

**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

Master Degree  
2010

Author	:	Emad Hana Botros.
Title	:	Efficacy of Spinal Segmental Stabilization Exercises on Reducing Post Partum Low Back Pain.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanfy
	2.	Adel Farouk Elbigawy
	3.	Fayz Farouk Ibrahim
Degree	:	Master.
Year	:	2010.
Abstract	:	<p>This study was designed to detect the efficacy of spinal segmental stabilization exercises on reducing post partum low back pain. Forty volunteers women diagnosed with post partum low back pain, their age ranged from 25-35years, they were delivered normally .They were divided randomly into two groups equal in number. Group (A) received stabilizing exercises for lumbopelvic muscles (24 sessions), 3 sessions per week for 8 week ,while in group (B)did not received any physical therapy treatment. All patients were evaluated before and after the end of the treatment using visual analogue scale for pain assessment, Oswestry disability questionnaire for the assessment of functional disability and modified –modified Schober test for assessment of the lumbar range of motion. The obtained results showed highly statistically significant decrease in pain intensity (<math>p&lt;0.001</math>), increase in lumbar range of motion (<math>p&lt;0.01</math>) and improve the functional disability (<math>p&lt;0.01</math>) in the study group at the end of the programme and no significant difference in the control group pre and post the study . Accordingly, it could be concluded that lumbar stabilization exercises appears to be effective in the management of post partum low back pain.</p>
Key words	1.	post partum.
	2.	low back pain.
	3.	stabilizing exercise.
	4.	visual analogue scale.
	5.	Women.
	6.	Oswestry disability questionnaire.
	7.	Modified.
	8.	modified Schober test.
Arabic Title Page	:	تقيم كفاءة تمارينات تثبيت منحنيات العمود الفقري على تقليل آلام أسفل الظهر بعد الولادة.

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<b>Library register number</b>	<b>:</b>	<b>2295-2296.</b>
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<b>Author</b>	<b>:</b>	<b>Michael George Hakeem.</b>
<b>Title</b>	<b>:</b>	<b>The effect of laser therapy as an adjunct to nerve mobilization technique on pain and physical performance in cases of sciatica.</b>
<b>Dept.</b>	<b>:</b>	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	<b>1.</b>	<b>Nadia Abd Elazim Fayaz.</b>
	<b>2.</b>	<b>Hammed Mohamed Elgohary.</b>
	<b>3.</b>	<b>Manal Mohamed Ismail.</b>
<b>Degree</b>	<b>:</b>	<b>Master.</b>
<b>Year</b>	<b>:</b>	<b>2010.</b>
<b>Abstract</b>	<b>:</b>	

**BACKGROUND:** Sciatica is a common clinical problem causing pain and functional disability. There are many studies that supporting the efficacy of LASER as a method of pain relief, there are studies supporting the efficacy of nerve mobilization in case of LBP but there is no studies to compare the combined effect of LASER and nerve mobilization in cases of sciatica. **OBJECTIVE:** The purpose of this study was to determine the effect of low energy laser treatment when combined with nerve mobilization in cases of sciatica due to disc lesion. **DESIGN:** Thirty subjects (17 females and 13 males) diagnosed by their referring physician with sciatica due to lumbar disc prolapse participated in this study. They were randomly assigned to either the experimental group performing LASER therapy and nerve mobilization or control group performing sham laser and nerve mobilization. Before and after 4 weeks of treatment performed every other day, pain, self reported functional disability and physical performance test battery were recorded. **RESULTS:** both groups achieved improvement in pain, functional disability and physical performance. However the experimental group achieved a significant improvement in pain and functional disability more than the control group  $p < 0.5$ . **CONCLUSION:** The nerve mobilization technique described in this study is efficient in the treatment of sciatica and associated with improvement in physical performance and decrease in pain and disability, the combination of laser with nerve mobilization has a better effect on pain and functional disability.

<b>Key words</b>	<b>1.</b>	<b>Sciatica.</b>
	<b>2.</b>	<b>Lasers.</b>
	<b>3.</b>	<b>Nerve mobilization technique.</b>
	<b>4.</b>	<b>laser therapy.</b>
	<b>5.</b>	<b>Women.</b>
	<b>6.</b>	<b>Pain.</b>
	<b>7.</b>	<b>physical performance</b>
<b>Arabic Title Page</b>	<b>:</b>	<b>تأثير العلاج بالليزر كإضافة لطريقة تحريك العصب على الألم والأداء البدني في حالات عرق النسا.</b>
<b>Library register number</b>	<b>:</b>	<b>2063-2064.</b>

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Author	:	Radwa Mohamad Yehia Saad.
Title	:	Improving Quality of Life in Women with von Willebrand Disease.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Hydra Sabbour.
	2.	Azza Abd El-Hady.
	3.	Magde EL-Ekiaby.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p><b>Purpose of the study:</b> This study was conducted to estimate the effect of aerobic exercises on quality of life in women suffering from bleeding symptoms and menorrhagia as having von willbrand disease. <b>Study design:</b> Thirty women suffering from von willebrand disease type 1 participated in this study. All patients were devided randomly into two groups, each group consists of fifteen patient. <b>Control group (A)</b> patients were evaluated by blood test (Ristocetin Cofactor Assay), Congenital Rare Bleeding Disorder Questionnaire, cardiopulmonary exercise test (Bruce Protocol), and SF-36 QoL Questionnaire, before participation in the study and after three consecutive months. <b>Patients in study group (B)</b> were participate in the exercise program using a motor driven treadmill for about three months and submit to the same methods of evaluation as group (A). <b>Results:</b> The results of this study showed a statistically highly significant increase (<math>P&gt;0.01</math>) in vWF, VO<sub>2</sub>max, VE, limitations of activities, physical functioning problems, general health and a statistically highly significant increase (<math>P&gt;0.02</math>) in bodily pain (as a domains for QoL Questionnaire), and highly significant decrease (<math>P&gt;0.01</math>) in bleeding score after the end of three consecutive months of walking treatment program which reflect improvement in the QoL. <b>Conclusion:</b> The results of this study concluded that walking exercises as life style considered as excellent conservative treatment for von Willebrand disease through improving the quality of life for such cases.</p>		
Key words	1.	von Willebrand Disease.
	2.	cardiopulmonary exercise test.
	3.	aerobic exercises.
	4.	quality of life.
	5.	Women.
	6.	Improving Quality of Life.
Arabic Title Page	:	تحسين جودة الحياة لدى السيدات المصابات بمرض فون ويل براند (اضطرابات تجلط الدم الوراثية).
Library register number	:	2323-2324.

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

Author	:	Randa Osama Mohamed.
Title	:	Efficacy of inspiratory muscle training on ventilatory function in postmenopausal asthma.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud A. El-Kosery.
	2.	Nagwa Mohamed Badr.
	3.	Adel Farouk El-Bigawy.
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p>This study was conducted to determine the effect of inspiratory muscles training in improving ventilatory function in postmenopausal asthma. Fourty postmenopausal females, complaining of bronchial asthma, one year ago after cessation of menstruation participated in this study. They were divided randomly into two equal groups (A and B). Group “A” received the inspiratory muscles training by using threshold inspiratory muscle trainer in addition to traditional medical treatment for six weeks, while group “B” received traditional medical treatment only. Both groups were assessed by weight and height scales to measure the weight and height then the body mass index was calculated before treatment, Electronic Spirometer was used to measure ventilatory function (FVC, FEV<sub>1</sub>, FEV<sub>1</sub>/FVC and MVV) before and after treatment. It was found that inspiratory muscle training with medical treatment were more effective than medical treatment only for these cases.</p>		
Key words	1.	Inspiratory Muscle Trainer.
	2.	Ventilatory Function.
	3.	postmenopausal asthma.
	4.	Women.
Arabic Title Page	:	فاعلية تدريب عضلات الشهيق على الوظيفة الهوائية فى الربو الشعبى بعد إنقطاع الطمث.
Library register number	:	2335-2336.

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Author	:	Wael Bahat Fahmy Younan.
Title	:	Effect of Aerobic Exercises on Bone Mineral Density in Obese Premenopausal Women under Caloric Restriction.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Ali Heidar Sabbour.
	2.	Iman Abbas Hosny
	3.	Mona Abdel Messih Gobrial
Degree	:	Master.
Year	:	2010.
Abstract	:	
<p>This study was conducted to determine the effect of aerobic exercises on bone mineral density in obese premenopausal women under caloric restriction. Forty obese pre-menopausal women participated in this study their age ranged from 30-39 years, were selected from the Out Patient Clinic of the National Nutrition Institute. They were classified into two groups; each group consists of twenty subjects. The first group followed caloric restricted diet only. The second was those on caloric restricted diet combined with aerobic exercises for 3 sessions per week over three months. Bone mineral density (lumber spine, total hip and radius), fat weight, fat percentage, lean mass, BMI and basal metabolic rate were measured at the beginning of the study and after three months. The results of this study showed a statistically highly significant increase in lumbar spine, total hip bone mineral density in the second group, while there was a statistically highly significant decrease in the first group. Also there was a statistically highly significant increase in lean weight and basal metabolic rate in the second group, while there was a statistically significant decrease in the first group. Also the results showed a statistically highly significant decrease in radius bone in the both groups. Also a statistically significant decrease was found in the two groups in total body weight, body mass index, Fat percentage and fat weight. So it is recommended to encourage the obese premenopausal women who follow the caloric restricted diet to perform aerobic exercises to increase bone mineral density of lumbar spine and total hip.</p>		
Key words	1.	Premenopausal.
	2.	Bone mineral density.
	3.	Caloric restriction diet.
	4.	Aerobic exercises.
	5.	Women.
	6.	Obesity.
Arabic Title Page	:	تأثير التمرينات الهوائية على كثافة العظام في السيدات البدينات ذات نظام غذائي محدد السرعات قبل انقطاع الدورة الشهرية.
Library register number	:	2309-2310.