Physical Therapy Department for Obstetrics and Gynaecology and Its Surgery

Doctoral Degree

2014

Author	**:**	**Afaf Mohamed Mahmoud**
Title	**:**	**Effectiveness of Muscle Energy Technique in Treating Postnatal Low Back Pain**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Salwa Mostafa El Badry**
	2.	**Hassan Omer Gharee**
	3.	**Hanan El-Sayed El-Mekawy**
Degree	**:**	**Doctoral.**
Year	**:**	**2014.**
Abstract	**:**	

The objective of this study was to investigate the effectiveness of muscle energy technique on postnatal low back pain. Subjects and method: Thirty females suffer from postnatal low back pain, their age ranged from 25-35 years and their BMI ranged from 30-35 Kg/m² were participated in the study. They were divided randomly into two equal groups, (group A) included 15 women who had been treated with selected exercises program (static abdominal, posterior pelvic tilt and postural correction exercises) plus muscle energy technique (MET), while (group B) included 15 women who had been treated with selected exercises program only. Assessment of all women in both groups were done before starting the study and after 8 treatment sessions (2 sessions per week for four weeks) in form of pain pressure threshold using Algometry, pain intensity using VAS, functional disability using Oswestry disability index and lumbar spine ROM using incliometer. Results: the results of this study showed a statistical significant improvement in both groups concerning pain pressure threshold, pain intensity, functional disability and lumbar spine ROM in favoring to (group A). Conclusion: These results indicate that muscle energy technique is valuable in management of postnatal low back pain.

Key words	**1.**	**Muscle energy techniques (MET)**
	2.	**postnatal low back pain**
	3.	**abdominal exercises**
	4.	**postural correction exercises**
	5.	**Low Back Pain**
Classification number	**:**	
Arabic Title Page	**:**	**كفاءة إستخدام طاقة العضلات فى علاج آلام أسفل الظهر بعد الولادة.**
Library register number	**:**	**3909-3910.**

Author	**:**	**Ghada Mohamed Refaat**
Title	**:**	**Effect of kegel exercises on the function and structure of pelvic floor muscles in cases of stress urinary incontinence.**
Dept.	**:**	**Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.**
Supervisors	**1.**	**Amel Mohamed Yousef.**
	2.	**Hanan Elsayed El-Mekkawy.**
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	4.	**Rania Farouk Elsayed.**
Degree	**:**	**Doctoral.**
Year	**:**	**2014.**
Abstract	**:**	

The purpose of this study was conducted to determine the influence of kegel exercises on the function and structure of pelvic floor muscles in cases of stress urinary incontinence (SUI). This study was carried out on 15 ladies, their age ranged from 35-45 years old, and they were diagnosed as having SUI, through static and dynamic MRI. The patients were participated in a program of pelvic floor muscle training to strengthen the pelvic floor muscles by using perineometer, three sessions per week for three months, in addition to pelvic floor muscle training as a home routine. By the end of the three months all patients recommended great improvement or complete recovery and absence of urine loss when coughing or straining. The amount of urine loss was improved by 54%, while the frequency of incontinence improved by 65%, resulting in improving of the severity of incontinence by 77.09%. Perineometer recoded a highly significant increase in vaginal pressure by 57.9%. Also muscles strength was a highly significant increase by 75.45% and the patients could perfectly contract their muscles and avoid urine loss when coughing or laughing. MRI reported a significant improvement in dynamic assessment in levator plate angle, width of levator plate and iliococcygeus angle, while static MRI reported no significant improvement. So, it could be concluded that Kegle exercises has a great effects on improving efficiency of pelvic floor musculature and decreasing frequency, amount and severity of urinary incontinence and these effects are objectively proven by MRI.

Key words	**1.**	**Stress Urinary Incontinence.**
	2.	**MRI.**
	3.	**Perineometer.**
	4.	**Pelvic floor.**
	5.	**Kegel exercises.**
Classification number	**:**	**618.1.RGE**
Arabic Title Page	**:**	**تأثير تمرينات كيجل على وظيفة وتركيب عضلات الحوض الرافعة في حالات السلس البولي الإجهادي.**
Library register number	**:**	**3583-3584.**

Author	**:**	**Noha Mohamed Abo El Naga**
Title	**:**	**Effect of laser acupuncture versus aerobic exercise on insulin resistance in obese post menopausal women.**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Amel Mohamed Yousef**
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Degree	**:**	**Doctoral.**
Year	**:**	**2014.**
Abstract	**:**	

Objectives: The objective of this study was to compare between the efficacy of laser acupuncture and aerobic exercise on insulin resistance in obesepost menopausal women.Subjects: Thirty post menopausal obese women diagnosed as having insulin resistance and their age ranged from 45 to 60 years had been divided into two groups equal in number. Group(A)receivedlaser acupuncture three times weekly for three months.Group(B)participated in moderate intensity aerobic exercise in the form of walking on treadmill for 45 minutes, 3 times/week at moderate intensity (60-75% of maximum heart rate) for three months. Both groups (A&B) followed the same moderate restricted diet.Methods of Evaluation: Body mass index, fasting insulin, fasting glucose and homeostatic model assessment-insulin resistance (HOMA-IR) were used to assess all participants of both groups before and after the study. Results:the results revealed that both laser acupuncture and treadmill are effective in reducing the insulin resistance (measured by HOMA-IR); however the percentage of change in HOMA-IR in group(B) (treadmill) is more than that ofgroup(A) (laser acupuncture) (37.2% and 33.59% respectively).Conclusion: both laser acupuncture and treadmill are effective in reducing insulin resistance in obese post menopausal women but aerobic exercise is more effective.

Key words	**1.**	**HOMA-IR.**
	2.	**post-menopausal**
	3.	**insulin resistance**
	4.	**laser acupuncture**
	5.	**aerobic exercise**
	6.	**Obesity.**
Classification number	**:**	**616.398.ANE**
Arabic Title Page	**:**	**مقارنه أثرالليزر على نقاط الوخز بالإبر الصينيه و التمرينات الهوائيه على مقاومه الجسم للإنسولين لدى السيدات بعد انقطاع الطمث.**
Library register number	**:**	**3751-3752.**

Author	**:**	**Shreen Rashad Abo Elmagd**
Title	**:**	**Effect of Electro-acupuncture in Induction of ovulation in women with polycystic ovarian syndrome**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Amel Mohamed Youssef**
	2.	**Fahima Metwaly Okeel**
	3.	**Adel Farouk El Begawy**
	4.	**Laila Ahmed Abou Ismail**
Degree	**:**	**Doctoral.**
Year	**:**	**2014.**
Abstract	**:**	

This study was conducted to determine the effect of electro-acupuncture in induction of ovulation in women with polycystic ovary syndrome (PCOS). Thirty patients diagnosed with PCOS were selected from Kaser El Aini University Hospital to participate in this study. Their ages ranged from 20 to 35 years, BMI ranged from 18.5 to 24.9kg/m^2 and waist/hip ratio ≤ 0.8. All patients received electro-acupuncture (2sessions/week) for three months. Evaluations of all patients were done through measuring female reproductive hormones (Luteinizing hormone (LH), Follicular-stimulating hormone (FSH) and Luteinizing hormone/Follicular-stimulating hormone (LH /FSH) ratio), Anti-Mullerian Hormone (AMH) by blood analysis and follicular size were measured by transvaginal ultrasonography before and after three months of treatment. The result of this study showed statistically significant decrease in LH, LH/FSH ratio and (AMH). While follicle size were statistically significant increased. But, FSH showed non statistically significant difference between pre-treatment and post treatment. It could be concluded that electro-acupuncture is effective in induction of ovulation in PCOS women.

Key words	**1.**	**Polycystic ovarian syndrome**
	2.	**Electro-acupuncture**
	3.	**Induction of ovulation**
	4.	**Polycystic ovary syndrome.**
Classification number	**:**	**618.11.ASE**
Arabic Title Page	**:**	**تأثير الوخز الكهربي بالإبر على تحفيز التبويض في حالات متلازمة تكيسات المبايض.**
Library register number	**:**	**3785-3786.**