

**Physical Therapy Department for
Obstetrics and Gynaecology and its Surgery
Master Degree 2011**

Author	:	Bassant Magdy Mahmoud Ahmed.
Title	:	The Incidence of Pelvic Floor Dysfunction among Egyptian Women in First Year Following Vaginal Delivery.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	:	Hanan El-Sayed El-Mekawy.
	:	Dalia Mohamed Kamel.
	:	Manal Mohamed Ahmed Badawy.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>This study was conducted to determine the incidence of pelvic floor dysfunction among Egyptian women in first year following vaginal delivery. 2000 females in the first year following delivery, from different governates (health centers, hospitals, and family planning centers in Egypt) were participated in this study through answering a questionnaire form containing 15 questions designed to determine the presence or absence of pelvic floor dysfunction in the first year following vaginal delivery. Questionnaire form contains different questions about symptoms which are related to pelvic floor dysfunction and others about predisposing or accelerating factors to eliminate other causes of pelvic floor dysfunction. The questionnaire also contains some questions about the engagement in pelvic floor muscle exercise program either antenatally or postnatally. The analysis of the questionnaires showed that the incidence of urinary incontinence is 38.1%, pelvic organ prolapse is 25.75% and sexual dysfunction is 22.05%. Analysis of results for participants who were engaged in PFM exercise either during pregnancy or in post-natal period, showed that 7 participants (17.95%) complained from UI, 3 participants (7.69%) complained from POP and 1 participant (2.56%) complained from SD while 28 participants (71.80 %) had no complain. On comparing the results of subjects who participated in a program of PFM exercise either during pregnancy or in post-natal period with those who didn't, a significant decrease ($P < 0.01$) in the incidence of PFD among the exercising females was found. Thus, more awareness is needed for women about the benefits of PFME during pregnancy and post –partum period to reduce the prevalence of PFD.</p>		
Key words	:	Incidence.
	:	Pelvic floor dysfunction.
	:	Egyptian women.
	:	Vaginal delivery.
	:	First Year Following Vaginal Delivery.
Arabic Title Page	:	معدل حدوث الخلل الوظيفي لعضلات الحوض الرافعة بين السيدات المصريات فى السنة الأولى بعد الولادة الطبيعية.
Library register number	:	2711-2712.

**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**

Author	:	Eman Awad Abd El-Karim.
Title	:	Efficacy of exercise on correcting female's postural kyphosis after puberty.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	:	Hala Mohamed Hanafy Omara.
	:	Hassan Omar Gharieb.
	:	Mohamed Ahmed Mohamed Awad.
Degree	:	Master.
Year	:	2011.
Abstract	:	<p>This study was conducted to determine the efficacy of exercise on correcting female's postural kyphosis after puberty. Thirty patients after puberty complained from postural kyphosis (diagnosed by gynecologist/ orthopedist) from Preparatory and Secondary Schools in Giza, participated in this study. Their ages ranged from 13 to 18 and their thoracic kyphosis angle was more than 40 degrees and less than 60 degrees. Patients evaluated by the For metric II instrument in spinal shape analysis laboratory at the Faculty of Physical Therapy, Cairo University, were examined before and after the exercise program for 6 weeks. The obtained results showed a statistically highly significant decrease ($P<0.01$) in thoracic kyphotic angle and trunk length after the performance of the exercise program, and a positive correlation was found between thoracic kyphosis angle and the trunk length measuring before and after performing the exercises. Accordingly, it could be concluded that the exercise is very effective in correcting female's postural kyphosis after puberty.</p>
Key words	:	Postural kyphosis.
	:	Puberty.
	:	For metric II.
	:	Thoracic Kyphosis.
	:	Trunk Length.
Arabic Title Page	:	كفاءة التمارين على تصحيح إنحناء الفقرات الصدرية في الإناث بعد البلوغ.
Library register number	:	2489-2490.

**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**

Author	:	Ghada Said Mohamed El-Sayed.
Title	:	Effect of neuromuscular electrical nerve stimulation for abdominal muscles on postpartum diastasis recti.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	:	Amel Mohamed Yousef.
	:	Hanan El- Sayed El- Mekawy.
	:	Adel Farouk El- Bigawy.
Degree	:	Master.
Year	:	2011.
Abstract	:	<p>This study was carried out in an attempt to determine the effect of neuromuscular electrical nerve stimulation (NMES) for abdominal muscles on postpartum diastasis recti. Forty volunteers multiparous women with postpartum diastasis recti >2.5cm and <4cm. Their ages were ranged from 25-35 years, their Body mass index (BMI) less than 30kg/m² and waist/hip ratio more than 0.88, they were collected from Kasr Al-Aini University Hospital. They were divided randomly into two equal groups in numbers (A and B). Group (A): received NMES (30min) in addition to abdominal exercise program (30min). Group (B): received abdominal exercise program only (30 min), both groups received their program three times per week for eight weeks. The BMI, waist/hip ratio, abdominal muscles strength (Peak torque, maximum repetition total work and average power) and intra recti distance were measured before and after treatment program. The results indicated that in Group (A), the percentage of decrease of BMI, waist/hip ratio and intra recti distance and percentage of increase of abdominal muscles strength were better than for Group (B). This study concluded that NMES in addition to abdominal exercise program is more effective in the treatment of postpartum diastasis recti than abdominal exercise program only.</p>
Key words	:	Neuromuscular electrical nerve stimulation.
	:	postpartum diastasis recti.
	:	multiparous.
	:	diastasis recti
	:	abdominal exercise
Arabic Title Page	:	تأثير التنبيه الكهربائي العصبي العضلي لعضلات البطن على تباعد عضلات البطن الطوليتين بعد الولادة.
Library register number	:	2387-2388.

**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**

Author	:	Ismail Hussein Ismail Mohammed.
Title	:	Assessment of The Effect of Different Abdominal Exercises on Postnatal Rectus Diastasis.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	:	Hanan Elsayed El Mekawy.
	:	Magdy Mohamed Abd El Rahman.
	:	
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>The purpose of this study was to assess the effect of different abdominal exercises on postnatal rectus diastasis. Fifty multiparous women who had given birth two to three times, and complaining from rectus diastasis above or below umbilicus were participated in this study. They were selected from outpatient clinic of Mataria Teaching Hospital, during the first month after puerperium. Their ages were ranged from 25-35 years, and their BMI was not exceeding 30 kg/cm². Rectus diastasis was assessed by ultrasound examination for all participants above and below umbilicus during rest, static contraction, trunk rotation, lateral and antero-posterior flexion as well as during pelvic rotation. The results of the assessment revealed significant decrease in inter-recti distance above umbilicus during the five exercise positions when compared to that during rest, with most decrease was found during trunk rotation position. On comparing the distance between the two recti below umbilicus during rest with that during the five exercise positions, it was found that there was a significant decrease in rectus diastases during all exercise positions with most decrease value during trunk antero-posterior flexion. From the obtained results, it could be concluded that trunk rotation and trunk antero-posterior flexion exercises are most effective abdominal exercises which could be used respectively to decrease the inter-recti distance above and below umbilicus in post natal rectus diastasis.</p>		
Key words	:	Abdominal wall.
	:	Abdominal exercises.
	:	Ultrasonography.
	:	Diagnostic imaging.
	:	Rectus Diastases.
Arabic Title Page	:	إسماعيل حسين اسماعيل محمد : تقييم تأثير تمارينات البطن المختلفة على التباعد بين عضلاتي البطن المستقيمتين بعد الولادة.
Library register number	:	2481-2482.

**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**

Author	:	Malak Adel El Mahdy.
Title	:	Effect of antenatal exercise on maternal and neonatal outcomes.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	:	Adly Aly Heider Sabbour.
	:	Hanan El- Sayed El- Mekawy.
	:	Ahmed Abdel Aziz El Barbary.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>This study was conducted to determine the effect of antenatal exercise on maternal and neonatal outcomes. Sixty normal non athletic primigravidae women at the beginning of their second trimester (14 weeks' gestation) from the Out-Patient Clinic of Obstetric Department at Misr University for Science and Technology University shared in the study. Their age ranged from 20 to 30 years old and body mass index did not exceed 32 kg/m². They were divided randomly into two groups equal in number. Group (A): participated in antenatal program for successive six months in addition to the routine antenatal care. Group (B): received routine antenatal care. The data were collected in the prenatal outpatient care, labor and delivery rooms of a university-based Obstetrics Department. From the depth analysis, five domains were evaluated: 1. Vital signs at the early deceleration phase. 2. Comparative pain scale 3. Duration of second stage of labor. 4. Mode of delivery, 5. Apgar score at 1st and 5th minute after delivery. The exercising group experienced significantly decreased durations of second stage of labor, less labor pain, decreased number of assisted deliveries and increase in the Apgar score at 1st minute. Accordingly, it could be concluded that this antenatal exercise program is effective in improving pregnancy outcomes.</p>		
Key words	:	Pregnancy.
	:	Breathing.
	:	Maternal outcomes.
	:	Neonate outcomes.
	:	Aerobic strength.
	:	Pregnancy outcome.
	:	Prenatal activity.
	:	Guidelines for exercise Pregnancy.
	:	Relaxation.
	:	Exercises.
Arabic Title Page	:	تأثير التمرينات أثناء الحمل على نتائج الحمل بالنسبة للأم وحديثي الولادة.
Library register number	:	2483-2484.

**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**

Author	:	Marwa Mohamed Abd-el-Hay.
Title	:	Effect of Piroxicam phonophoresis on Incisional pain after cesarean section.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	:	Soheir Mohmoud A. El-Kosery.
	:	Adel Farouk El-Bigawy.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>This study was conducted to determine the effect of Piroxicam Phonophoresis on the incisional pain after cesarean section. Thirty post – cesarean section females participated in this study. They were divided randomly into two equal groups (A and B). Group "A" received Piroxicam Phonophoresis around the incisional site for two days while group "B" received traditional medical treatment only which was consisted of intravenous Piroxicam. Also, serum cortisol level was measured for both groups before and after treatment. Both groups were assessed by present pain intensity scale to measure the level of pain before and after treatment. It was found that Piroxicam Phonophoresis was effective in decreasing pain level for group "A" than group "B".</p>		
Key words	:	Piroxicam.
	:	Phonophoresis
	:	incisional pain.
	:	post C.S. pain.
	:	Pain after cesarean section.
Arabic Title Page	:	تأثير مادة البيروكسيكام المدخلة بواسطة الموجات فوق الصوتية على ألم الجرح بعد الولادة القيصرية.
Library register number	:	2671-2672.

**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**

Author	:	Mary Gorgous Shokry Geris.
Title	:	Ketoprofen phonophoresis efficacy in treatment of de quervain's during pregnancy tenosynovitis.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	:	Adly Aly Heider Sabbour.
	:	Adel Farouk El- Bigawy.
	:	Hala Mohamed Hanfy Emara.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>This study was carried out in an attempt to determine the efficacy of ketoprofen phonophoresis in the treatment of de Quervain's tenosynovitis during pregnancy. Thirty volunteers pregnant women in the 3rd trimester complaining from dequervain's tenosynovitis of the dominant hand, selected from out patient clinic of obstetrics of Kasr El-Aini University Hospital. They were divided randomly into two groups equal in numbers: group (A) was received ultrasound therapy using ketoprofen gel as a coupling medium (10 min). Group (B) served as a control group, was received placebo ultrasound therapy (10 min). The two groups used thumb spica splint and after the first six sessions the two groups received exercise program (20 min). Duration of treatment for the both groups (A&B) was 4 weeks, three times per week, for 12 sessions. Assessment of PPI, grip as well as pinch strength was measured to each patient before and after the end of the treatment program. The results revealed that PPI was highly significant decreased as $P < 0.001$, grip strength and pinch strength were highly significant increased as $P < 0.001$ in group (A) compared to group (B). This study concluded that ketoprofen phonophoresis is an effective method for the treatment of de Quervain's tenosynovitis during pregnancy.</p>		
Key words	:	De Quervain's tenosynovitis.
	:	Phonophoresis.
	:	Ketoprofen.
	:	grip strength.
	:	pinch strength.
	:	Ultrasound.
Arabic Title Page	:	كفاءة مادة الكيتوبروفين المدخلة بواسطة الموجات فوق الصوتية في علاج إلتهاب غمد أوتار الإبهام أثناء الحمل.
Library register number	:	2415-2416.

**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**

Author	:	Nabil Fawzy Ayad Meseha.
Title	:	Response of Body Fat Composition and Heart Rate to Electrical Acupoints Stimulation in Obese Post menopausal Women.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	:	Soheir Mahmoud A. El Kosery.
	:	Adel Farok Ebrahim El Begawy.
	:	Fayez Farok Ebrahim.
Degree	:	Master.
Year	:	2011.
Abstract	:	<p>This study was conducted to detect the efficacy of electrical acupoint stimulation on body fat composition and Heart rate in obese postmenopausal women .Forty obese postmenopausal women shared in this study.Their ages ranged from 50 to 57 years old and body mass index (BMI) exceed 30 kg/m2.They were divided randomly into two groups equal in number.Group (A) (Study group) received electrical acupoints stimulation treatment, 30 min/ session ,twice per week, for 12 weeks , group (B) (Control group) received placebo electrical acupoints stimulation. Body composition (Body weight, BMI, WC,WHR and %BF) and Heart rate values were measured before as well as at the 4th, 8th, and 12th weeks after application of treatment methods(for both groups).The obtained results showed a highly statistically significant ($P < 0.01$) decrease in the body weight, body mass index, waist circumference, waist hip ratio , body fat and Heart rate in group (A) compared to group(B). For group (B), there was statistically highly significant($P < 0.01$) increase in the body weight, body mass index, waist circumference, waist hip ratio, body fat and heart rate at the end of the treatment. Comparative analysis of group (A) with that of group (B) indicated that there was a statistically high significant ($P < 0.01$) improvement of the subjective assessment in group (A) than group(B) at the end of the treatment programme. Accordingly ,it could be concluded that electrical acupoints stimulation is very effective in reducing body fat composition and Heart rate in obese postmenopausal women.</p>
Key words	:	Body fat composition.
	:	Heart rate.
	:	electrical acupoints stimulation.
	:	Obesity.
	:	postmenopausal women.
Arabic Title Page	:	إستجابة المكونات الدهنية للجسم وسرعة نبضات القلب للتنبيه الكهربى لنقاط الوخز فى السيدات البدينات فى فترة ما بعد إنقطاع الطمث.
Library register number	:	2627-2628.