

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY
AND ITS SURGERY**

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

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

Master Degree

2013

Author	:	Amal Ibrahim Sayed.
Title	:	Effect of Taping on Low Back Pain During Pregnancy.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Heider Sabbour.
	2.	Omaima Idris.
Degree	:	Master.
Year	:	2013.
Abstract	:	<p>The aim of this study was to investigate the effect of taping on low back pain during pregnancy. Fifty pregnant females suffering from low back pain, their age ranged from 25-35 years with mean value (28.08 ± 5.08), more than 20 weeks gestation with mean value (25.7 ± 4.96) and their body mass index not exceeding 40 Kg/m² with mean value (32.21 ± 6.96). The subjects were selected from the obstetric outpatient clinic, Kasr El-Aini Hospital, Faculty of medicine, Cairo University. They were randomly assigned into two groups; Group A (control group) 20 patients and Group B (study group) 30 patients. All patients received calcium supplementation in the form of tablets that contain 665 mg calcium citrate, instructions concerning low back pain during pregnancy. Group B (study group): received kinesio taping techniques prescribed for low back pain during pregnancy for one week, in two applications each of them continued for three days with one day as rest in between the two applications. All patients were evaluated for pain severity, functional disability and lumbar mobility before participation in the study and after one week. Patients in Group B were evaluated for pain severity and lumbar mobility after first application of kinesio taping with 30 minutes. Results: There was no significant difference in pre treatment values in both groups in all the assessment items. In group (A): There was no significant difference in group (A) pre and post treatment values in pain severity, functional disability and lumbar mobility (lumbar flexion ROM, lumbar extension ROM and lumbar lateral bending ROM. While in group (B): In pain severity: There was a statistically significant decrease in pain severity from before treatment to immediately after treatment, and post treatment (after 1 week). The functional disability: there was a significant difference decrease between pre and post treatment values. Lumbar flexion ROM: There was an increase in Lumbar flexion ROM immediately after treatment and post treatment (after 1 week). Lumbar extension ROM: There was an increase in Lumbar extension ROM immediately after treatment and there was an increase post treatment (after 1 week). Lumbar Right side bending ROM: There was an increase in Lumbar Right side ROM bending immediately after treatment and post treatment. Lumbar Left side bending ROM: There was an increase in Lumbar Left side bending ROM immediately after treatment and post treatment (after 1 week). Conclusion: it can be concluded that taping is an effective physiotherapeutic modality for treating low back pain during pregnancy.</p>
Key words	1.	Kinesio taping.
	2.	Kinesio taping.
	3.	Physical therapy during pregnancy.
Arabic Title Page	:	تأثير استخدام الشريط اللاصق على آلم أسفل الظهر اثناء الحمل.
Library register number	:	3223-3224.

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Author	:	Amal Mahmoud Atta Allah Hussein.
Title	:	Effect of abdominal fat reduction on stress urinary incontinence.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud El Kosery.
	2.	Hossam Al Din Hussin.
	3.	Mohamed Ahmed Mohamed Awad.
Degree	:	Master.
Year	:	2013.
Abstract	:	<p>This study was conducted to determine the effect of the abdominal fat reduction on the symptoms of stress urinary incontinence. Thirty patients suffering from mild and moderate degree of stress urinary incontinence (diagnosed by certificated gynecologist) from Said Galal University Hospital, shared in this study between April and December 2012. Their ages ranged from 35 to 55 years old, their body mass index were exceeding 30 Kg/ m² represnting all types of obesity, Class I (30—34.9), Class II (35—39.9) and Class III (more than 40). All patients did not receive any other treatment method for stress urinary incontinence before or during participation in this study. They were treated by using low frequency ultrasound machine, used twice weekly for 6 weeks for 12 sessions. Weight, BMI, Waist circumference, Fat folds, Pad weight and number of episodes were evaluated for all patients before and after treatment. Results showed that there was a significant decrease in patients' weight and BMI after treatment. The percentage of improvement was 4.01 % & 4.02 % respectively (improved). Also results showed a significant improvement in waist circumference between pre and post treatment The percentage of improvement was 7.6%. There was a significant decrease in fat fold at mid axillary point (MA), Abdominal point (Abd) and at suprailiac point (SI). The percentage of improvement was (8.01%, 19.73% and 14.48%) respectively. There was a significant decrease in pads weight between before treatment and after treatment as the percentage of improvement was 19.03 % .There was a significant difference of number of episodes between before and after treatment as the percentage of improvement was 12.2 %. Accordingly, it could be concluded that abdominal fat reduction is very effective therapeutic modality in reducing the symptoms of stress urinary incontinence; so, it can be considered as an alternative as well as, adjacent method for treating such cases</p>
Key words	1.	Abdominal fat reduction
	2.	Stress Urinary Incontinence
	3.	Low frequency ultrasound
Arabic Title Page	:	تأثير إنخفاض دهون البطن على سلس البول الإجهادى.
Library register number	:	3547-3548.

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Author	:	Dina Mohamed Tarek Mansour El-Kasrawy.
Title	:	Effect of aerobic exercise on reducing obesity in females after puberty.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara.
	2.	Hossam Al-Din Hussien Kamel Salem.
	3.	Mohamed Ahmed Mohamed.
Degree	:	Master.
Year	:	2013.
Abstract	:	
<p>The present study was designed to investigate the effect of aerobic exercise on reducing obesity in females after puberty. Sixty obese girls have obesity class I with BMI 30-35 kg/m² participated in this study, they were chosen from physical therapy department in El-Ahrar hospital in Zagazig their age ranged from 13 to 19 years old. They were divided randomly into two groups equal in number. The first group (group A) included 30 girls treated with low caloric diet (1200 calories) only for 6 weeks. The second group (group B) included 30 girls treated with low caloric diet (1200 calories) and aerobic exercise for 6 weeks every other day for 45 minutes, moderate aerobic exercise at 70% of maximum heart rate in the form of walking by using treadmill. Body weight, BMI, waist circumference and waist to hip ratio were evaluated before and after the program for both groups. The obtained results showed a statistically highly significant decrease (P<0.01) in body weight, BMI, waist circumference and waist to hip ratio. When comparing the results of both groups, group (B) which treated with low caloric diet and aerobic exercises showed a decrease in body weight, BMI, waist circumference and waist to hip ratio, comparing to group (A), as there was a statistically significant difference in the post treatment values between both groups for body weight, BMI, waist circumference and waist to hip ratio as (P<0.05). Accordingly, it could be concluded that the aerobic exercise is very effective in reducing obesity in female after puberty.</p>		
Key words	1.	Aerobic exercise.
	2.	Obesity.
	3.	Puberty.
	4.	BMI.
	5.	waist circumference.
	6.	waist to hip ratio.
Arabic Title Page	:	تأثير التمرينات الهوائية على تقليل السمنة في الفتيات البدينات بعد البلوغ
Library register number	:	3377-3378.

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**PREPARED BY ADEL ABD EL SALAM
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Author	:	Dina Said Mohamed Badia,
Title	:	EFFET OF AEROBIC EXERCISE ON POSTNATAL DEPRESSION.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanfy.
	2.	Hossam El Din Hussin Kamel.
	3.	Fayiz Farouk Ibrahim.
Degree	:	Master.
Year	:	2013.
Abstract	:	
<p>This study was designed to assess the effect of aerobic exercise on postnatal depression. Thirty primigravidae females randomly selected from El-Khazendara General Hospital and Shobra General Hospital with moderate postnatal depression participated in this study, their ages ranged between 20 to 35 years (27.2 ± 1.65). They were assigned randomly into two groups equal in number. Group (A) who participated in a program of aerobic exercise, with anti-depressant Paroxetine (Seroxat) 20 mg daily while, Group (B) who received anti-depressant Paroxetine (Seroxat) 20 mg daily. The treatment program continued for 12 weeks (3 sessions of exercise per week). Edinburgh postnatal depression scale and laboratory investigation for serum cortisol were performed before and after the treatment program for all patients of the two groups. The results of this study revealed a statistical significant decrease in postnatal depression. The improvement was highly statistical significant ($P < 0.0001$) in group (A) when compared with group (B). Accordingly, it could be concluded that aerobic exercise is beneficial for women complaining from postnatal depression.</p>		
Key words	1.	Depression.
	2.	Postnatal.
	3.	Serum Cortisol.
	4.	Aerobic Exercise.
Arabic Title Page	:	تأثير التمرينات الهوائية على اكتئاب ما بعد الولادة .
Library register number	:	3251-3252.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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**PREPARED BY ADEL ABD EL SALAM
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Author	:	Eman Jamal Hassan Mohamed.
Title	:	Effect of laser acupuncture on postmenopausal hypertension.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara.
	2.	Hossam Al Din Hussien Kamel.
	3.	Mohamed Ahmed Mohamed.
Degree	:	Master.
Year	:	2013.
Abstract	:	
<p>This study was conducted to determine the effect of laser acupuncture on postmenopausal hypertension. Sixty post menopausal women participated in this study. They complained from high blood pressure (diagnosed by gynecologist/ physician). they were chosen from Sayed Galal Al-azhar University Hospital in Cairo. Their ages ranged from 50 to 65 years old and their blood pressure ranged from 140\90 mmHg to 170\105mmHg. They were divided randomly into two groups equal in number, group (A) was treated by antihypertensive drug (Captopril -25 mg twice daily) only while group (B) was treated by antihypertensive drug (Captopril -25 mg twice daily) and laser acupuncture sessions for 3 acupuncture points, 4 minutes for each point, the session duration was 12 minutes, day after day, for six weeks . Hypertension was evaluated by the sphygmomanometer instrument before and after the program for both groups. The obtained results showed a statistically significant decrease ($P<0.01$) in blood pressure in both groups, when both groups were compared together, a statistically significant decrease ($P<0.01$) in blood pressure was found in group (B) than group (A). So that, it could be concluded that the laser acupuncture was very effective adjunct method in reducing hypertension in postmenopausal women.</p>		
Key words	1.	Postmenopause.
	2.	Systolic blood pressure.
	3.	Diastolic blood pressure.
	4.	Laser.
	5.	acupuncture.
Arabic Title Page	:	تأثير الليزر على مناطق الوخز الابرى على ارتفاع ضغط الدم لدى السيدات بعد انقطاع الطمث.
Library register number	:	3339-3340.

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Author	:	Heba Mohamed Aly Embaby.
Title	:	Effect of exercise and diet on insulin resistance in pregnant women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Amel Mohamed Youssef.
	2.	Hanan El Sayed El Mekawy.
	3.	Adel Farouk Elbegawy.
	4.	Laila Ahmed Rashed.
Degree	:	Master.
Year	:	2013.
Abstract	:	
<p>The purpose of this study was to determine the effect of exercise and diet on insulin resistance in pregnant women. Sixty pregnant women, who had insulin resistance and their gestational age ranged between 20 and 24 weeks were participated in this study. They were divided into three groups equal in number (control and two study groups). Group (A) :participated at moderate intensity aerobic exercise ,3 times weekly and advised to follow moderate restricted diet, group (B) : received only the same moderate restricted diet as group (A), while group (C) control group : were continue their normal ordinary activities and diet throughout pregnancy. All cases were evaluated through HOMA test at the start and at 37 weeks' gestation. Neonatal weight was measured immediately after delivery for the three groups. The results of this study revealed that aerobic exercise in the form of walking on treadmill, at moderate intensity (60% of maximum heart rate), for 35 minutes, 3 times/ week, 1 hour after the main meal, from 20 to 37 weeks' gestations, together with restricted diet therapy (1800-2000 kcal/day), decreased the insulin resistance level compared with diet alone. According to insulin resistance (HOMA) test, the percentage of improvement for the study group (A) was 64,88%, and for group (B) it was 54.33%,while for group (C) control group the percentage of deterioration was 42.95%.The new born birth weight revealed a significant decrease between group (A) and group (B), and highly significant decrease between group (A) and group (C) and finally, there was a significant decrease between group (B) and group (C). So, it could be concluded that aerobic exercise in conjunction with restricted diet therapy had a great effect in improving insulin resistance and reducing the rate of macrosomia in pregnant women.</p>		
Key words	1.	Pregnancy
	2.	Insulin resistance
	3.	Aerobic exercise
	4.	Neonatal weight
	5.	HOMA test
Arabic Title Page	:	تأثير التمرينات والبرنامج الغذائي علي مقاومة الأنسولين لدى السيدات الحوامل.
Library register number	:	3559-3560.

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Author	:	Mona Salah Nagieb.
Title	:	Effect of Treadmill Exercise on Lipid Profile in Obese Postmenopausal Women.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	AdlySabour.
	2.	Samira El Malah.
	3.	MagdaSaid Morsi.
Degree	:	Master.
Year	:	2013.
Abstract	:	
<p>Objective:This study aimed to study the benefits of treadmill exercise program with low caloric diet on blood lipids profile, body mass index (BMI) and waist hip ratio (WHR) in obese postmenopausal women. Study design:Thirty volunteer obese post-menopausal women were participated into this study. They were selected from Police Authority Hospital at Naser City. Their age was ranged from (50-55) years old, 5 years postmenopausal, their body mass index (BMI) were ranged from 30-33 Kg/m². The thirty women were divided randomly into two groups, equal in number as group (A&B). Group (A): 15 obese postmenopausal women were participated to perform treadmill exercise program with low caloric diet for two months. Group (B): 15 obese postmenopausal women were participated to perform low caloric diet for two months. Results:of this study reveals that treadmill training exercises program combined with low caloric diet can improve the lipid profile in obese postmenopausal women. Accordingly, it could be concluded that treadmill exercises combined with low caloric diet can be introduced as a safety and effective intervention to improve the lipid profile in postmenopausal women.</p>		
Key words	1.	Obesity.
	2.	Exercises.
	3.	lipid profile.
	4.	postmenopausal women.
Arabic Title Page	:	تأثير التمرينات باستخدام سير الجرى الكهربائي على نسبة الدهون في الدم لدى السيدات البدينات بعد انقطاع الطمث / رسالة مقدمة من الباحثة.
Library register number	:	3217-3218.

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Author	:	Nashwa El Sayed Hassan Ragab El-Sherif.
Title	:	Effect of Balance Training Program on Postmenopausal Women at Risk of Falling.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Aly Heider Sabbour.
	2.	Ahmed Abd El Aziz el Barbary.
	3.	Nagui Sobhi Nassif.
Degree	:	Master.
Year	:	2013.
Abstract	:	
<p>Objective of this Study: was to evaluate the effect of balance training program on postmenopausal women at risk of falling. Method: Forty postmenopausal women with age of 55-65 years old were selected randomly from the outpatient clinic of the Faculty of Physical Therapy, Cairo University with collaborative work with the Faculty of Medicine, MUST University. They were divided randomly into two groups; each group consisted of twenty patients. The first group (group A) study group received selected balance training program (60-75min, 3times/week), the second group (group B) control group would ask to continue their ordinarily daily activities for 6 weeks. Overall stability index, antero-posterior stability index, and medio-lateral stability index (OSI, APSI & MLSI), functional reach test, and activities specific balance confidence (ABC) scale were measured at the beginning of the study and after six weeks. Results: The results of this study revealed that, there was a statistically highly significant decrease in the post treatment mean values of balance parameters (OSI, APSI & MLSI) compared to pre treatment values ($P = 0.0001$), and highly significant increase in post treatment mean values of functional reach test and ABC scale compared to pre treatment values. Also there was a highly significant improvement in all parameters post treatment of the study group compared to that of control group ($p = 0.0001$). However, there was no significant difference between pre and post treatment mean values of all parameters in the control group ($p > 0.05$). Conclusion: Selected balance training program is beneficial for postmenopausal women at risk of falling.</p>		
Key words	1.	Overall stability index.
	2.	antero-posterior stability index.
	3.	medio-lateral stability index.
	4.	activities specific balance confidence scale.
Arabic Title Page	:	السقوط بعد انقطاع تأثير برنامج تدريبي للاتزان على النساء المعرضات لخطر الطمث.
Library register number	:	3391-3392.

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Author	:	Reham Khalid Abd El Fattah.
Title	:	Effect of endermologie on cellulite and femoral adipose tissue in pre-menopausal women.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	AdlyAlyHedarSabbour.
	2.	Abeer Mohamed El Deeb.
	3.	MohamedAmrFrouk.
Degree	:	Master.
Year	:	2013.
Abstract	:	
<p>This study was conducted to determine the effect of endermologie on cellulite and femoral adipose tissue in pre-menopausal women. Forty pre-menopausal women aged 35-45 years participated in this study and diagnosed with cellulite in their thighs (grade ≥ 2). There were randomly distributed into two equal groups: Control group followed low caloric diet (1200 kcal.) and study group followed the same diet program and received endermologie therapy, 3 sessions/week for 35min. body mass index, grade of cellulite, thigh circumference at widest part, 20cm and 10cm above knee as well as, subcutaneous fat thickness were assessed before starting the study and after 5 weeks of the treatment course. Results showed extremely significant decrease ($P=0.0001$) in the BMI, thigh circumference at widest part, 20cm and 10cm above knee and subcutaneous fat thickness in the control group and study group after treatment. However, grade of cellulite showed non-significant difference ($P=0.15$) in the control group and highly significant decrease ($P=0.0001$) in the study group after treatment. Also, results showed significant decrease in BMI ($P=0.002$), grade of cellulite ($P=0.01$), thigh circumference at widest part ($P=0.04$), thigh circumference at 20cm ($P=0.02$) and 10cm ($P=0.04$) above knee and subcutaneous fat thickness ($P=0.04$) in the study group compared with the control group after treatment. So, it can be concluded that endermologietreatment with low caloric diet is an effective method for decreasing femoral adipose tissue and improving cellulite in pre-menopausal women more than low caloric diet only, while the low caloric diet alone has no effect on cellulite.</p>		
Key words	1.	Cellulite.
	2.	femoral adipose tissue.
	3.	Endermologie.
	4.	pre-menopause.
	5.	ultrasonography.
Arabic Title Page	:	تأثير الإندرمولوجي على السيلوليت و الأنسجة الدهنية الفخذية في السيدات ما قبل انقطاع الطمث.
Library register number	:	3197-3198.

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Author	:	Walaa Khamis Mohamed Swar.
Title	:	Eeffect of whole body vibration on postmenopausal hypertension.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanfy Omara.
	2.	Hossam Al Din Hussien Kamel Faculty.
	3.	Abeer Mohammed El-Deeb.
Degree	:	Master.
Year	:	2013.
Abstract	:	
<p>This study was conducted to determine the effect of whole body vibration (WBV) on postmenopausal hypertension. Sixty hypertensive postmenopausal women aged 50-55 years participated in this study. They were randomly distributed into two groups: control group received medical treatment in the form of Capoten 25mg once daily for one month and study group received the same medical treatment and engaged in a program of WBV training, 2 times/week for one month. Blood pressure (BP) and levels of high density lipoprotein (HDL), low density lipoprotein (LDL), triglycerides (TG) and cholesterol were measured before starting and after the end of the treatment program. Results showed highly significant decrease ($P=0.0001$) in systolic and diastolic BP, LDL and cholesterol as well as, highly significant increase ($P<0.0001$) in HDL in the control group and study group after treatment. Also, TG showed significant decrease ($P=0.002$) in the control group and highly significant decrease ($P=0.0001$) in the study group. Also, results showed a significant decrease in systolic BP ($P=0.004$), LDL ($P=0.009$) and triglycerides ($P=0.03$) and a highly significant decrease in diastolic BP ($P=0.0001$) and cholesterol ($P=0.0002$), while there was a highly significant increase in HDL ($P=0.0001$) in the study group when compared with the control group after treatment. It can be concluded that the WBV is a useful method in decreasing BP and improving lipid profile in hypertensive postmenopausal women in a short duration and with little effort.</p>		
Key words	1.	Hypertension.
	2.	Whole body vibration.
	3.	Menopause.
	4.	Lipid profile..
Arabic Title Page	:	تأثير اهتزاز الجسم الكلى على ارتفاع ضغط الدم لدى السيدات بعد انقطاع الطمث.
Library register number	:	3203-3204.