

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

**Physical Therapy Department for Obstetrics and
Gynaecology and Its Surgery**

Doctoral Degree 2021

Author	:	Ahmed Makram Hassan Ali Shahein.
Title	:	Effect of Therapeutic Ultrasound Augmented by Sacro-Iliac Belt and Core Strengthening Exercises on Sacro-Iliac Joint Pain After Delivery.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Dr. Magda Sayed Morsy
	2.	Dr. Adel Farouk
Degree	:	Doctoral.
Year	:	2021.
Abstract	:	<p>This study was conducted to investigate the effect of therapeutic ultrasound augmented by sacro-iliac belt and core strengthening exercises on sacro-iliac joint pain after delivery. Thirty multiparous women suffering from sacro-iliac joint pain for at least 3 months after delivery were participated in this study. They were selected randomly from the physical therapy department in police authority hospital in Al Agouza. Their ages were ranged from 25-35 years old, their body mass index (BMI) was not exceed 30 kg/m² and their number of parity was ranged from 2-4 children. The type of delivery was normal and caesarean section. They were divided randomly into two groups equal in number. Study group (group A): It was consisted of 15 multiparous women. Each woman in this group received continuous ultrasound on two SIJs for ten minutes (5 minutes for each SIJ), 3 times /week for 4 weeks. Additionally to this, she was asked to perform core strengthening exercises for (abdominal, back, pelvic floor muscles and diaphragm), and strengthening exercises for hip flexors, extensors, abductors and externally rotator muscles. Also, she was asked to perform posterior pelvic tilting and posture correction exercises for 60 minutes, three times per week for 4 weeks. On the other hand, each woman in this group was advised to wear a sacro-iliac belt all the day and take it off only during sleep and taking a shower throughout the treatment course (4 weeks). Control group (group B): It was consisted of 15 multiparous women. Each woman in this group was asked to perform core strengthening exercises for (abdominal, back, pelvic floor muscles and diaphragm), and strengthening exercises for hip flexors, extensors, abductors and externally rotator muscles. Also, she was asked to perform posterior pelvic tilting and posture correction exercises for 60 minutes, three times per week for 4 weeks. On the other hand, each woman in this group was advised to wear a sacro-iliac belt all the day and take it off only during sleep and taking a shower throughout the treatment course (4 weeks). Sacro-iliac joint pain was assessed by Visual analogue scale and measuring plasma cortisol level for all women in both groups (A&B) before and after the treatment course (4 weeks). The results of this study revealed that, there was a significant (P<0.05) decrease in pain sensation and significant (P<0.05) decrease in plasma cortisol level in both groups after treatment. But percentage of decrease in VAS and serum cortisol level was more pronounced and more noticeable in study group (A) than control group (B). This means that therapeutic ultrasound augmented by core strengthening exercises and sacro-iliac belt was more effective than core strengthening exercises augmented by sacro-iliac belt in relieving SIJ pain after delivery.</p>
Key words	1.	Therapeutic Ultrasound
	2.	Core strengthening Exercises
	3.	Sacro-Iliac belt
	4.	Pain in sacro-iliac joint.
	5.	Delivery.
Classification number	:	000.000.
Pagination	:	178 p.
Arabic Title Page	:	تأثير الموجات الصوتية مزودة بحزام مثبت للمفصل العجزي الحرقفي وتمارين تقوية للعضلات المحورية على ألم المفصل العجزي الحرقفي بعد الولادة.
Library register number	:	7373-7374.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Amira Hassan AbdElaziz.
Title	:	Kinesiotaping versus pilate exercises on primary dysmenorrhea in girls.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Prof. Dr. Soheir Mahmoud El-Kosery
	2.	Dr. Mohamed Fawzy Mohamed
	3.	Dr. Ghada Ebrahim El-Refaye,
Degree	:	Doctoral.
Year	:	2021.
Abstract	:	
<p>Back ground: Primary dysmenorrhoea (PD) is recurrent, cyclic, crampy pain in girls and its major symptoms included lower abdominal pain, nausea, vomiting and headache that adversely affect daily life activities and school performance. Purpose: This study was designed to assess the effect of kinesiotaping versus pilate exercises on primary dysmenorrhea in girls. Subjects and Methods: Sixty girls participated in this study and their main complaints were pain and cramping during menstruation. They were divided randomly into two equal groups. Group (A) (30 girls) treated by kinesiotaping during menstruation for 3 successive menstruation. Group (B) (30 girls) treated by pilate exercises, 3 sessions per week for 3 months except the days of menstruation. Visual analogue scale to assess pain intensity, Quality of life enjoyment and satisfaction questionnaire, Menstrual Distress Questionnaire, WaLIDD score, Spielberger questionnaire and blood sample analysis to estimate plasma prostaglandin level were applied for each girl in both groups before and after the treatment course. Results: The obtained results showed a statistically highly significant improvement concerning visual analogue scale, Quality of life enjoyment and satisfaction, Menstrual Distress Questionnaire, Spielberger questionnaire in both groups but the improvement was highly significant improved in group (B) when compared with group (A). There was highly significant reduction of WALIDD score at post treatment in compare to pre-treatment in both groups but there was statistically non significant difference between both groups. Also, there was highly significant reduction of prostaglandin at post treatment compared to pre-treatment in both groups and this significant reduction in favour to group (B) when compared with group (A). Conclusion: The use of pilate exercises appeared to be more effective than kinesiotaping on primary dysmenorrhea in girls.</p>		
Key words	1.	kinesiotaping, pilate exercises,
	2.	Primary dysmenorrhea.
	3.	Girls in primary dysmenorrhea.
Classification number	:	000.000.
Pagination	:	129 p.
Arabic Title Page	:	الشريط اللاصق كينيزيو مقابل تمرينات بايلات فى حالات عسر الطمث الأولى لدى الفتيات.
Library register number	:	7309-7310.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Ashraf Gamal Abd El-Meguid Mashali.
Title	:	Effect of moderate intensity endurance training on erythrocytes and fatigue level in menopausal anemic women.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Prof. Dr. Fahima Metwali Okeel
	2.	Prof. Dr. Amel Mohamed Yousef
	3.	Prof. Dr. Amir Arabi Gabr
Degree	:	Doctoral.
Year	:	2021.
Abstract	:	
<p>Background: Exercises are often recommended for patients suffering from anemia to improve physical conditioning and hematologic parameters. Purpose: This study aimed to assess the effect of moderate intensity endurance training on erythrocytes and fatigue level in menopausal anemic women. Subjects & procedures: A total of fifty anemic menopausal women were selected from the Outpatient Clinic of Faculty of Physical Therapy, Delta University and divided randomly to two equal groups numbers: - Group A (control group): 25 menopausal anemic women treated by iron supplement drug (in the form of Pravotin 100 mg (Lactoferrin) sachets with a dose of 2 sachets per day) with diet regime rich in iron for three months. Group B (study group): 25 menopausal anemic women performed moderate intensity endurance exercise program using electronic treadmill three times per week for three months and followed the same program as group (A). All women in both groups (A&B) were performed the same methods of assessment for hemoglobin, erythrocytes level, hematocrit, oxygen saturation, endurance level, response to fatigue and level of exertion before and after three months of the treatment. Results: The results showed significant difference post treatment between both groups in relation to Hb, RBCS, HCT ($p<0.05$) in favor of group (B). On the other hand, there was significant differences post treatment between both groups in relation to endurance level, response to fatigue, level of exertion and oxygen saturation in favor of group (B). Conclusion: Aerobic moderate intensity endurance training had significant effect on erythrocytes and fatigue response in menopausal anemic women.</p>		
Key words	1.	Erythrocytes
	2.	Menopause
	3.	Moderate Intensity Exercise
	4.	Menopausal anemic women.
	5.	Fatigue
	6.	Anemia
Classification number	:	000.000.
Pagination	:	101 p.
Arabic Title Page	:	تأثير التدريب متوسط الشدة على مستوى كرات الدم الحمراء و الإجهاد لدى السيدات المصابة بفقر الدم في سن اليأس.
Library register number	:	7415-7416.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Reem Hamdy Ahmed Abd El-hady.
Title	:	Electrical stimulation techniques for treating stress urinary incontinence in women: a systematic review.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Prof. Dr. Amel Mohamed Yousef
	2.	Dr. Maya Galal Abd-Alwahab
Degree	:	Doctoral.
Year	:	2021.
Abstract	:	
<p>Background: Stress urinary incontinence (SUI) is the most common type of urinary incontinence in women. It involves involuntary leakage of urine in response to abdominal pressure caused by activities, such as sneezing and coughing. The condition affects millions of women worldwide, causing physical discomfort as well as social distress and even social isolation. Objectives: This review is aiming to assess the effects of electrical stimulation (ES) alone or in combination with other physical therapy modalities , for treating SUI in women, and to compare between the effects of the different techniques of ES in treating SUI in women. Methods: In preparation of this systematic review and meta-analysis the PRISMA statement guidelines was followed. The computer literature search was conducted in (PubMed, Cochrane Central Register of Controlled Trials, PEDro and ClinicalTrials.gov). For studies that published from 1990 to 2020 and follow this eligibility criteria: study design: randomized clinical trials (RCTs), population: women who diagnosed with SUI, intervention: one arm was ES with or without other physical therapy modalities versus the other physical therapy modalities or no treatment or placebo ES, outcomes: the primary outcome was the cure of SUI reported by the woman, in addition to other secondary outcomes. The assessment risk of bias was done according to Cochrane risk of bias assessment tools. Results: 35 studies included in this systematic review (2072 patients); 24 studies only included in the meta-analysis; 17 studies only report the primary outcome the subjective cure of SUI. Conclusion: The ES is effective in the treatment of SUI comparing to control or placebo treatment, but there was a little evidence that adding ES to PFMT will improve the patient's outcomes than PFMT alone, also it was unclear if the ES is more effective than the other physical therapy modalities as the PFMT and the vaginal cones. The included studies showed high diversity regarding the ES parameters, the treatment duration, and the initial strength of the pelvic floor muscles (PFM); so more high quality RCTs are needed with consider of the type of the ES, the initial strength of the PFM, the cost effect, the time to cure and the adverse events; to conclude the best physical therapy program for treating SUI.</p>		
Key words	1.	Electrical stimulation
	2.	Pelvic floor exercises
	3.	Stress urinary incontinence
	4.	Women.
	5.	systematic review.
Classification number	:	000.000.
Pagination	:	145 p.
Arabic Title Page	:	أساليب التنبيه الكهربائي على علاج السلس البولي الاجهادي لدى السيدات.
Library register number	:	7399-7400.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Shimaa Saad Mohamed El Said.
Title	:	Effect of Pulsed Electromagnetic Field on ovarian morphology and immunity in obese polycystic ovarian syndrome.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Dr. Amel Mohamed Yousef
	2.	Dr. Magdy Mohamed Abd El Rahman
Degree	:	Doctoral.
Year	:	2021.
Abstract	:	
<p>This study was conducted to investigate the effect of Pulsed Electromagnetic Field (PEMF) on ovarian morphology and immunity in obese polycystic ovarian syndrome (PCOS). Fifty volunteer obese women diagnosed as having PCOS and their age ranged between 20 to 35 years old, were participated in this study, they were selected from the Outpatient Clinic of Gynecology of Al Mataria Teaching Hospital. They were randomly assigned into two groups (A&B) equal in numbers: Group (A) study group: received PEMF three times per week for 12 weeks in addition to diet therapy, and Group (B): control group: followed diet therapy only as in group (A). Evaluations of both groups (A&B) were done before starting and after the end of the study through measuring ovarian volume, their reproductive hormones [(Follicular stimulating hormone (FSH), Luteinizing hormone (LH), and LH/FSH ratio) and white blood cells (WBC) and its types, immunoglobulin M (IgM) and anthropometric measurements [weight, body mass index (BMI), waist hip ratio (WHR), waist height ratio (WHtR)] and PCOS quality of life questionnaire (PCOSQ). The results of this study showed a statistically significant differences ($P<0.05$) in ovarian volumes, FSH, LH/FSH ratio, WBC and PCOSQ in addition to anthropometric measurements within each group. Comparison between both groups (A&B) before starting the study reveals that there was a statistically non-significant difference ($P>0.05$) between them. And at the end of the study, there was a statistically non-significant difference ($P>0.05$) between both groups (A&B) in ovarian volume, IgM, LH, weight, WHR, WHtR and weight domain of PCOSQ while there were a statistically significant differences ($P<0.05$) in BMI, FSH, LH/FSH ratio and the other domains of PCOSQ in favor to group (A). Accordingly, it could be concluded that PEMF is effective in decreasing BMI, modulate hormonal variables as well as immune regulation by treating inflammation in obese PCOS women.</p>		
Key words	1.	Polycystic ovarian syndrome
	2.	Immunoglobulin M
	3.	Pulsed electromagnetic field
	4.	White blood cells
	5.	Ovarian Volume
	6.	Obese polycystic ovarian syndrome.
Classification number	:	000.000.
Pagination	:	130 p.
Arabic Title Page	:	.
Library register number	:	7437-7438.