

Physical Therapy Department for Obstetrics and Gynaecology and Its Surgery

Master Degree 2020

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| Author | : | Alaa Kamel Abu Elyazed Elsehly. |
| Title | : | Effect of Neuromuscular Electrical Stimulation on Varicose Veins in Post-partum Women. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Azza Barmoud Nashed Kassab |
| | 2. | Marwa Esmael Hasanin |
| | 3. | Amr Mahmoud Abu Rahma |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: Varicose veins (Vv) is one of the most common pathologies in pregnancy and puerperiam .Calf muscle contractions induced by electrical stimulation produce a significant increase in venous blood flow, reduce stasis in the lower leg. Purpose: to investigate the effect of neuromuscular electrical stimulation (NMES) on varicose veins in post-partum women. Methods: 2×2 pretest posttest study. Thirty multiparae women with postpartum varicose veins that last 1-2years after last pregnancy were recruited from outpatient physical therapy clinics at El-Menshawly general hospital participated in this study, their age(20-35) years and (BMI) was less than 30 kg\m². They were divided into two groups equal in number, Group (A) (Control group) received only a life style modification routine and advice while group (B) (Study group) received the same life style modification routine and advices as in group (A) in addition to (NMES) on the calf muscle 3 times per week for 4 weeks, both groups did not receive any medical treatment, Peak popliteal vein velocity was measured to assess venous blood flow and chronic venous disease quality of life questionnaireCIVIQ-20 was used to assess activity of daily life (ADL) to all participants in both groups (A&B) before and after treatment. Results: showed that there was no significant difference in group (A) when comparing pretreatment to post treatment results regarding the popliteal peak vein velocity, while there was a significant reduction inCIVIQ-20 questionnaire, while in group(B) there was a significant increase regarding the popliteal peak vein velocity and a significant reduction regarding CIVIQ-20 questionnaire post treatment compared to pretreatment results, also there was no statistical significant difference between both groups regarding the popliteal peak vein velocity and CIVIQ-20 questionnaire when comparing post treatment results , but there was a high percentage of improvement in favor of group B than group A regarding both variables. Conclusion: it could be concluded that (NMES) was effective in increasing venous blood flow and improving quality of life for women suffering from postpartum Vv.</p> | | |
| Key words | 1. | Neuromuscular electrical stimulation NMES |
| | 2. | varicose veins |
| | 3. | postpartum |
| | 4. | Women in Post-partum. |
| Classification number | : | 000.000. |
| Pagination | : | 78 p. |
| Arabic Title Page | : | تأثير التنبيه العصبي على دوالي الساقين لدى السيدات في فترة ما بعد الولادة. |
| Library register number | : | 7283-7284. |

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY
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| Author | : | Alaa Taha Habashy Hassan. |
| Title | : | Effect of Relaxation Exercises Versus Foot Reflexology on Hypertension in Postmenopausal Women. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Khadija Sayed Abdel-Aziz |
| | 2. | Asmaa Mahmoud Aly |
| | 3. | Manar Samir Mohamed |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Back ground: Hypertension after menopause sets women up for an increased risk of negative cardiovascular outcomes. Reflexology is a systematic practice of applying some pressure to specific points on the feet and hands give impacts on the health of related parts of the body. A variety of relaxation techniques exist, which aim to relive stress and reduce blood pressure. Purpose: The present study was conducted to compare between the effects of relaxation exercises versus foot reflexology on decreasing hypertension in postmenopausal women. Subjects and Methods: Thirty women diagnosed with postmenopausal hypertension, their age ranged from 50 - 65 years participated in this study. They were selected from the Out-Patient Clinic of Misr Elhorra Hospital and Outpatient clinic at Faculty of Physical therapy, Deraya University in AlMenia Governate, Egypt. They were assigned randomly into groups equal Number (A and B). Group (A) consisted of 15 patients, they received foot reflexology while group (B) consisted of 15 patients, they were treated by relaxation exercises. The treatment program for both groups was applied 3 times per week for six weeks. Assessment of all participants was carried out before and after the treatment program through measurement of systolic and diastolic blood pressure as well as blood cortisol level. Results: revealed significant decrease in systolic and diastolic blood pressure and cortisol in both groups A&B after 6 weeks of treatment compared to pre- treatment results in favor of the group (B). Conclusion: It could be concluded that relaxation exercises are more effective than foot reflexology in decreasing hypertension in postmenopausal women.</p> | | |
| Key words | 1. | Hypertension |
| | 2. | Postmenopausal women |
| | 3. | Foot reflexology |
| | 4. | Relaxation exercises |
| Classification number | : | 000.000. |
| Pagination | : | 103 p. |
| Arabic Title Page | : | تأثير تمارينات الاسترخاء مقابل ريفليكسولوجي القدم على ارتفاع ضغط الدم لدى السيدات بعد انقطاع الطمث. |
| Library register number | : | 7059-7060. |

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|---|----|---|
| Author | : | Amany Mohamed Abd-Allah Hussein. |
| Title | : | Effect of Kinesio Taping versus Spiral Taping on Premenstrual Syndrome. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Khadiga Sayed Abd El Aziz |
| | 2. | Ghada Ebrahim El Refaye |
| | 3. | Hossam Al Din Hussein |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>The purpose of this study was to compare the effect of Kinesio taping and spiral taping, to investigate the efficacy of the two types of taping as methods for alleviating premenstrual syndrome. Subjects: Sixty virgin women were selected from faculty of pharmacy Zagazig University to share in the study. Their ages ranged from 20-25 years and their BMI was ≤ 30 kg/m². They were divided randomly into three equal groups. Group (A) Consisted of 20 women treated by kinesio taping on abdominal and back regions three times per week for about six weeks starting from 14 days before menstruation until its end for three consequent menstruation. Group (B) Consisted of 20 women treated by spiral taping on the tender points of the antigravity muscles three times per week for about six weeks starting from 14 days before menstruation until its end for three consequent menstruation. Group(C) consisted of 20 women received advice about premenstrual syndrome and how to relieve for about six weeks starting from 14 days before menstruation until its end for three consequent menstruation. All women in the three groups (A, B&C) were evaluated by using Visual analogue scale and Menstrual Distress Questionnaire before and after treatment. Results: The results of this study showed statistically significant decrease in mean value of VAS of Kinesio group and spiral group. While there was a highly statistically significant decrease in symptoms of premenstrual syndrome in the group A (kinesio group) compared with those in other groups. Conclusion: From the previous results, it could be concluded that both taping methods before menstruation brought significant relief to menstrual pain, however kinesio taping is more effective than spiral taping method in alleviating premenstrual symptoms.</p> | | |
| Key words | 1. | Kinesio taping |
| | 2. | premenstrual syndrome |
| | 3. | Spiral Taping on Premenstrual Syndrome. |
| Classification number | : | 000.000. |
| Pagination | : | 93 p. |
| Arabic Title Page | : | تأثير شرائط كينيذيو مقارنة بالشرائط الحلزونية علي متلازمة سابقة الحيض. |
| Library register number | : | 7129-7130. |

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| | | |
|---|----|---|
| Author | : | Arwa Mohamed Abd El-Wahab Ibrahim. |
| Title | : | Effect Of Connective Tissue Manipulation On Primary Dysmenorrhea. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Khadyga Sayed Abdul Aziz |
| | 2. | Afaf Mohamed Mahmoud Botla |
| | 3. | Elsayed Hamdy Noureldeen |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: Primary dysmenorrhea is defined as painful menstruation in the absence of pelvic pathology. Connective tissue manipulation (CTM) is one of the specific manual therapy techniques which stimulates autonomic responses via cutaneous-visceral reflexes. purpose of this study: to investigate the effect of connective tissue manipulation on primary dysmenorrhea. Subjects and methods: this study was carried upon 30 females suffering from primary dysmenorrhea. Their age ranged from 18 to 25 years old and their BMI was less than 30 kg/m². They were selected from Abu-kabir central hospital– Al Sharquia. The participants were randomly distributed in two groups equal in number. Control group (A) consisted of 15 females who received TENS during the first three days of menstrual cycle and this was repeated on the second consecutive menstrual cycle. Study group (B) consisted of 15 females who received connective tissue manipulation for 20 minutes/session, 5 session/week for a total of 10 sessions per cycle for two consecutive cycles (The sessions start before menstruation by two weeks) in addition to TENS treatment as described for group A. All females in both groups (A and B) were assessed pre and post treatment by using, visual analogue scale and cortisol level. Results: The results revealed that pre-treatment, there was a non- statistical significant difference between two groups in mean value of VAS and cortisol level with p-value was (P=0.889) & (P=0.293) respectively . Post-treatment, there was statistical significant reduction between two groups in mean value of VAS and cortisol level with p-value was (p=0.0001) & (p=0.029) respectively, in favour of group B. Conclusion: Connective tissue manipulation could be used as an effective treatment in reducing the amount of pain associated with primary dysmenorrhea. as it is safe and non-invasive therapeutic technique</p> | | |
| Key words | 1. | Connective Tissue Manipulation |
| | 2. | Primary Dysmenorrhea |
| | 3. | TENS. -Visual analogue scale |
| | 4. | Cortisol level. |
| Classification number | : | 000.000. |
| Pagination | : | 90 p. |
| Arabic Title Page | : | تأثير العلاج اليدوي للأنسجة الضامة على عسر الطمث الأولي. |
| Library register number | : | 7127-7128. |

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|---|----|---|
| Author | : | Aya Hamed Mohamed Abd-elHamid. |
| Title | : | Effect of Pulsed Electromagnetic Field versus Aerobic Exercise on Primary Dysmenorrhea. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Mohamed Ahmed Mohamed Awad |
| | 2. | Asmaa Mahmoud El Bandrawy |
| | 3. | Amir Arabi Gabr |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: Dysmenorrhea is the most common gynecologic complaint among adolescent and young adult females. Purpose: This study was conducted to compare between the effect of pulsed electromagnetic field and aerobic exercise on primary dysmenorrhea. Subjects: Forty girls diagnosed with primary dysmenorrhea participated in this study. They were selected randomly from Kasre El Ainy University Hospital. They had regular menstrual cycle. Their ages were ranged from 16-25years. Their body mass index (BMI) was ranged from 20-25 Kg/m². All of them were virgins. Girls with irregular or infrequent menstrual cycles, pacemaker, hyperthyroidism, pelvic pathology and BMI > 25 Kg/m² or < 20 Kg /m² were excluded from the study. Design: Design of this study was two group pre-test and post-test experimental design. Methods: They were divided into two equal groups: Group A consisted of twenty girls and treated by pulsed electromagnetic field on the pelvic region, 3 times per week for four weeks. Group B consisted of twenty girls and treated by aerobic exercise, 3 times per week for four weeks. Evaluation: Pain was evaluated by VAS, quality of life was assessed by short form survey (SF-12) and progesterone hormone was evaluated for both groups (A and B) before and after treatment. Results: Results found that; pretreatment; there was no significant difference between both groups (A and B) in progesterone hormone, VAS and quality of life. While post treatment, there was significant difference between both groups (A and B) in progesterone hormone (more increase in group A), VAS (more decrease in group A) and quality of life (more increase in group A). Conclusion: It can be concluded that pulsed electromagnetic field is more effective than aerobic exercise in treating primary dysmenorrhea.</p> | | |
| Key words | 1. | Primary dysmenorrhea. |
| | 2. | Aerobic exercise. |
| | 3. | Pulsed Electromagnetic Field. |
| Classification number | : | 000.000. |
| Pagination | : | 87 p. |
| Arabic Title Page | : | تأثير المجال الكهرومغناطيسي المتقطع مقابل التمرينات الهوائية على مرض عسر الطمث الأولي. |
| Library register number | : | 7189 7190. |

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|--|----|--|
| Author | : | Basma Abd El Badeea Hafez. |
| Title | : | Effect of core stability exercises versus electro-acupuncture on treatment of low back pain in primary dysmenorrhea. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Khadiga Sayed Abd El Aziz |
| | 2. | Mohamad Fawzy Abo El Eneen |
| | 3. | Afaf Mohamad Mahmoud Botla |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: low back pain during menstrual cycle is the third most common form of menstrual discomfort. Electro-acupuncture and core stability exercises are safe and effective methods for reducing chronic menstrual low back pain. purpose: This study was conducted to determine if core stability exercise have more effect than electroacupuncture on low back pain during menstruation at young female. Methods: Forty females diagnosed with low back pain during menstruation, they were selected randomly from outpatient clinic of obstetrics and gynecology in Al Ahrar teaching hospital to share in this study, their age ranged from 18 to 25 years old and their body mass index (BMI) didn't exceed 30kg/m², the participants were assigned into two groups of equal numbers. Group (A) received electro acupuncture, for 20 minutes/session, 3 times/week for 4 weeks, while group (B) received core stability exercises for 40 minutes/session, 5 times/week for 4 weeks. All participants were evaluated by VAS, Oswestry disability index (ODI), serum cortisol levels before and after treatment. Results: The results of this study revealed that there was statistically significant improvement in pain, ODI and cortisol level in group (B) than in group (A). Conclusion: Core stability exercises are more effective than electro-acupuncure treatment in reducing menstrual low back pain.</p> | | |
| Key words | 1. | Low back pain |
| | 2. | Electro acupuncture |
| | 3. | Core stability exercises. |
| | 4. | primary dysmenorrhea. |
| Classification number | : | 000.000. |
| Pagination | : | 83 p. |
| Arabic Title Page | : | تأثير تمارين الثبات المحوري مقابل الوخز بالإبر الصينية علي علاج آلام أسفل الظهر أثناء عسر الطمث الأولي. |
| Library register number | : | 7097-7098. |

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|---|----|---|
| Author | : | Dalia Mohamed Hassan Ali Emara. |
| Title | : | Effect of Labor on Pelvic Floor Muscles Strength. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Mohamed Ahmed Mohamed Awad |
| | 2. | Afaf Mohamed Botla |
| | 3. | Amir Arabi Gabr |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>This study was conducted to evaluate the effect of labor on pelvic floor muscles strength. Two hundred pregnant women at beginning of the 9th month of pregnancy were selected randomly from antenatal care clinic of Kasr Al-Aini University Hospital in Cairo, Cairo University. Their ages were ranged from 25 to 35 years old and their body mass index was not exceeding 35 kg/m². Women who had history of pelvic disease, any previous pelvic operations, diabetes mellitus, history of abortion and history of pre-eclampsia or smokers and alcohol abusers are excluded from the study. 133 women delivered normal labor (55 primipara and 78 multipara) (Group A) and 67 women delivered by cesarean section (29 primipara and 38 multipara) (Group B). Pelvic floor muscles strength was evaluated for all women by using TG Myo feedback 420v at beginning of the 9th month of pregnancy and after 6 weeks postnatal. The results of this study found that there was a statistically highly significant decrease ($P < 0.01$) in pelvic floor muscles strength in both groups A and B after 6 weeks postnatal with percentage of decrease 30% and 9% respectively. After 6 weeks postnatal there was a statistical high significant difference between the mean value of pelvic floor muscles strength between both groups A and B with more decrease in group A. Accordingly, it can be concluded that normal labor markedly decreases the pelvic floor muscles strength than cesarean section delivery.</p> | | |
| Key words | 1. | Labor. |
| | 2. | Pelvic floor muscles. |
| | 3. | Muscles Strength. |
| Classification number | : | 000.000. |
| Pagination | : | 89 p. |
| Arabic Title Page | : | تأثير الولادة على قوة عضلات قاع الحوض الرافعة. |
| Library register number | : | 7027-7028. |

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| | | |
|--|----|--|
| Author | : | Eman Saeed Mohamed El Gohary. |
| Title | : | Effect of electroacupuncture versus paced respiration on post-menopausal hot flashes. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Soheir Mahmoud El-Kosery |
| | 2. | Ahmed Mohamed Darwish |
| | 3. | Engy Mohamed El Nahas |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: : This study was conducted to determine the effect of electro-acupuncture versus paced respiration on post-menopausal hot flashes. Thirty post-menopausal women suffering from hot flashes participated in this study. The participants were divided randomly into two groups equal in numbers (A and B); group A (n=15) received electro-acupuncture on the acupuncture point for hot flashes for 15 minutes, 3 times/week for 4 weeks, group B (n=15) received relaxation technique in form of (paced respiration) for 15 minutes /sessions, 3 times/ week for 4 weeks. Assessment of hot flashes in both groups was performed by using serum FSH level and hot flash questionnaire before and after the study. The results showed that: The findings of the current study revealed significant improvement in the post-testing mean values of F.S.H in both study groups (A and B) compared with their pre-testing one ($p < 0.05$). There was a significant improvement of hot flashes during day and night in the group (A) ($p < 0.05$). According to weeks, there was a significant improvement of hot flashes during day and night in favor to 3rd week compared to 1st week in the group (A) ($p < 0.05$) While there was a significant improvement of hot flashes during day and night in favor to 2nd week compared to 1st week in the group (B) ($p < 0.05$). There was a significant difference in the mean values of F.S.H in favor of group (A) than group (B) ($p < 0.05$). Moreover, there was a significant difference of hot flashes during day and night between both groups in 3rd week, and this significant improvement in favor of group (A) than group (B) ($p < 0.05$). It could be concluded that acupuncture and paced respiration were capable of improving serum FSH and can be used as intervention programs for post-menopausal hot flashes. Also, patients with menopausal hot flashes may get additional benefit in improving their FSH level and decreasing hot flush episodes during day and night through acupuncture more than paced respiration.</p> | | |
| Key words | 1. | electroacupuncture |
| | 2. | paced respiration |
| | 3. | menopausal |
| | 4. | hot flashes |
| Classification number | : | 000.000. |
| Pagination | : | 76 p. |
| Arabic Title Page | : | تأثير التنبيه الكهربائي على مناطق الوخز الإبري مقابل التنفس على الهبات الحرارية في فترة ما بعد انقطاع الطمث. |
| Library register number | : | 7297-7298. |

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|--|----|--|
| Author | : | Esraa Atef Abd El Halim Khowailed. |
| Title | : | Effect Of Acupressure On Prostaglandin Levels In Primary Dysmenorrhea. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Prof.Mohamed Ahmed Mohamed Awad |
| | 2. | Amir Arabi Gabr |
| | 3. | Doaa Ahmed Mohamed Osman |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: Primary dysmenorrhea refers to painful menstruation that is experienced by 45-90% of reproductive aged females. It is not accompanied by any pathological condition in the pelvis, while it is caused by endometrial prostaglandin overproduction. The increased levels of prostaglandins, mainly PGF2α, lead to increased myometrial contractility, uterine ischemia and hypoxia and nerve endings sensitization, resulting in primary dysmenorrhea. Acupressure is a complementary alternative therapy that stimulates specific acupoints across the meridians, aiming at regulatory systems stimulation, neurological and endocrine mechanisms activation and physiological functions balance. Purpose: This study aimed to investigate the effect of acupressure on prostaglandin F2α (PGF2α) in primary dysmenorrhea. Subjects: A total of 50 adult females with primary dysmenorrhea participated in this study. Their ages ranged from 19 to 27 years and their body mass index (BMI) ranged from 20 to 25 kg/m². They were randomized into 2 equal groups. Group (A) received nutritional recommendations for 3 consecutive menstrual cycles, while group (B) received the same nutritional recommendations in addition to acupressure at the liver point (LIV3) for 3 consecutive menstrual cycles. Methods: The outcome measures, including short form of McGill pain questionnaire and plasma levels of PGF2α, were evaluated pre- and post- treatment. Results: Comparing both groups post-treatment revealed that there were significant reductions in short form of McGill pain questionnaire scores and PGF2α levels (p < 0.0001) in favour of group (B). Conclusions: Acupressure is effective in treating females with primary dysmenorrhea through reducing scores of short form of McGill pain questionnaire and levels of PGF2α.</p> | | |
| Key words | 1. | Acupressure. |
| | 2. | Short form of McGill pain questionnaire. |
| | 3. | Primary dysmenorrhea. |
| | 4. | Prostaglandin F2 α . |
| Classification number | : | 000.000. |
| Pagination | : | 87 p. |
| Arabic Title Page | : | تأثير الضغط الوخزي على مستوى البروستاجلاندين في مرض آلام الطمث الأولى. |
| Library register number | : | 7003-7004. |

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| | | |
|--|----|---|
| Author | : | Hanan Karamallah Mohamed Abd El-Kawy. |
| Title | : | Effect Of Exercises And Kinesio Taping On Abdominal Recovery In Women After Cesarean Section. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Amel Mohamed Yousef |
| | 2. | Hossam-Eldin Hussein Kamel |
| | 3. | Gehan Ali Abdel Sameaa |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: Physiotherapists in primary healthcare often encounter Post-cesarean health problems as, it affects abdominal muscles strength. But there are few studies on the contribution of decrease of abdominal muscle strength after cesarean section and very little guidance in the literature for health professionals on the management of abdominal muscle strength recovery after cesarean section. Objective: To assess the effect of Kinesio Taping on the recovery of abdominal recovery in postnatal women after cesarean section. Methods: Forty women how had first cesarean section participated in this study after two months of delivery. They were divided randomly into two equal groups equal in number; Group (A) performed abdominal exercises and group (B) received Kinesio Taping (KT) in addition to performing abdominal exercises as group (A). The intervention sessions in both groups were twice per week for 8 weeks. The outcome measures were evaluating pre and post treatment via assessing the inter recti distance and abdominal muscle thickness for the right and left rectus abdominal, external oblique, internal oblique, transversus abdominis muscles by using ultrasonography. Results: The inter recti distance showed highly significant decrease ($p<0.0001$) and highly significant increase ($p<0.0001$) in rectus abdominis, external oblique, internal oblique and transversus abdominis muscles a well as endurance and muscle test in both groups (A&B) post treatment. Comparison between both groups post treatment showed a highly significant difference ($p<0.0001$) in favor of group(B) in muscle thickness and inter recti distance. The improvement in group (A) was 7.3%, 9.3%, 16.16%, 35%, 17.64%, 11.65%, 10.5% and 20%; and in group (B) was 42.8%, 50%, 108%, 121%, 65.71%, 36%, 127% and 62.5%, in right and left rectus abdominis as well as external oblique, internal oblique and transversus abdominis muscles respectively. Also, the percentage of decrease inter recti at level above and below umbilicus ingroup (A) was 10.68% and 5.91% group (B) was 33.68% and 11.47% while, ingroup (B) was 33.68% and 11.47% respectively. Conclusion: Kinesio Taping (KT) and exercise accelerate abdominal recovery after cesarean delivery.</p> | | |
| Key words | 1. | Abdominal muscles |
| | 2. | Cesarean section |
| | 3. | Postnatal care |
| | 4. | Kinesio Taping. |
| | 5. | Women After Cesarean Section. |
| | 6. | Exercise After Cesarean Section. |
| Classification number | : | 000.000. |
| Pagination | : | 89 p. |
| Arabic Title Page | : | تأثير التمرينات وشریط كينسو اللاصق على تعافى البطن فى السيدات بعد الولادة القيصريّة. |
| Library register number | : | 7229-7230. |

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| Author | : | Mahmoud Ahmed Mahmoud Ahmed. |
| Title | : | Kinesiotaping versus Acupressure in Treatment of Postnatal Low Back Pain. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Hala Mohammed Hanafy |
| | 2. | Wafaa Mohammad Kamal |
| | 3. | Mohammed Fawzy Abo-Elenien |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>The aim of this study was to compare between kinesio tape and acupressure in treatment of postnatal low back pain. Thirty women suffering from post natal low back pain, their age ranged from 20 - 35 years and their body mass index not exceeding 30 Kg/m². The women were randomly selected from outpatient clinic of obstetrics and gynecology in New Cairo Police Hospital and Om Elmasreen general Hospital. They were randomly assigned into two groups equal in number; Group A (kinesio tape group) 15 women and Group B (acupressure group) 15 women. Women in Group A treated by kinesiotaping on their back upwards from S2 to L1, three times per week for 4 weeks, the tape lasts on the skin till the next session and removed two hours before the new session. Women in Group B treated by acupressure therapy by both thumbs at a rate of one minute pressure followed by one minute relaxation, on four points (B22, B23, B25, B27) at lumbar region, three times for each point, three times per week for 4 weeks. The session lasts for 24 minutes. All women were evaluated for pain severity using visual analogue scale (VAS) and lumbar mobility using tape measurement immediately before participation in the study and at the end of treatment program (4 weeks), Results: There were statistically significant decrease in pain severity and increase in lumbar range of motion in favor to group A when compared with group B. Conclusion: it can be concluded that taping- in comparison to acupressure - is a more effective physiotherapeutic modality for treating postnatal low back pain.</p> | | |
| Key words | 1. | Kinesio taping |
| | 2. | Acupressure |
| | 3. | Postnatal low back pain |
| | 4. | Women - Postnatal Low Back Pain. |
| Classification number | : | 000.000. |
| Pagination | : | 120 p. |
| Arabic Title Page | : | أشرطة الكينيسيو مقابل الضغط الوخزي على علاج آلام أسفل الظهر بعد الولادة. |
| Library register number | : | 6999- 7000. |

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY
AND ITS SURGERY**

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| Author | : | Mohamed Omar Abd Elhamid Foda. |
| Title | : | Effect of Light Therapy on Postmenopausal Osteoporosis. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Amel Mohamed Yousef |
| | 2. | Rokia Abd El Shafy Soliman El Banna |
| | 3. | Doaa Ahmed Mohamed Osman |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: Postmenopausal osteoporosis, a major public health problem worldwide, is associated with low quality of life, high morbidity and mortality rates, and huge socio-economic burden. Purpose: This study aimed to investigate the effect of bioptron light therapy on postmenopausal osteoporosis. Subjects: Thirty postmenopausal women with hip osteoporosis, aged 50-60 years, with BMI of 25-32 kg/m², were randomized into two groups equal in number. Group (A) received medical treatment in the form of calcium, vitamin D₃ and sodium fluoride supplementation for 4 weeks (n=15), while group (B) received the same medical treatment in addition to bioptron light therapy for 4 weeks (n=15). Material and Method: The bone mineral density (BMD) was assessed through measuring the total hip T-score, while the quality of life was assessed through calculating the total score of Quality of Life Questionnaire of the European Foundation for Osteoporosis (QUALEFFO-41) were evaluated pre- and post-treatment. Results: Comparing both groups pre- and post-treatment revealed that there was a statistically non-significant difference in total hip T-score (P>0.05). Also, total score of QUALEFFO-41 revealed a statistically non-significant difference pre-treatment (P>0.05), while post-treatment, it revealed a statistically significant reduction (P<0.05) in favour of group (B). The percentages of improvement post-treatment in total hip T-score and total score of QUALEFFO-41 were 2.4% and 15.65% in group (A), while they were 11.29% and 31.63% in group (B). Conclusion: Bioptron light therapy is effective in treating postmenopausal women with hip osteoporosis through producing a greater improvement percentage in total hip BMD and improving their quality of life.</p> | | |
| Key words | 1. | Postmenopausal Osteoporosis. |
| | 2. | Total Hip T-Score. |
| | 3. | Bioptron Light Therapy. |
| | 4. | Light Therapy on Postmenopausal Osteoporosis. |
| | 5. | Quality of Life. |
| Classification number | : | 000.000. |
| Pagination | : | 124 p. |
| Arabic Title Page | : | تأثير العلاج الضوئي على هشاشة العظام بعد انقطاع الطمث. |
| Library register number | : | 7177-7178. |

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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| Author | : | Mohamed Zakaria Mowafy Emam Mowafy. |
| Title | : | Different Transcutaneous Electrical Nerve Stimulation Modes in Relieving Chronic Pudendal Neuralgia in Females. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Prof Hala Mohamed Hanafy |
| | 2. | Ass. Afaf Mohamed Botla |
| | 3. | Mohamed Fawzy Abo-El-Enan |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Purpose: to evaluate and compare effects of two different transcutaneous electrical nerve stimulation modes (conventional TENS and SLR acupuncture-like TENS) on the female pudendal neuralgia. Methods of evaluation (Measurement of the serum cortisol level (SCL) and the visual analogue scale (VAS). Methods:- Thirty female patients suffering from chronic pudendal neuralgia from out-clinic of the gynecological and obstetrical department, OM-EL MISRIEEN hospital, were participated in this study. Their ages were ranged from 30 to 40 years old. Those patients had chronic pudendal neuralgia that may be associated with childbirth, pelvic surgery, strenuous exercise, abnormalities of the sacroiliac joint, and may be connected to age-related changes that confirmed by physical exam, reproduction of pain with digital rectal examination, pressure at the level of the left ischial spine and positional nature of the pain and relief when sitting on a lavatory seat. They were assigned randomly into two groups; the first study group (A) was composed of 15 patients who received the conventional TENS in addition to the traditional physical therapy and medical care for 3 months. The second study group (B) was composed of 15 patients who received the SLR (Acupuncture-like) TENS in addition to the traditional physical therapy and medical care, duration of treatment was 20 minutes , every other day for three months as a total period of treatment. Results:- Result showed that both the transcutaneous electrical nerve stimulation modes were effective and beneficial in improving the pudendal neuralgia as manifested by the highly decreased SCL and VAS, but when we compared the results of the two groups, we found that SLR acupuncture like TENS was more effective. Conclusion: SLR acupuncture-like TENS was more fruitful and effective than the conventional TENS in improving the female pudendal neuralgia.</p> | | |
| Key words | 1. | Transcutaneous electrical nerve stimulation |
| | 2. | Pudendal neuralgia, Serum cortisol level |
| | 3. | Visual analouge scale |
| | 4. | Females - Pudendal Neuralgia. |
| Classification number | : | 000.000. |
| Pagination | : | 112 p. |
| Arabic Title Page | : | الأنواع المختلفة للتنبيه العصبى الكهربائى عبر الجلد لتخفيف آلام العصب الفرجى المزمنة لدى الإناث. |
| Library register number | : | 7179-7180. |

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| Author | : | Sherien Khaled Ahmed Mahmoud. |
| Title | : | Effect of core muscles strengthening exercises on pelvic pain caused by copper intrauterine device. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Amel Mohamed Yousef |
| | 2. | Marwa Esmael Hasanin |
| | 3. | Hossam El- Deen Ossama El-Shenoufy |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: Pelvic pain is the most frequent intrauterine device (IUD) associated complication. It is defined as having significant pain and cramping during / or prior to menstrual cycle that were not present before IUD was inserted. Aim of work: The purpose of this study was to investigate the effect of core muscles strengthening exercises on the pelvic pain caused by IUD. Methods: 30 women complaining of pelvic pain after IUD insertion by at least 6 months participated in this study. They were divided randomly into two groups, equal in number. The study group (group A) received core muscles strengthening exercises and supportive advice during the painful episodes as heating application on the lower abdominal area, hot cinnamon drinks and diaphragmatic breathing exercise for relaxation and mind distraction ; and the second group was the control group (group B) received the same supportive advice as group (A) during the painful episodes. Both groups were assessed before and after the treatment period (10 weeks) for pain degree by visual analogue scale (VAS) and menstrual pain severity experienced through the activities of daily living by verbal multidimensional scoring scale (VMSS). Results: The results of this study revealed that, there was a significant decrease in VAS and VMSS post treatment values in group (A) (study group) compared with the pretreatment values, while there was no significant difference between pre and post treatment values in group (B) (control group). When comparing both groups, there was a significant decrease in the post treatment values of VAS and in the median values of VMSS of group (A) compared with that of group (B). Conclusion: Core muscles strengthening exercises are considered as an effective modality in reducing pelvic pain caused by IUD.</p> | | |
| Key words | 1. | Intrauterine device |
| | 2. | core muscles |
| | 3. | core strengthening exercises |
| | 4. | pelvic pain. |
| | 5. | Women -copper intrauterine device. |
| Classification number | : | 000.000. |
| Pagination | : | 70 p. |
| Arabic Title Page | : | تأثير تمرينات الثبات المحوري على آلام الحوض الناتجة عن استخدام لولب مائع الحمل النحاسي. |
| Library register number | : | 7201-7202. |

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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| Author | : | Wesam Reda Ahmed Elnagar. |
| Title | : | Effect of Acupressure on Fibromyalgia in Premenopausal Women. |
| Dept. | : | Physical Therapy for Women's Health |
| Supervisors | 1. | Hala Mohamed Hanfy Emara |
| | 2. | Hossam El-Din Hussein |
| | 3. | Doaa Ahmed Mohamed Osman |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: Fibromyalgia is a disease characterized by widespread pain, sleep disturbances, and classic tender points. So, it is necessary to decrease pain in fibromyalgia. Purpose: This study aimed to investigate the effect of acupressure on fibromyalgia in premenopausal women. Subjects: Forty premenopausal women diagnosed with fibromyalgia were randomized into 2 groups equal in number, there were chosen from El-Mahalla El-Kobra General Hospital. Group (A) received medical treatment, in the form of Cymbalta (Duloxetine), daily for 6 weeks. Group (B) received the same medical treatment in addition to acupressure daily for 6 weeks. The overall improvement and health-related quality of life were evaluated by revised fibromyalgia impact questionnaire (FIQR), while pain was evaluated by visual analogue scale (VAS) and mean values of pressure pain thresholds (PPT) at levator scapulae, trapezii and glutei maximi muscles, pre- and post-treatment. Results: Comparing both groups post-treatment revealed that there were significant reductions in scores of FIQR and VAS ($p<0.05$), as well as a significant increase in mean values of PPT at all studied muscles ($p<0.05$) in favour of group (B). Conclusion: Acupressure is effective in treating premenopausal women with fibromyalgia through reducing pain, increasing overall improvement and improving health-related quality of life.</p> | | |
| Key words | 1. | Acupressure. |
| | 2. | Fibromyalgia in Premenopausal Women. |
| | 3. | Women in Premenopausal. |
| Classification number | : | 000.000. |
| Pagination | : | 112 p. |
| Arabic Title Page | : | تأثير الضغط الوخزي على الألم العضلي الليفي لدى السيدات فترة ما قبل انقطاع الطمث. |
| Library register number | : | 7191-7192. |

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| Author | : | Yara Mostafa Soliman Abd-Elbary. |
| Title | : | Effect of Manual Lymph Drainage on Upper Extremity Lymphedema In Breast Cancer Females. |
| Dept. | : | Physical Therapy for Women's Health. |
| Supervisors | 1. | Azza Barmoud Nashed. |
| | 2. | Hassan Ahmed Soliman. |
| | 3. | Marwa Esmael Hasanin. |
| Degree | : | Master. |
| Year | : | 2020. |
| Abstract | : | |
| <p>Background: Breast cancer related lymphedema (BCRL), is an important medical and socioeconomic problem that affects the quality of life. Its symptoms are swelling, heaviness, numbness, limited motion and considerable disability. Purpose: To determine the effect of manual lymph drainage on upper extremity lymphedema followed mastectomy in breast cancer females. Methods: Forty women with unilateral upper extremity lymphedema post mastectomy by (6-18) months as a long term post-operative complication, their age ranged from (30-45 years old) and BMI (from 25-30 Kg/m²), They were assigned randomly into two equal groups (A&B). Group (A) (control group) was treated by regular medical treatment (venotonics and lymphotonics-one tab 2 times per day, anti-edematous- two tabs 3 times per day) and wore compression sleeve for 8 weeks, while group (B) (study group) was treated by the same medical treatment and wore a compression sleeve as in control group with application of manual lymph drainage massage followed by multi-layer bandage 3 sessions per week, for 8 weeks. Round measurements were taken along the affected upper limb at regular intervals by traditional tape before and after treatment for 8 weeks. Quality of performing ADLs were assessed before and after treatment using upper extremity functional index (Paul Stratford scale). Results: There was no significant difference in the round measurements or in functional ability index of the affected upper limb post-treatment in comparison to pre-treatment in group (A) (P-value >0.05). While, there was a significant reduction in the round measurements and a significant increase in functional ability index of the affected upper limb post-treatment in comparison to pre-treatment in group (B) (P-value =0.0001). Comparing both groups post-treatment there was a highly significant reduction in the round measurements and a significant increase in functional ability index of the affected upper limb in favor of group (B) than group (A). Conclusion: Manual lymphatic drainage followed by compression therapy had significant improvement on upper extremity lymphedema resulting from mastectomy in breast cancer females.</p> | | |
| Key words | 1. | Manual lymphatic drainage. |
| | 2. | Lymphedema. |
| | 3. | Compression therapy. |
| | 4. | Upper Extremity Lymphedema. |
| | 5. | Breast Cancer Females. |
| Classification number | : | 000.000. |
| Pagination | : | 105 p. |
| Arabic Title Page | : | تأثير التدليك اليدوي الليمفاوي على التورم الليمفاوي للطرف العلوي في حالات سرطان الثدي لدى السيدات. |
| Library register number | : | 6907-6908. |