45 to 60) years old. They were chosen from outpatient clinic, national heart institute, the patients were randomly divided into two equal Groups; (Group A): (Control group) fifteen patients were assigned as control group and they were asked to be into their normal activities under the same category of medications. (Group B): (study group) Fifteen patients participated in aerobic interval exercise training program consisted of cycle ergometer training 4 days a week for 6 weeks. Results: Aerobic interval training had significantly improve cardiac output and left ventricular ejection fraction in group (B) (study group) by improvement percentage of (8.17%) and (14.86%) respectively, but there was no significant changes in group (A) (control group) Conclusions: It was concluded that aerobic interval exercise training had a greater benefit on cardiac output and left ventricular ejection fraction in ischemic heart disease patients.</p>		
Key words	1.	ischemic heart disease
	2.	interval exercise training
	3.	cardiac output
	4.	ejection fraction
	5.	Coronary Blood Flow
Classification number	:	000.000.
Pagination	:	95 p.
Arabic Title Page	:	تأثير التمرينات المتقطعة على تدفق الدم بالشريان التاجي لدي مرضي قصور تروية القلب
Library register number	:	4161-4162.

**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	:	Rasha Mahmoud Hussain EL-Marakby
Title	:	Hematological parameters response to Endurance exercise versus resistive exercise on anaemic obese women
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Mohamed Mahmoud EL-Batanoni
	3.	Hany Farid Eid Morsy Elsis
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background and purpose: Anaemia is a common blood disorder that mainly affects women of reproductive age with a high impact on the body functions and working capacity so obese women with anaemia are advised to participate in physical activities. Complete blood count is essential to determine the level of anaemia especially hemoglobin percentage. The purpose of study was to compare the difference response of hematological parameters to endurance exercise versus resistive exercise in anaemic obese women. Methods and results: Thirty women selected from El-Fayoum General Hospital, they were assigned in to two groups equally in number, Group (A): received an endurance exercise and Group (B): received resistive exercise. Subjects of both groups suffered from mild anaemia with hemoglobin percentage ranging from (8-11 gm/dl) and they was obese women class (I) obesity there BMI ranged (30-35) Kg/m². Patients trained 3 times /week for 3 months from the first of June to the first of September hematological parameters include (Hb), (RBCs) count and (MCV) were measured before and after 3 months training in both groups. Results: The values of (Hb) percentage, (RBCs) count were significantly improved in both groups after training, the endurance exercise group had more significant increase than group (B) and there was no significance difference in (MCV) between group (A) and group (B). Conclusion: The study concluded that endurance exercise has a significant effect on (Hb) and (RBCs) co</p>		
Key words	1.	Endurance exercise
	2.	Anaemia
	3.	Hemoglobin
	4.	Resistive exercise
	5.	Obese women
Classification number	:	
Pagination	:	108 p.
Arabic Title Page	:	المجال الكهرومغناطيسي المتقطع مقابل العلاج بالليزر المنخفض الشدة في آلام أسفل الظهر الميكانيكية المزمنة.
Library register number	:	4091-4092.

**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	:	Reham Raafat Mahmoud Elsherbeiny
Title	:	Kinesio taping versus multi layer short stretch bandages in management of Secondary lower limb Lymphedema
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awany Fouad Rahmy
	2.	Mohamed Gaber Ibrahim Darwish
	3.	Mohamed Abd El-Halim Shendy
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: Lymphoedema is a chronic and difficult condition to be cured. It is characterised by impaired drainage of lymphatic fluid, resulting in excess accumulation of fluid, and can affect all regions of the body. Objective: To compare between the effect of kinesiotaping (KT) and multilayer short stretch bandages (MLLB) in management of unilateral lower extremity lymphoedema .Subjects and methods: Forty patients of both genders with unilateral secondary lower limb lymphedema (24 female & 16 male) were selected from Alexandria Police Hospital and Alexandria University Hospitals and they had been participated in this study .they have been given the treatment session 3 times per week for 2 months. Their Age ranged from 45-60 years. They were assigned into two groups, group A (study group) (12 female & 8 male) in which kinesiotaping was applied to the whole extremity in addition to standard complete decongestive therapy (CDT) .group B (control group) (12 female & 8male) : MLLB was applied to the whole leg in addition to CDT. Standard tape measurements at three different levels of the leg and ultrasonography are used to track the reduction of lymphoedema and were done at the beginning and at the end of the study. Results: comparing the mean values of pre & post treatment values of round measurement & skin thickness in the study group , there was a statistical significant decrease at three different levels compared to that before intervention by 31.22% 15.05% 14.34% in the round measurement and 57.69%, 45.77%, 23.15% in the skin thickness respectively. There was no statistical Significant Difference between mean value of Round measurement and Skin thickness measurement between study and control group. Conclusion: kinesiotaping offers an additional approach to the management of lymphoedema and it should form a part of decongestive lymphatic therapy. Kinesiotaping cannot replace multilayer short-stretch bandaging but it can certainly be another choice for contraindicating pressure therapy patients and patients with poor MLLB compliance .the acceptance of K-tape was better than the application of bandages because K-tape stay longer, with a greater ease of use and increased comfort and convenience in daily activities.</p>		
Key words	1.	Kinesio taping
	2.	Multilayer Short Stretch Bandages
	3.	Lower Limb Lymphedema
Classification number	:	000.000.
Pagination	:	180 p.
Arabic Title Page	:	الشريط اللاصق مقابل الرباط الضاغط متعدد الطبقات في علاج التورم الليمفاوي الثانوي في الساقين
Library register number	:	4423-4424.

**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	:	Sara Mohamad Shawket Abed
Title	:	Effect Of Pranayama On Hypertensive Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El-Aziz Abd El-Hady
	2.	Sohier Abou El-Fadl
	3.	Hany Farid Eid Morsy Elsis
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: High blood pressure is among the most frequently reported main risk of cardiovascular diseases. Purpose: The aim of this study was to find the effect of pranayama breathing on hypertensive patients. Subjects and Methodology: forty patients (18 men and 22 women) who suffering from hypertension (blood pressure 140/ 90 mmHg) recruited from Dr. Sohier Abo El-Fadl clinic of internal medicine in Cairo and the practice take place in Dr. waheed Elsis clinic (during the period of September 2013 to January 2014) with age ranged 50-60 years enrolled in that study for 6 weeks. They were assigned to two groups: Group (A): The experimental group consisted of 18 patients (8 men and 11 women) who received pranayama breathing exercise (yoga breathing). Group(B): The control group consisted of 21 patients (10 men and 11 women) who received routine pharmacologic therapy. The program continued for six weeks. Cholesterol level, pulse rate and blood pressure level were measured for both groups at the beginning of the study and after the end of six weeks. Results: There was significant decrease of cholesterol level by 20.27 % and there was slight decrease in systolic by 7.74 % and diastolic level by 12.26 % with study group and in heart rate by 3.02% in study group when compared with control group. Conclusion: It was concluded that pranayama in combination with routine hypertensive pharmacological therapy intervention had the effect of improving cholesterol level and blood pressure in hypertensive patients.</p>		
Key words	1.	Hypertension
	2.	Pranayama
	3.	Cholesterol
Classification number	:	000.000.
Pagination	:	80 p.
Arabic Title Page	:	تأثير التنفس بواسطة براناياما على مرضى ارتفاع ضغط الدم
Library register number	:	4357-4358.

**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	:	Sherifa SalahEldin Sabry Mohammed Ismail
Title	:	Efficacy of Proprioceptive Training for Treatment of Traumatic Anterior Shoulder Instability: A Systematic Review
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Abdul Rahman Chabara
	2.	Hassan Hussein Ahmed
	3.	Magdolin Michel Samy
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background: Anterior shoulder dislocation is a common injury in the active population and more frequent in the young active population. Proprioceptive disturbance results from traumatic anterior shoulder dislocation and recovery maybe prolonged or shortened depending on the treatment approach whether traditional or surgical. The literature has not yet defined which method helps in the quick recovery of proprioceptive activity. This systematic review aims to provide clinical recommendations regarding the proprioceptive recuperation following traditional or surgical treatment methods for traumatic anterior shoulder dislocation in the active younger and elder populations. Methods: MEDLINE and PubMed databases were searched for English language studies from the year 1990-present, using keywords; shoulder instability, proprioceptive training, and conservative treatment. Selection criteria included random controlled trials, retrospective, prospective cohort design studies with participants' diagnosis of anterior, traumatic or not, shoulder instability. Qualitative analysis included Level of evidence, study quality scores and assessment of risk of bias involving four domains; selection, attrition, performance and detection biases. Summaries of all included studies' results are also presented. Meta-analysis would be possible for studies with similar outcomes and interventions, with use of Odds ratio, heterogeneity and Forest plot illustration. Results: Twelve studies met the inclusion criteria. Level of evidence I given for 8 studies, level II for 3 studies and level of evidence III for 1 study. Risk of bias rate was high for 1 study, moderate in four studies and low in seven studies. Detection bias was high in five studies, attrition in four studies, performance bias in one study and selection bias in one different study. Meta-analysis was possible for two studies that resulted in moderate heterogeneity; (51, 26%) in favor of surgical procedure to reduce recurrent shoulder instability. All studies had shown insufficient reporting of proprioceptive training and its importance in the recovery of the shoulder after dislocation. Conclusion: The importance of proprioceptive training was not emphasized but tested after a history of anterior shoulder dislocation, and results were compared with normal stable shoulders. Retesting proprioception after a course of stability drills was only present in one study which had low risk of bias score and level II of evidence. This demonstrates the need for further investigation on the effects of specific proprioceptive training on the improvement of shoulder after anterior dislocation.</p>		
Key words	1.	anterior shoulder instability
	2.	proprioceptive training
	3.	stability drills
	4.	conservative treatment
	5.	surgical treatment.
	6.	recurrence.
	7.	Traumatic Anterior
	8.	Shoulder Instability
	9.	Systematic Review
Classification number	:	
Pagination	:	103 p.
Arabic Title Page	:	تأثير التنفس بواسطة براناياما على مرضى ارتفاع ضغط الدم
Library register number	:	4433-4434.

**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	:	Shwekar Ahmed Abd Elhamead Ahmed
Title	:	Aerobic exercises versus resistive exercises on liver enzymes in women with hepatitis c
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Akram Abd El Aziz Sayed
	2.	Mahmoud Abdo Ashor
	3.	Mohamed Abd El Haleem. M. Shendy
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The aim of this study was to investigate the effect of aerobic exercises versus resistive exercises on liver enzymes in women with hepatitis c. Subject: Forty women participated in this study, their ages ranged from 30 to 45 years. Method: They were divided into two equal groups. Group A performed progressive resisted training according to delorme technique (3 sessions / week, 40 minutes / session for 12 weeks), while group B received moderate intensity aerobic exercise on electronic treadmill. AST, ALT and ALP were measured at the beginning and end of the study for both groups. The results showed high significant difference between group A and group B (liver enzymes level increased in group A but decreased in group B). Conclusion: resisted exercises increased the level of liver enzymes in HCV patients and in contrast in aerobic exercises which decreased the level of liver enzymes through enhancement of immune system.</p>		
Key words	1.	Resisted exercise
	2.	Aerobic Exercise
	3.	AST
	4.	liver enzymes.
	5.	women with hepatitis c
Classification number	:	000.000.
Pagination	:	103 p.
Arabic Title Page	:	التمرينات الهوائية مقابل تمرينات المقاومة على إنزيمات الكبد في السيدات المصابات بالالتهاب الكبدي الوبائي سي
Library register number	:	4163-4164.

**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	:	Tarek Hanafi Mahmoud
Title	:	Effect of Exercise Training on Peripheral Neuropathy in Type 2 Diabetic Patients (systematic Review study)
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Hany Fraid Eid Morsy ELsisi
	3.	Awny Fouad Rahmy
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>Background Polyneuropathy affecting approximately 30-50% of all diabetic patients and is the most common form of neuropathy in the developed world This review was to provide evidence based practice of physical therapy interventions for Peripheral Neuropathy in Diabetic Type 2 Patients. Methods: Medical libraries were searched using a variety of keywords. Search strategy: 1) Data search 2) Formation of results 3) Articles selection 4) The appraisal process 5) Expanding search results 6) Data extraction and synthesis. Results: Search results were presented in different types of exercise training usually used as management of Diabetic Peripheral Neuropathy by physical therapist "Aerobic Exercise, Aerobic Exercise and Resistance Exercise, balance exercise, Weight-Bearing and Non Weight-Bearing Exercise, Tai Chi Exercise, Multimodal Exercise". The Levels of Evidence the Scottish Intercollegiate Guidelines Network (SIGN), were used to detect the level of evidence behind interventions for each exercise for the purpose of comparison and discussion. Conclusion: From this review a series of clinical and research recommendations were driven to optimize the physical therapy adjacent management. Aerobic Exercise is the best type of exercise to prevent or delayed Peripheral Neuropathy in Diabetic Type 2 patients, while Circuit Weight Exercise is the best type of exercise to strength all muscles of the body.</p>
Key words	1.	Diabetic Peripheral Neuropathy
	2.	Gestational ankle edema
	3.	Exercise Training
	4.	Type 2 Diabetic Patients
	5.	systematic Review
Classification number	:	000.000.
Pagination	:	66 p.
Arabic Title Page	:	تأثير التدريب بالتمارين على اعتلال الأعصاب الطرفية لدى مرضى السكري النوع الثاني (دراسة مرجعية).
Library register number	:	4231-4232.

**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	:	Wael Mansour Wahba Khattab
Title	:	Response of Chronic Obstructive Pulmonary Disease to Pulsed Electromagnetic Field
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd Elaziz Abd Elhady
	2.	Khaled Mahmoud Zamzam
	3.	Hany Farid Eid Morsy Elsis
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Purpose: The aim of this work was to investigate the efficacy of pulsed electromagnetic field (PEMF) therapy on chronic obstructive pulmonary disease (COPD). Patients and Methods: Forty patients of both sexes (20 men and 20 women) mild and moderate COPD represent the sample of this study. The patients' ages ranged from 35-55 years with a mean value of 45.5 ± 4.39 years. The patients were selected from Out-patients' Chest Clinic at Air Force Hospital and was conducted in the Out-patients' Chest Clinic at Air Force Hospital at Al-Abbasia during January till October 2014. They were assigned randomly into two groups equal in number; the study group (GA) and the control group (GB). (GA): was treated by traditional medical treatment prescribed by treating physician and traditional physical therapy in the form of respiratory exercise 3 times per week in addition to PEMF therapy. The Control group (GB): was treated by traditional medical treatment and traditional physical therapy in form of respiratory exercise 3 times per week. The duration of treatment was 12 weeks, Intensity for PEMF therapy was two gauss, time of session was 20 minutes and frequency was one Hz. Computerized spirometer was used to measure forced vital capacity (FVC), forced expiratory volume at first second (FEV1) before and after treatment in both groups. Results: Comparison of each variable pre and post treatment in each group revealed a significant improvement in all different parameters in study group (GA) $P \leq 0.05$ with a percentage of improvement of (0.02 L) for FVC and (0.035 L) for FEV1; however the control group showed a significant improvement only in FVC with a percentage of improvement of (0.008 L). Comparison of post treatment results of both groups showed that pulsed electromagnetic field used in study group GA showed significant increase in FEV1 than group B. Conclusion: Pulsed Electromagnetic Field (PEMF) and traditional physical therapy in form of respiratory exercise have significant effect on FVC and FEV1 in chronic obstructive pulmonary disease patients.</p>		
Key words	1.	Chronic obstructive pulmonary disease (COPD)
	2.	Pulsed electromagnetic field (PEMF)
	3.	Computerized spirometer
Classification number	:	000.000.
Pagination	:	99 p.
Arabic Title Page	:	استجابة مرضى السدة الرئوية المزمنة للمجال المغناطيسي الكهربائي المتقطع
Library register number	:	4487-4488.

**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	:	Zeinab Mahmoud Awad Allah
Title	:	Left ventricular function response to aerobic versus resis training in patients with diabetic neuropathy
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohammed Serry
	2.	Mona Mohammed Taha
	3.	Ahmed Abd ElAal
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Purpose: To determine the left ventricular function response to aerobic versus resistive training in patients with diabetic neuropathy. Methods: Thirty patients of both sexes (7 women and 23 men) with diabetic neuropathy were included in this study with an age range of 45 to 65 years old. They were chosen from outpatient clinic of internal medicine, Om Elmasryen General Hospital and Cairo University Hospital, with BMI from 25 to 39.9 kg/m². They were divided into two groups equally Group (A) received aerobic training in form of cycling training twenty minutes /day, three days /week, for eight weeks. Group (B) received resistance training three days/week for eight weeks. Pre and post assessment by measuring the blood pressure and echocardiographic Imaging were done for all patients of the two groups. . Duration of the study was from September 2014 to April 2015. Results: There was statistical significance increase in EF, LVEDD and FS% in the end of the study when compared with the pretreatment values with improvement percentage in aerobic training group (12.11%), (53.86%) and (7.86%) respectively. And decrease in SBP and DBP with percentage (2.87%) and (3.53%). There was statistical significance increase in EF and FS% at the end of the study in resistance training group with improvement percentage (7.95%) and (7.86%).and decrease in SBP and DBP with percentage (4.14%)and (3.05%). And there was no significance difference in LVEDD in group B. Conclusion: It is concluded that aerobic training improves the left ventricular function response better than resistance training statistically.</p>		
Key words	1.	Left ventricular function,
	2.	aerobic training
	3.	resistance training
	4.	diabetic neuropathy
Classification number	:	000.000.
Pagination	:	96 p.
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