

**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

2015

Author	:	Ahmed Salama Mostafa Elsheha
Title	:	Effect of Electroacupuncture on Post Sectional Incisional Pain After Cesarean Section
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Magda Sayed Morsy
	2.	Samia Mohamed Eid
	3.	Abeer Mohamed Eldeeb
Degree	:	Master.
Year	:	2015.
Abstract	:	Forty females delivered with Cesarean Section were participated in this study. They were selected from Alazhar medical college hospital. They were randomly divided into two equal groups: Study group (Group. A) consisted of twenty women; they received analgesics drugs such as nalofen, morphin as pain killer with electroacupuncture needles used as actual treatment for relieving incisional pain for 20 minutes, twice daily for the first three days post operative (6 sessions) and Control group (Group. B) consisted of twenty women; they received analgesics drugs such as nalofen, morphin as pain killer with placebo electroacupuncture needles applied for 20 minutes, twice daily for the first three days post operative (6 sessions). Evaluation was done for each woman in both groups (A&B) through measuring pain intensity by using VAS and serum serotonin level. Results: Pain level (VAS score) showed a highly significant decrease in the study and control group post treatment ($P=0.0001$). It showed a highly significant decrease between both groups in favor of the study group ($P=0.0001$). The serotonin level of study group post treatment compared with pre treatment showed a significant increase ($P=0.001$), while the serotonin level of control group post treatment compared with pre treatment showed no significant difference ($P=0.38$). The serotonin level of both groups pre treatment showed no significant difference ($P=0.44$), While it showed a highly significant decrease between both groups post treatment in favor of the study group ($P=0.03$).
Key words	1.	Electroacupuncture
	2.	Cesarean Section
	3.	Incisional pain
	4.	VAS Serotonin.
Classification number	:	000.000.
Pagination	:	134 p.
Arabic Title Page	:	تأثير الوخز بالإبر الكهربائية على الآلام ما بعد الولادة القيصرية.
Library register number	:	4243-4244.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Amira Hassan Abdelaziz
Title	:	Transcutaneous Electrical Nerve Stimulation Versus Pelvic Belt On Relieving Sub-Acute Post-Partum symphyseal pain
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Magda Sayed Morsy
	2.	Adel Farouk El Begawy
	3.	Fayiz Farouk Ibrahim
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Aim: This study was designed to assess the effect of transcutaneous electrical nerve stimulation (TENS) versus pelvic belt on relieving sub-acute post-partum symphyseal pain. Thirty females participated in this study. Their ages ranged from 25 to 35 years old and they were multiparous from (2-3) children. Their main complain was postpartum symphyseal pain only. They were divided randomly into two equal groups. Materials & Methods: Group (A) consisted of 15 women. They were treated by TENS only. TENS electrodes were placed over the symphysis pubis, 3 sessions per week for 4 weeks and each session was lasted 30 minutes. Group (B) consisted of 15 women. They were treated by pelvic belt only. Each woman of group (B) was instructed to wear pelvic belt for four weeks and wear it all the day and remove it during sleeping. Visual analogue scale (VAS) was applied for each woman in both groups (A&B) to determine the intensity of pain before and after the treatment course. Each woman was asked to make a mark on the line that represented her current pain intensity and the difference between VAS score before and after treatment course (4 weeks) was calculated. Sonography assessment was applied for each woman in both groups (A&B) to determine the amount of separation between two pubic bones before and after the treatment course (4 weeks). Results: The obtained results showed a statistically highly significant ($P < 0.0001$) improvement of pain in both groups (A&B) concerning visual analogue scale but the improvement of pain was highly significant improved ($P < 0.0001$) in group (B) when compared with group (A). Also, The obtained results showed highly significant ($P < 0.0001$) improvement in both groups (A&B) in sonographic assessment which assess symphyseal diastasis but there were no significant changes in sonographic assessment results between group (A) and group (B) when compared together. Conclusion: It could be concluded that the use of pelvic belt appeared to be more effective than TENS in relieving sub-acute postpartum symphyseal pain.</p>		
Key words	1.	TENS
	2.	pelvic belt
	3.	symphyseal pain
Classification number	:	000.000.
Pagination	:	111 p.
Arabic Title Page	:	التنبيه الكهربى الحسى عبر الجلد مقابل حزام الحوض على تخفيف ألم المفصل الأرتفاقي بعد الولادة
Library register number	:	4037-4038.

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Author	:	Asmaa Abdel-Hamid Moustafa
Title	:	Reliability Of Electronic Digital Caliper In The Assessment Of Rectus Abdominis Diastasis
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy
	2.	Marwa Abd El Rahman Mohamed
	3.	Ahmed Mohamed Reiad
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>Purpose: The purpose of this study was to determine the reliability of electronic digital caliper in the assessment of diastasis recti during the puerperal period. Subjects: Thirty volunteer women at puerperal period after normal delivery were participated in this study. They were selected from outpatient clinics of Ain Shams university hospital. Their ages were ranged from 20 to 35 years old. All subjects were 4 to 20 weeks postpartum after normal delivery. Their parity was ranged from (1-3). Methods: Inter recti distance was measured at 3 locations; at umbilicus level, above umbilicus level and below umbilicus level, under 2 conditions; with abdominal muscles at rest and with abdominal muscles contracted. These measurements were tested three times with at least 5 minutes between each test trial. Results: Results showed that electronic digital caliper measurements have perfect agreement during measuring inter recti distance (IRD) above umbilicus level at rest, at umbilicus level at rest, and below umbilicus level at rest respectively, and have strong agreement during measuring (IRD) above umbilicus level at action, and at umbilicus level at action respectively, and have moderate agreement in measuring (IRD) below umbilicus level at action. Conclusion: Electronic digital caliper when assessed by the same tester are reliable in the assessment of (IRD) at, above, and below umbilicus level at rest, and during action.</p>
Key words	1.	Electronic digital caliper
	2.	Reliability
	3.	Rectus abdominis diastasis
	4.	Postpartum period
Classification number	:	000.000.
Pagination	:	82 p.
Arabic Title Page	:	ديكلوفينات الصوديوم المدخلة بواسطة الموجات فوق الصوتية مقابل شريط كينسيو فى علاج التهاب غمد أوتار الابهام بعد الولادة
Library register number	:	4391-4392.

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Author	:	Atef Mohamed Atef
Title	:	Effect of aerobic exercises with diet modifications on hot flushes in post-menopausal women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Emara
	2.	Hassan Omar Gharib
	3.	Marwa Abdelrahman Mohamed
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the efficacy of aerobic exercises using treadmill with diet modifications in reducing hot flushes in post-menopausal women .Subjects: Thirty postmenopausal women complaining from hot flushes, they were selected from out clinic of Gynecology and Obstetrics Department at El-Shatby Hospital –Alexandria, their age ranged from 48-55 years old and their body mass index ranged from 30-32kg/m² and all of them were at least 2 years postmenopausal. They were divided randomly into two equal groups. Group (A) (study group):15 women who received treadmill exercise program for 30 minutes at 60% to 70% of maximum heart 3 times per week for 12 weeks. In addition to daily intake of diet modification contains soy products (phytoestrogen) as 100 milliliter soy milk and 100 gram soy bean daily for 12 week. Group (B) (control group): 15 women who received diet modification contains soy products (phytoestrogen) as 100 milliliter soy milk and 100 gram soy bean daily for 12 week. Measurements: All participants were assessed before and after the treatment program through using diary card for hot flushes to detect its severity , Hormonal analysis to show level of F.S.H and L.H for both groups .Results: The results revealed that the severity of hot flushes at the end of study post 12 weeks for group (A) were significantly lowered than group (B) also, F.S.H and L.H showed a statistical significant reduction in group (A) than group (B) Conclusion: Regular physical activity with diet modifications appears to be an effective , safe and successful alternative method to decrease hot flushes that occur during post-menopausal period.</p>		
Key words	1.	Aerobic exercises
	2.	Hot flushes
	3.	soy products
	4.	diet modifications
	5.	post-menopausal women
Classification number	:	000.000.
Pagination	:	98 p.
Arabic Title Page	:	تأثير التمرينات الهوائية مع النظام الغذائي على الهبات الحرارية لدى السيدات بعد انقطاع الطمث
Library register number	:	4099-4100.

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Author	:	Aya Ashraf Mohamed
Title	:	Sodium Diclofenac Phonophoresis Versus Kinesio Tape in the Treatment of Post Natal De Quervain's Tenosynovitis
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adel Abdel Hamid Nossier Dean
	2.	Salah El-den Mohamed El-Hamady
	3.	Tamer Mohamed Mohamady
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>Muscle weakness and limited ROM is a common problems in patients post renal transplantation. Purpose of this study: to evaluate effect of aerobic exercises using Orbitrak Training on muscle strength and range of motion of upper limb in patients post renal transplantation. Methodology: Thirty post renal transplantation male patients, their age range from 20-50 years old, chosen from the Nephrology and Urology Center at Mansoura University, they were classified Randomly into two groups of equal number Group A (Exercise) and group B (ordinary therapy regime). The parameters measured were muscle strength and ROM of upper limbs muscle groups and joints. Muscle strength assessed by hand held dynamometer and ROM assessed by electronic goniometer before and after one month (post1) and at the end of the treatment program (post2). Results: revealed statistically significant improvement in the measured variables of the exercises group when comparing their pre and post treatment mean values (p-value< 0.05). There was more improvement was noticed in group A when comparing the post treatment mean values of both study groups (p-value < 0.05). Conclusion: Orbitrak aerobic exercises had valuable effects in improving ROM and muscle strength of upper limb in patients after renal transplantation.</p>
Key words	1.	End stage renal disease
	2.	renal transplantation
	3.	Orbitrak.
	4.	muscle strength and ROM
	5.	Kinesio Tape
Classification number	:	000.000.
Pagination	:	133 p.
Arabic Title Page	:	تأثير التمارين العلاجية على الجزء العلوي في حالات ما بعد استئصال الكلى
Library register number	:	4469-4470.

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Author	:	Ayman Mohamed Abo El Mila
Title	:	Effect of relaxation techniques on hypertension secondary to menopause
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy
	2.	Ghada Ebrahim El Refaye
	3.	Kareem Essam Eldin Hadad
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>This study was conducted to determine the effect of relaxation techniques on postmenopausal hypertension. Forty women after menopause complained from hypertension (diagnosed clinically by gynecologist/ physician). They were selected randomly from outpatient clinic at El Agouza hospital. Their ages ranged from 50 to 65 years old, their body mass index levels < 30 kg/m² and their blood pressure ranged from 140/90 mmHg to 180/110 mmHg. They were divided randomly into two groups equal in numbers, group (A) was treated by antihypertensive drugs (Captopril 25 mg twice daily) and relaxation techniques sessions (each session was 20 minutes, 3 times per week for 3months) while group (B) treated by antihypertensive drugs (Captopril 25 mg twice daily) only. Hypertension was evaluated by the sphygmomanometer instrument before and after performing the program for both groups (A, B). The obtained results showed statistically significant decrease (P<0.01) in blood pressure in both groups (A, B), but when comparing both groups together, the decreasing in systolic and diastolic blood pressure was found to be more in group (A) than group (B). Accordingly, it could be concluded that the relaxation technique was effective method in reducing blood pressure in postmenopausal women.</p>
Key words	1.	Menopause
	2.	Systolic blood pressure
	3.	diastolic blood pressure
	4.	Relaxation techniques
	5.	hypertension secondary
Classification number	:	000.000.
Pagination	:	93 p.
Arabic Title Page	:	تأثير تمارين الإسترخاء على ارتفاع ضغط الدم الثانوى لدى السيدات بعد إنقطاع الطمث
Library register number	:	4389-4390.

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Author	:	Dina Mahmoud Aleshmawy Mohamed Abd-Elfatah
Title	:	Effect of Ultraviolet on Female Sex Hormones in Obese Polycystic Ovarian Women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Amel Mohamed Yousef
	2.	Hosam El-din Hessin
	3.	Wafaa Mohammad Kamal
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of ultraviolet on female sex hormones in obese polycystic ovarian women. Thirty obese women diagnosed as having polycystic ovarian syndrome (PCOS), were selected randomly from the Outpatient Clinic of Gynecology at Bab- Elsheeria University Hospital. Their age ranged from (25 to 35) yrs., body mass index (BMI) ranged from 30 to 40 kg/m² with increased abdominal adiposity and waist/ hip ratio > 0.80. They were assigned into two equal groups (A&B). PCOS women of group (A) received ultraviolet (3 sessions per week) in addition to low caloric diet (1200 K. cal/day) for 3 months and group (B) received the same low caloric diet as in group (A). Dietary program was modified every two weeks for all women in both groups (A&B). Assessment of all women in both groups (A&B) was carried out before and after the end of the treatment program (3 months) through assessment of weight, BMI, waist/hip ratio, level of serum 25-hydroxyvitamin D, follicular size, level of female reproductive hormones (LH, FSH& LH/FSH ratio), as well as, insulin resistance. The results showed a statistically highly significant (P < 0.001) increase in serum 25-hydroxyvitamin D and follicular size in group (A) than in group (B), while female sex hormones and insulin resistance showed statistically non-significant difference between both groups (A&B) after three months of the treatment. Accordingly, it could be concluded that ultraviolet is an effective, non- invasive, safe, easy to apply, simple and successful method for improving ovulation and increasing follicular size in obese polycystic ovarian women.</p>		
Key words	1.	Sex hormones
	2.	Polycystic Ovarian Syndrome
	3.	Ultraviolet
	4.	Obese Women
	5.	Obesity
Classification number	:	000.000.
Pagination	:	130 p.
Arabic Title Page	:	تأثير الأشعة فوق البنفسجية على الهرمونات الجنسية في متلازمة تكيسات المبايض لدى السيدات البدنيات
Library register number	:	4313-4314.

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Author	:	Doaa Saeed Mohammed El-Sayed
Title	:	Effect of resistive and aerobic exercises versus diet and aerobic exercise on insulin resistance in obese premenopausal women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El-Sayed El-Mekawy
	2.	Tarek Mohamed El-Behadi
	3.	Hany Farid Eid Morsy Elsis
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Objectives: The objective of this study was to compare between the effect of resistance exercise and aerobic exercise versus aerobic exercise and diet on insulin resistance in obese premenopausal women. Subjects: forty pre-menopausal obese women diagnosed as having insulin resistance and their age ranged from 30 to 40 years had been divided into two groups equal in number. Group (A) received resistive and aerobic exercise three times weekly for two months (2minuts resistive followed by 2minutes aerobic exercise); group (B) participated in aerobic exercise in the form of walking on treadmill for 20 minutes, 3 times/week at moderate intensity (60-75% of maximum heart rate with diet for two months. Body mass index, fasting insulin, fasting glucose and skin fold for abdomin and waist circumference 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 resistance exercise and aerobic are effective in reducing the insulin resistance (measured by HOMA-IR); however the percentage of change in HOMA-IR in group (B) aerobic with diet is more than that of group (A) resistance with aerobic. Conclusion: both resistance with aerobic exercise and aerobic with diet are effective in reducing insulin resistance in obese pre-menopausal women but aerobic with diet exercise is more effective.</p>		
Key words	1.	Obesity
	2.	pre-menopausal
	3.	insulin resistance
	4.	resistive aerobic exercise
	5.	HOMA-IR.
	6.	Diet.
	7.	Obese Women
Classification number	:	000.000
Pagination	:	99 p.
Arabic Title Page	:	تأثير التمرينات الهوائية مع تمرينات المقاومة مقابل التمرينات الهوائية مع النظام الغذائي على مقاومة الأنسولين في السيدات البدينات في مرحلة ما قبل انقطاع الطمث.
Library register number	:	4439-4440.

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Author	:	Elham Shahat Hassan Bauomy
Title	:	Effect of Laser acupuncture on C Reactive protein in obese premenopausal women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El-Sayed El-Mekawy
	2.	Abeer Mohamed El-Deeb
	3.	Amir Arabi Gabr
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>This study was conducted to determine the effect of Laser acupuncture on anthropometric parameters, C-reactive protein (CRP) and lipid profile in obese premenopausal women. Thirty obese premenopausal women participated in this study. They were divided into two equal groups: control group received low caloric diet (1200 Cal) for 12 weeks, and the study group received the same diet regime and the laser acupuncture 3 sessions /week for 12 weeks. Evaluation was done through measuring body mass index (BMI), waist/hip ratio (WHR), CRP and lipid profile at the start and after the end of the treatment course. Results revealed that both control and study groups showed a statistically highly significant decrease in BMI (P=0.001), WHR (P=0.001), CRP (P=0.001), low density lipoprotein cholesterol (LDL-C) (P=0.001), triglycerides (P=0.001) and cholesterol (P=0.001), while there was a non-significant increase in high density lipoprotein cholesterol (HDL-C) (P=0.316) post treatment. Compared to the control group, the study group showed a statistically highly significant decrease in BMI (P=0.001), WHR (P=0.001), CRP (P=0.003), LDL-C (P=0.001), triglycerides (P=0.001) and cholesterol (P=0.001) and non significant increase in HDL-C (P=0.316). Thus, laser acupuncture is an effective modality for reducing abdominal adiposity, CRP and improving lipid profile in obese premenopausal women.</p>
Key words	1.	Laser acupuncture
	2.	Premenopausal obesity
	3.	CRP
	4.	lipid profile
	5.	women
Classification number	:	000.000.
Pagination	:	100 p.
Arabic Title Page	:	تأثير الوخز بالليزر على بروتين سي المتفاعل لدى السيدات البدينات قبل انقطاع الطمث
Library register number	:	4331-4332.

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Author	:	Eman Sedky Abdullah Ali
Title	:	Effect of Low Level Laser on Femoral Bone Mineral Density in Post Menopausal Women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Aly Heider Sabbour
	2.	Abeer Mohamed ElDeeb
	3.	Amir Arabi Gabr
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>This study was conducted to determine the effect of low level laser therapy (LLLT) on femoral bone mineral density (BMD). Forty postmenopausal women aging 50-60 with BMD T-score <-1.5 and >-2.5 participated in this study. They were randomly assigned into; control group consisted of 20 women who received calcium (500 mg) and vitamin D (200 IU) supplements twice daily, and study group consisted of 20 women who received the same medications, in addition to LLLT 3 sessions /week for 4 months. Evaluation was done through using DEXA for assessing femoral BMD and before and after end of treatment course. Results revealed that both the control and study group showed a highly significant increase (P=0.0001) in BMD at femoral neck, ward's triangle and greater trochanter post-treatment. Compared to the control group, the study group showed a non-significant difference in the femoral neck BMD (P=0.171), while it showed a significant increase in ward's triangle BMD (P=0.014) and highly significant increase in greater trochanter BMD (P=0.001) post-treatment. It can be concluded that LLLT is an effective and safe modality for improving BMD in postmenopausal women with low BMD.</p>
Key words	1.	Bone Mineral Density
	2.	Low Level Laser Therapy
	3.	Menopause
Classification number	:	000.000.
Pagination	:	68 p.
Arabic Title Page	:	تأثير أشعة الليزر منخفض الطاقة على كثافة عظمة الفخذ لدى السيدات بعد إنقطاع الطمث
Library register number	:	4273-4274.

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Author	:	Enas Said Mohamed Abd-Alla El-Touny
Title	:	Effect of Ultrasound Therapy on Extra Uterine Fibroids In Premenopausal Women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Amel Mohamed Yousef
	2.	Abeer Mohamed ElDeeb
	3.	Khaled Saad Shehab
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background and purpose: This study was conducted to determine the effect of ultrasound (US) therapy on extra uterine (subserosal and intramural) fibroids size in the premenopausal women and its related symptoms. Methods and results: Twenty premenopausal women were diagnosed as having uterine fibroid from El-Galaa Teaching hospital participated in this study divided randomly into; Study group consisted of 15 women who received US treatment session daily of total 6 sessions, using continuous US mode, frequency (1MHz), intensity up to (2 w/cm²) and total time of each session was 60 minute with 5 min interval for each 30 minute, and control group consisted of 5 women who didn't receive any treatment. Evaluation was done through using Doppler ultrasonography for assessing uterine fibroids size and uterine bleeding questionnaire as well as pelvic pain (pain, urination, impact of symptom& quality of life, pain & urination and total score) questionnaire for assessing symptoms related to uterine fibroids before and after end of study period. Results: In the study group a highly significant decrease (P=0.000) in the size of intramural uterine fibroids and significant decrease (P=0.02) in the size of the subserosal uterine fibroids, as well as a highly significant decrease (P=0.001) in uterine bleeding questionnaire scores and pelvic pain questionnaire scores post US treatment, while the control group showed a non-significant difference after the end of study period. Compared between control group and study group showed a highly significant decrease (P=0.000) in the percentage of the change in the size of the subserosal and intramural uterine fibroids and all previous mentioned questionnaire scores (P=0.001) post treatment which in favour of the study group. Conclusion: It can be concluded that US therapy is effective in shrinking of the size of uterine fibroids and improving of its related symptoms.</p>		
Key words	1.	Extra Uterine Fibroids
	2.	Subserosal
	3.	Intramural
	4.	Ultrasound,
	5.	Doppler Ultrasonography
Classification number	:	000.000
Pagination	:	118 p.
Arabic Title Page	:	تأثير الموجات فوق الصوتية علي الأورام الليفية الحميدة المصلية والجماعية المتكونة خارج التجويف الرحمي لدي السيدات قبل أنقطاع الطمث

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Library register number	:	4071-4072.
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Eslam Abdelhameed Ghobashy Elkholy
Title	:	Effect of Acupuncture versus Stabilizing Exercise on Pelvic Girdle Pain during Pregnancy
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Aly Heider Sabbour
	2.	Abeer Mohamed El Deeb
	3.	Ahmed Mohamed Osman
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine effect of acupuncture therapy versus stabilizing exercise on pelvic girdle pain⁴ (PGP) during pregnancy. Thirty pregnant women aged 25-35 years were randomly distributed into 3 groups: Group A (standard treatment group) received standard treatment in the form of home instructions, massage, wearing a pelvic belt for 6 week; Group B (acupuncture group) received standard treatment and acupuncture therapy sessions, 2 times /week for 6 weeks, and Group C (Exercise group), received standard treatment and modified stabilizing exercise program, 2 sessions/week for 6 weeks. Modified schober test, visual analogue scale (VAS), Quebec back pain disability scale (QBDS), blood samples to determine plasma cortisol level were used for assessment of all patients before and after the end of the treatment course. Results revealed that standard treatment group showed a statistically significant decrease in functional disability ($p=0.03$) and a non-statistically change in plasma cortisol level ($p=0.42$) and spinal range of motion ($p=0.019$). Acupuncture group showed a significant decrease in plasma cortisol level ($p=0.002$), spinal range of motion ($p=0.02$), pain intensity level ($p=0.005$) and functional disability ($p=0.009$), while exercise group showed a highly significant decrease in plasma cortisol level ($p=0.001$) and spinal range of motion ($p=0.0001$) and a significant decrease in pain intensity level ($p=0.005$) and functional disability ($p=0.002$). Also, Exercise group showed a significant decrease in pain intensity level ($p=0.004$) and functional disability ($p=0.002$) when compared with acupuncture group. It can be concluded that acupuncture therapy and modified stabilizing exercise can decrease plasma cortisol level, pain intensity level and improve functional ability in the pregnant women with PGP. However, modified stabilizing exercise was more effective in decreasing pain intensity level and functional disability.</p>		
Key words	1.	Pelvic Girdle Pain
	2.	Pregnancy
	3.	Acupuncture
Classification number	:	000.000.
Pagination	:	67 p.
Arabic Title Page	:	تأثير الوخز بالإبر مقابل تمرينات التثبيت لدى السيدات اللاتي تعانين من آلام حزام الحوض أثناء فترة الحمل
Library register number	:	4325-4326.

**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	:	Fatma Ali Attia Ali
Title	:	Assessment of body balance in postmenopausal women with and without osteoporosis
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Amel Mohamed Youssef
	2.	Abeer Mohamed Eldeeb
	3.	Amir Arabi Gabr-
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to evaluate body balance in postmenopausal women with normal and low bone mineral density (BMD). A sample of sixty postmenopausal women aging 50 to 65 yrs were assigned according to the assessment of BMD by Dual Energy X-ray Absorptiometry (DEXA) into 3 groups: normal BMD group (T- score ≥ -1), osteopenic BMD group (T- score < -1 and > -2.5) and osteoporotic group (T- score ≤ -2.5). Evaluation was performed through assessment of balance using Biodex Balance System as overall stability index (OSI), anterior- posterior stability index (APSI) and medial- lateral stability index (MLSI). Results revealed that: Overall stability indices showed non significant difference between normal group and osteopenic group, normal group and osteoporotic group, osteopenic group and osteoporotic group ($P= 0.568$), ($P= 0.992$), and ($P= 0.697$) respectively and Anterior/ posterior stability indices showed non significant difference between normal group and osteopenic group, normal group and osteoporotic group and osteopenic group and osteoporotic group ($P= 0.703$), ($P= 0.849$) and ($P= 0.411$) respectively. Medial/ lateral stability indices showed non significant difference between normal group and osteopenic group, normal group and osteoporotic group and osteopenic group and osteoporotic group ($P= 0.374$), ($P= 0.363$) and ($P= 0.991$) respectively. It could be concluded that there was non significant difference in the postural balance between the postmenopausal women with normal BMD and those with osteopenia or osteoporosis.</p>		
Key words	1.	Menopause
	2.	Balance
	3.	Bone mineral density
	4.	osteoporosis
Classification number	:	000.000.
Pagination	:	60 p.
Arabic Title Page	:	تقييم إتران الجسم في فترة ما بعد إنقطاع الطمث لدى السيدات اللاتي تعانين أو لا تعانين من هشاشة العظام
Library register number	:	4537-4538.

**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	:	Hadeel Adil Mohammed
Title	:	Effect of aerobic exercises on lipid profile in pre-menopausal obese women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Magda Sayed Morsy
	2.	Hassan Omar Ghareeb
	3.	Gihan Ali
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>This study was conducted to investigate the benefits of aerobic exercise program on blood lipids profile in obese pre menopausal women. Thirty volunteers obese pre menopausal women were participated into this study. They were selected from Urban Medical Centre at Al-Fayoum City. Their ages were ranged from (40-45) years old, their body mass index (BMI) was ranged from 32-35 kg/m². The thirty women were divided randomly into two groups, equal in number as group control group (A) and study group (B). Group (A) was consisted of 15 obese pre menopausal women. Each woman in control group was asked to follow a low caloric diet 1300 kcal/day, for 8 weeks. Group (B) was consisted of 15 obese pre menopausal women. Each woman in study group was asked to perform aerobic exercise on upetrak for 45 minutes divided into 3 intervals each interval lasted for 15 minutes, followed by 5 minutes rest during which the woman performed deep breathing exercises. After upetrak the woman was asked to perform abdominal exercises in form of trunk flexion, rotation and side bending for 30 minutes. In addition, all women in this group followed specific diet controlling program of low caloric diet (1300Kcal/day) for 8 weeks. The results of this study revealed that aerobic exercise program combined with low caloric diet could improve the lipid profile in obese premenopausal women. Accordingly, it could be concluded that aerobic exercise combined with low caloric diet program could be used as a safety and effective intervention to improve the lipid profile in premenopausal women.</p>
Key words	1.	obesity
	2.	exercise
	3.	lipid profile
	4.	premenopausal women
Classification number	:	000.000.
Pagination	:	80 p.
Arabic Title Page	:	تأثير التمرينات الهوائية على شكل الدهون في النساء البدينات قبل انقطاع الطمث
Library register number	:	4381-4382.

**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	:	Hadel Salah Ibrahim Radwan
Title	:	Impact of whole body vibration on sex hormones in polycystic ovarian women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan EL-Sayed EL-Mekawy
	2.	Abeer Mohammed ElDeeb
	3.	Amir Arabi Gabr
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of whole body vibration (WBV) on sex hormones in polycystic ovarian women. Forty obese polycystic ovarian women aged 20- 30 years participated in this study. They were randomly distributed into two equal groups: control group received medical treatment (metformin-850 mg) twice/daily and moderate caloric diet program for 12 weeks and study group received the same medical and diet intervention and engaged in a program of WBV, 3 times/week for 12 weeks. Evaluation was done through measuring body mass index (BMI), waist/hip ratio, Luteinizing hormone (LH), follicular stimulating hormone (FSH) and LH/FSH ratio at starting and after the end of the treatment program. Results of this study revealed that the control group showed a highly significant decrease ($P=0.000$) in BMI, waist/hip ratio, LH/FSH ratio and LH ($P=0.002$), as well as a highly significant increase ($P=0.000$) in FSH post treatment. Also, the study group showed a highly significant decrease ($P=0.000$) in BMI, waist/hip ratio, LH and LH/FSH ratio, as well as a highly significant increase ($P=0.000$) in FSH post treatment. Compared to the control group, the study group showed a highly significant decrease ($P=0.000$) in BMI, waist/hip ratio, LH and LH/FSH, as well as a highly significant increase ($P=0.004$) in FSH. So, it can be concluded that the WBV training is an effective and safe modality for improving anthropometric parameters and sex hormones in polycystic ovarian women.</p>		
Key words	1.	Whole body vibration
	2.	polycystic ovary syndrome
	3.	sex hormones
Classification number	:	000.000.
Pagination	:	80 p.
Arabic Title Page	:	تأثير تمارين الإسترخاء على ارتفاع ضغط الدم الثانوى لدى السيدات بعد إنقطاع الطمث
Library register number	:	4403-4404.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	<u>Heba Allah Abd-Alsalam Albahrawy</u>
Title	:	Effect of acupressure on low back pain during pregnancy
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud El-Kosery
	2.	Amir Araby Gabr
	3.	Mohamed Ahmed Mohamed Awad
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of acupressure on low back pain of pregnancy. Forty pregnant women in 24 weeks' gestation or more, complained of low back pain shared in this study. Patients were selected randomly from the obstetric outpatient clinic, Kasr Ainy Hospital, faculty of medicine, Cairo University. Their ages ranged from 20 to 35 years, they were divided randomly into two groups A and B equal in number. Group A was treated by kneading massage for 1 month (12 sessions, day after day) and group B was treated by kneading massage and acupressure for 1 month (12 sessions, day after day). LBP was evaluated by VAS, plasma cortisol level analysis and modified-modified Schober test before and after treatment. The obtained results showed a statistically highly significant decrease ($P<0.001$) in VAS scores and plasma cortisol level and highly significant increase ($P<0.001$) in lumbar flexion, extension and side-bending range of motion after the treatment in both groups (A&B). When comparing both groups together, there was a highly significant improvement ($P<0.001$) in group (B) than group (A). Accordingly, it could be concluded that the acupressure was very effective in reducing low back pain in pregnant women.</p>		
Key words	1.	Acupressure
	2.	Pregnancy
	3.	Low back pain
Classification number	:	000.000.
Pagination	:	121 p.
Arabic Title Page	:	تأثير الضغط الوخزي على آلام أسفل الظهر أثناء الحمل
Library register number	:	4223-4224.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Hend Ahmed Saad Ata
Title	:	Effect of quadri- polar radiofrequency versus kinesio taping on post natal abdominal skin laxity
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara
	2.	Mohamed Ahmed Mohamed Awad
	3.	Amir Arabi Gabr Youssef
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of quadri- polar radiofrequency versus kinesio taping on post natal abdominal skin laxity, Forty postnatal women, complained from postnatal abdominal skin laxity participated in this study. All women were multiparaus. They complained from laxity in their abdominal skin. They were chosen from Kasr Al Ainy hospital Cairo University. Their ages ranged from 23 to 35 years old and their BMI ranged from 27 to 38 kg / m². They were divided randomly into two groups equal in number, group (A), 20 women treated by non invasive quadri-polar radiofrequency for 8 weeks (1session per / week to abdominal area). While group (B), 20 women treated by kinesio taping to the abdomen 24 hours a day and it was replaced every 5 days for 8 weeks. Skin laxity was evaluated by waist circumference, hip circumference, waist to hip ratio and two point discrimination before and after the program for both groups. The obtained results showed a statistically significant decrease in skin laxity in both groups, when both groups were compared together, a statistically significant decrease in skin laxity was found more in group (A) than group (B). So that, it could be concluded that quadri-polar radiofrequency is more effective than kinesio taping in treating postnatal abdominal skin laxity.</p>		
Key words	1.	Postnatal
	2.	Skin laxity
	3.	Radiofrequency
	4.	Kinesio taping
	5.	quadri- polar radiofrequency
Classification number	:	000.000.
Pagination	:	141 p.
Arabic Title Page	:	تأثير موجات الراديو رباعى الأقطاب مقابل العلاج بالشريط الأصق على ترهل جلد البطن بعد الولادة
Library register number	:	4197-4198.

**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	:	Hend Reda Saad Sakr
Title	:	Effect of swimming exercise on premenstrual syndrome
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud El Kosery
	2.	Amr Hazim Abbassy
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to find out the effect of swimming exercise on premenstrual syndrome. Fourty virgin volunteer females suffered from premenstrual syndrome, selected from El-Geziera Youth Center and 6th October club. Their age ranged from 18 to 25 years with mean of (21.1 +_ 2.33) for study group and (21.15 +_ 1.66) for control group, their body mass index (BMI) was $\geq 18 \leq 25 \text{ kg/m}^2$. They were treated by swimming exercise for thirty minutes, three times/week for three months. The collected data had been gathered through daily symptoms report was statistically analyzed. The results showed a highly significant ($P < 0.001$) decrease in the following symptoms: anxiety, depression, nervous tension, mood swing, feeling out of control, coordination, insomnia, headache, fatigue, aches, breast tenderness, cramps and swelling. From statistical point of view, it could be concluded that swimming exercise seemed to be an effective, safe, cheap, easy to perform, simple and successful adjunct treatment method in reducing premenstrual syndrome.</p>		
Key words	1.	Premenstrual syndrome
	2.	swimming exercise.
Classification number	:	000.000.
Pagination	:	100 p.
Arabic Title Page	:	تأثير التحريك المفصلي مع الحركة على التهابات أوتار مفصل الكوع
Library register number	:	4287-4288.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Maha Atef Ragheb Mohamed
Title	:	Effect of diurnal variation of aerobic exercise on hypertension and lipid profile in post menopausal Women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohammed Hanfy
	2.	Hossam El-Din Hussin Kamel
	3.	Engy Mohamed Ibrahim El-Nahas
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>This study was conducted to determine the effect of diurnal variation of aerobic exercise on hypertension and lipid profile in postmenopausal women. Forty five hypertensive postmenopausal women aged from 50 to 60 years, were divided randomly into three groups equal in number. Group (A) 15 patients received antihypertensive medication (angiotensin-converting enzyme inhibitors) once daily for 3 months group (B) 15 patients performed morning aerobic exercises (9.00-11.00 am) for 30 min., 3 days/week for 3 months and received (angiotensin-converting enzyme inhibitors) once daily and group (C) 15 patients who performed evening aerobic exercises (8.00-10.00 pm) for 30 min.3 days/week for 3 months and received (angiotensin-converting enzyme inhibitors) once daily. Blood pressure (BP) measurement and lipid profile test were performed before and after the study. The results showed that there was a highly statistical significant difference between all groups (A, B and C) in systolic and diastolic BP post treatment as the P value for all of them were (0.001) favoring group (C).Also there was a statistical significant difference between all groups (A, B and C) in HDL, LDL, TG and cholesterol levels post treatment as the P value were (0.011), (0.046), (0.011) and (0.046) respectively favoring group(C) except for TG favoring group(B) . So it could be concluded that aerobic exercise done at the evening was more effective in lowering the blood pressure and improving lipid profile than that performed at the morning.</p>
Key words	1.	Aerobic exercise
	2.	diurnal variation
	3.	Menopause
	4.	hypertension
	5.	menopausal Women
	6.	lipid profile
Classification number	:	000.000.
Pagination	:	121 p.
Arabic Title Page	:	تأثير التوقيت الزمني للتمارين الهوائية على ارتفاع ضغط الدم ومستويات الدهون الكلية لدى السيدات بعد إنقطاع الطمث
Library register number	:	4177-4178.

**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	:	Mai Mohamed Ali Shehata
Title	:	Effect of aerobic exercises on hemoglobin concentration in menstruating anemic females
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El-Sayed El-Mekawy
	2.	Hassan Omar Ghareb
	3.	Engy Mohamed Ibrahim El Nahas
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>The purpose of this study was to determine the effect of aerobic exercises on hemoglobin concentration in menstruating anemic females .Thirty nullipara females participated in this study, their age ranged from 17 to 22 years. They were divided randomly into two groups equal in number: Study group (group A) performed aerobic exercises in form of bicycling (60-70% of HR_{max}), 30 minutes for each treatment session, for 3 sessions per week, for 4 weeks in addition to iron supplement (Ferro-6) and some nutritional advices and Control group (group B) received only iron supplement (Ferro-6) for 4 weeks and some nutritional advices. All participants in both groups (A and B) were assessed pre- and post-treatment through measuring hemoglobin level by blood analysis and scores of total symptoms of anemia by self-administered questionnaire. Results showed that there was a non statistical significant difference of Hb level between both groups (A and B) post-treatment, where the p values was (0.496). Although, the percentage of improvement of Hb level was higher in group (A) (8.58%) than in group (B) (5.23%). There was statistically significant decrease in scores of total symptoms of anemia and scores of fatigue in group (A) post-treatment when compared with group (B) where the p values were (0.019) and (0.006) respectively. Also, the percentage of improvement in the total symptoms of anemia was higher in group (A) (42.9%) than in group (B) (16.7%). The percentage of improvement in scores of fatigue was higher in group (A) (50%). So, it could be concluded that adding aerobic exercises to medication has better effect than medication only.</p>		
Key words	1.	aerobic exercises
	2.	anemia
	3.	menstruating females
	4.	hemoglobin concentration
	5.	menstruating anemic females
Classification number	:	000.000.
Pagination	:	83 p.
Arabic Title Page	:	تأثير التمرينات الهوائية على نسبة الهيموجلوبين لدى الإناث البالغات اللاتي يعانين من الأنيميا
Library register number	:	4343-4344.

**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	:	Mariam hossam el ebrashy
Title	:	Effect of foot reflexology on gestational ankle edema
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El-Sayed El-Mekawy
	2.	Abeer Mohamed ElDeeb
	3.	Amr Helmy Yehia
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to investigate the effect of foot reflexology on gestational ankle edema. Thirty pregnant women aged 25 to 35 years old and body mass index was ≥ 30 kg/m², participated in this study. They were assigned into two groups equal in number: Control group received only traditional physical therapy protocol in the form of advices including elevation, wearing supportive stocking and avoiding standing in one position for extended periods in addition to circulatory exercises, 3times per week for 4 weeks; while study group received the same traditional physical therapy protocol in addition to, foot reflexology 3times per week for 4 week. Evaluation was done through assessment of edema volume using foot volumeter , as well as bothersomeness of the swelling using the patient reported edema questionnaire at the beginning and after the end of the study course for both groups. Results revealed that edema volume showed a highly significant decrease in the control group ($p=0.0001$) and study group ($p=0.0001$) post treatment .Also, patient reported edema questionnaire score showed a highly significant decrease in the control group ($p=0.002$) and the study group ($p=0.001$) post treatment. Compared to the control group, the study group showed a significant decrease in the edema volume ($p=0.02$) and a highly significant decrease ($p=0.001$) in the patient reported edema questionnaire score post treatment. So, foot reflexology could be considered as an effective technique for improving edema volume in the pregnant women with gestational ankle and foot edema.</p>		
Key words	1.	Foot reflexology
	2.	Gestational ankle edema
	3.	Pregnancy
	4.	ankle edema
Classification number	:	000.000.
Pagination	:	60 p.
Arabic Title Page	:	التمارين الهوائية مقابل اهتزاز الجسم الكامل على معدل الكوليسترول في مرض متلازمة التمثيل الغذائي
Library register number	:	4183-4184.

**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 Abd El Haleem Aziz
Title	:	Awareness about the effect of pelvic floor muscles exercises during pregnancy
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy.
	2.	Hossam El-Dien Hussien Kamel
	3.	Engy Mohamed Ibrahim El Nahas
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the awareness about the effect of pelvic floor muscles exercises during pregnancy. Two hundred obstetricians and five hundred pregnant women were participated in this study. They were selected from different hospitals at El-Minia Governorate. They were asked to answer all the questions of obstetricians' questionnaire and the pregnant women's questionnaire respectively. The results revealed that 60.4% of obstetricians who participated in this study reported their appreciation to the importance of pelvic floor muscle exercise, only 39.6% of them said that pelvic floor exercise during pregnancy wasn't important. 9.2% of pregnant women heard about the effect of Pelvic floor muscles exercises during pregnancy and 90.8% of pregnant women had no idea about Pelvic floor muscles exercises. It could be concluded that more awareness was needed for both obstetricians and pregnant women about the effect of pelvic floor muscle exercises during pregnancy.</p>		
Key words	1.	Obstetricians
	2.	pregnant women
	3.	pelvic floor muscle exercises
	4.	pregnancy
Classification number	:	000.000.
Pagination	:	62 p.
Arabic Title Page	:	مدى الإدراك بتأثير تمارين عضلات الحوض الرافعة أثناء الحمل
Library register number	:	4215-4216.

**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 Elsayed Mohamed Kotb
Title	:	Indomethacin Phonophoresis Efficacy in the Treatment of de Quervain's Tenosynovitis During Postpartum
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Magda Sayed Morsy
	2.	Hasan Omar Ghareeb
	3.	Marwa Abdel Rahman Mohamed
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>Purpose of the study: The purpose of this study was to evaluate the efficacy of indomethacin gel Phonophoresis in the treatment of de Quervain's tenosynovitis during postpartum period.</p> <p>Subjects and methods: Forty women age ranging 25-35 years, participated in this study and were randomly assigned into two groups equal in number complaining from de Quervain's tenosynovitis. Patients of group (A) recieved indomethacin gel phonophoresis (1MHz Transducer head, 3W/Cm², 10 minutes, 3 times per week every other day for four weeks), while patients of group(B) received Placebo Ultrasound by K-Y gel Application 3 times per week every other day for four weeks. The parameters investigated was: Pain (by using present pain intensity scale)and thumb pinch strength (by using B &L Pinch Guage) . <u>Results:</u> Pain indicated a significant improvement in Group A and Non-significant improvement in Group B. Thumb Pinch Strength indicated a significant improvement in Group A and Non-significant improvement in Group B. It could be concluded that Indomethacin gel phonophoresis is non invasive,cheap,effective and valuable in the treatment of of de Quervain's Tenosynovitis during postpartum period. This study was carried out at the department of physical therapy , Polak el Dakror hospital from October,2013 to june,2014.</p>
Key words	1.	Indomethacin
	2.	de Quervain's tenosynovitis
	3.	Phonophoresis
	4.	Postpartum
Classification number	:	000.000.
Pagination	:	120 p.
Arabic Title Page	:	فاعلية الانتقال عبر الموجات فوق الصوتية لجيل الاندوميثاين في علاج التهابات أوتار الإبهام في السيدات ما بعد الولادة
Library register number	:	4283-4284.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Marwa Gamal Mohammed Ali
Title	:	Effect of Stretching Exercises on Primary Dysmenorrhea in Adolescent Girls
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud El-kosery
	2.	Khaled Fathy Helal
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Dysmenorrhea is the most common complaint and gynecological disorder worldwide among adolescents. The purpose of this study was to investigate the effect of stretching exercises on dysmenorrheal symptoms. Thirty girls suffered from primary dysmenorrhea. Their age ranged from 15-20 years old, their BMI ranged from 18.5 -25 kg/m², they were selected from Nursing School in Zagazig University and they didn't receive any anti-inflammatory or antispasmodic drugs during the study. Randomly divided into 2 groups: an experimental group A (n = 15) who received physical therapy treatment program included six types of stretch training on (abdominal, lower back, pelvis and thigh muscles) for 12 weeks, 3 times per week, 2 times per day. A control group (n = 15) who received no treatment program. They were evaluated by using Present Pain Intensity (PPI) scale, Pain relief (PR) scale and Plasma cortisol level before and after 1st, 3rd month. Results After 12 weeks, pain intensity was reduced from 3 to 1, pain relief was increased from 1 to 3, and Plasma cortisol level was decreased from 15.71 to 6.76 in the experimental group. : In group A Present Pain Intensity (PPI), Pain relief (PR) and Plasma cortisol level showed a highly significant (p < 0.001) improvement in pain. In group B, Present Pain Intensity (PPI), Pain relief (PR) and Plasma cortisol level showed non significant (P>0.05) improvement in pain. Conclusions: Stretching exercises on (abdominal, lower back, pelvis and thigh muscles) were effective in reducing pain intensity, pain duration, in primary dysmenorrhea.</p>		
Key words	1.	Stretch training
	2.	Plasma cortisol level
	3.	Present Pain Intensity
	4.	primary dysmenorrhea
	5.	Adolescent Girls
Classification number	:	000.000.
Pagination	:	92 p.
Arabic Title Page	:	تأثير تمارينات الإستطالة على الأم الطمث الأولى لدى الفتيات المراهقات
Library register number	:	4169-4170.

**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 Kamal Abd El- Moneam
Title	:	Effect of Ultrasound Cavitation on Postmenopausal Abdominal Fat
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara
	2.	Hassan Al Din Hussien
	3.	Mohamed Ahmed Mohamed Awad
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of ultrasound cavitation on postmenopausal abdominal fat. Thirty post-menopausal women, complaining from abdominal obesity were selected randomly from EL Mahalla El Kobra general hospital shared in this study. Their ages ranged from 45 to 55 years old, their body mass index ranged between 31.30 to 39.79 Kg/m² and their waist hip ratio above 0.85. They were treated by ultrasound cavitation for 16 sessions, twice weekly for two months. Body weight, BMI, WHR and skin fold thickness were assessed before and after treatment. The obtained results showed a statistically highly significant decrease (P<0.0001) in body weight, BMI, WHR, skin fold thickness after treatment by ultrasound cavitation. Accordingly, it could be concluded that the ultrasound cavitation is very effective in reducing abdominal fat in postmenopausal women.</p>		
Key words	1.	Obesity
	2.	Postmenopause
	3.	Ultrasound cavitation
	4.	Abdominal Fat
Classification number	:	000.000.
Pagination	:	95 p.
Arabic Title Page	:	تأثير الموجات فوق الصوتية والتجويف على سمنة البطن بعد إنقطاع الطمث
Library register number	:	4107-4108.

**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	:	Menna Allah Mohammed Abbas
Title	:	Effect of endurance exercises combined with focused ultrasound on leptin hormone in abdominal obesity postnatal
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Aly Heider Sabbour
	2.	Amr Mohamed Abou El Ela
	3.	Noha Ahmed Fouad
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of endurance exercises combined with focused ultrasound on leptin hormone in abdominal obesity postnatal. Fourty volunteer postnatal women with abdominal obesity (high waist circumference) participated in this study. They were selected from outpatient clinic of 6 October University Hospital. They were randomly assigned into two equal groups in number (A & B): Group (A) Control group: participated in a course of endurance exercise (three sessions per week) and diet program for lactating women for 12 weeks. Group (B) Study group: participated in the same course of the endurance exercise and diet program as group (A) in addition to focused ultrasound (two sessions per week) for 12 weeks. Evaluations of both groups (A & B) were done before initiation of treatment, after six weeks of treatment and at the end of treatment (12 weeks) through measuring the weight, BMI, WC and abdominal fold. In addition to assessment of leptin hormone value before starting the treatment and after the end of treatment. Results: In both groups (A & B), there was a statistically highly significant decrease in weight, BMI, WC and abdominal fold between before initiation of treatment and after six weeks of treatment and after the end of treatment. Also the leptin hormone value showed a statistically highly significant decrease between before initiation of treatment and after the end of treatment. When comparing the two groups (A & B) there was statistically highly significant decrease in weight, BMI, WC, abdominal fold after six weeks of treatment and after the end of treatment as well as leptin hormone value after the end of treatment which in favor to group (B). Conclusion: The results of this study concluded that endurance exercises combined with focused ultrasound are considered effective for reducing leptin hormone and abdominal obesity postnatal.</p>		
Key words	1.	Postnatal
	2.	Leptin hormone
	3.	Focused ultrasound
	4.	Endurance exercises
	5.	Abdominal obesity
Classification number	:	000.000.
Pagination	:	156 p.
Arabic Title Page	:	تأثير تمارين قوة التحمل مع الموجات فوق الصوتية المركزة على هرمون الليبتين وسمنة منطقة البطن بعد الولادة
Library register number	:	4309-4310.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mohamed Gamal Abou Elyazeed Ali
Title	:	Sodium Diclofenac Phonophoresis Versus Kinesio Tape in Treatment of Post Natal De Quervain's Tenosynovitis
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 Awad.
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of sodium diclofenac phonophoresis versus kinesio tape in the treatment of post natal de quervain's tenosynovitis. Thirty women participated in this study. They had post natal de quervain's tenosynovitis. They were chosen randomly from outpatient clinic of faculty of physical therapy Cairo University. Their ages ranged from 20 to 40 years old. They were divided randomly into two groups equal in number, group (A) was treated by sodium diclofenac phonophoresis with continuous mode for 5 mins, 3 times/ week for two weeks while group (B) was treated by kinesio tape 3 times/week for two weeks changed every other day. Pain and grip muscle strength were evaluated pre and post treatment (after 2weeks) and follow up (after another 2 weeks) without any intervention for both groups. The obtained results showed a statistically significant decrease in pain and increase in pinch grip muscle strength in both groups post treatment and at follow up, when both groups were compared together, there was no statistically significant difference in pain, palmer and key pinch grip strength between the two studied groups pre and post treatment and at follow up, also there was no statistically significant difference pre- treatment in tip pinch grip strength but there was a statistically significant increase in group (A) than group (B) post treatment and at follow up. So that, it could be concluded that sodium diclofenac phonophoresis and Kinesio tape were effective adjunct methods in reducing pain and increasing grip muscle strength in post natal de quervain's tenosynovitis.</p>		
Key words	1.	De quervain's tenosynovitis
	2.	Sodium diclofenac phonophoresis
	3.	Kinesio tape.
Classification number	:	000.000.
Pagination	:	93 p.
Arabic Title Page	:	ديكلوفينات الصوديوم المدخلة بواسطة الموجات فوق الصوتية مقابل شريط كينيسيو فى علاج التهاب غمد أوتار الابهام بعد الولادة
Library register number	:	4377-4378.

**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	:	Mona Mohamed Nour El Din Morsi
Title	:	Effect of Resistive Exercises on Glycemic Control in Gestational Diabetes
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud El-Kosery
	2.	Gihan Fathy Abdel Aziz
	3.	Ghada Ebrahim El Refaye
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>Purpose: to assess the efficacy of resistive exercises on glycemic control in gestational diabetes. Methods: Forty pregnant women diagnosed as gestational diabetes, their ages ranged from 25-30 years, their body mass index ranged from 25-30 kg/m² and their gestational ages ranged from 20-24 weeks were selected and divided randomly into two equal groups, each group contained 20 pregnant women. The study group performed resistive exercises with an elastic band for 40 minutes every other day for 12 weeks in addition to moderate restricted diet while control group received the same moderate restricted diet only as described for the study group for 12 weeks. Patients in both groups were assessed before and after treatment program by two hours oral glucose tolerance curve to evaluate blood glucose level. Results: This study revealed that resistive exercises with an elastic band, for 40 minutes every other day, 1 hour after the main meal and insulin injection, from 20 weeks gestation for 12 weeks, together with diet therapy (1800-2000 Kcal./Day), in gestational diabetic patients, decreased blood glucose level compared with diet alone. In the study group fasting blood glucose level decreased by 21.53%, while postprandial blood glucose level decreased by 33.14% after treatment. Conclusion: resistive exercises in addition to moderate restricted diet can be used as an effective method for decreasing blood glucose level in gestational diabetes.</p>
Key words	1.	Gestational diabetes mellitus
	2.	Resistive exercises
	3.	Blood glucose level
Classification number	:	000.000.
Pagination	:	80 p.
Arabic Title Page	:	تأثير تمارينات المقاومة على مستوى السكر في حالات سكر الحمل.
Library register number	:	4435-4436.

**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	:	Nevein Nabil Alagamy
Title	:	Aerobic exercise versus whole body vibration on cholesterol level in patient with metabolic syndrome
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Aziz Guirguis Aziz
	2.	Hassan Omar Ghareb
	3.	Nesreen Ghareeb Mohamed El Nahas
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>Background:- The purpose of this study was to examine the effect of aerobic exercises versus whole body vibration on cholesterol level in patient with metabolic syndrome, Forty women with metabolic syndrome were enrolled in this study with age ranging from 50 to 60 years old were selected from internal medicine outpatient clinic in Mit Ghamr health insurance polyclinics, they were assigned randomly into two groups equal in number. The group (A) received aerobic exercise in the form of (treadmill) for 3 times per week for 12 weeks 30 minutes session, whereas the group (B) received whole body vibration training (WBV) for 3 times per week for 12 weeks, 30 minutes per session. The following parameters including abdominal circumference, blood pressure, blood sugar level, lipid profile (cholesterol level, LDLC, HDLC, triglycerides) were assessed before and after treatment in both groups. Results:- There was a significant decreased on abdominal circumference (4.96% in group A - 3.48% in group B) systolic blood pressure (16.27% in group A – 12.67% in group B), diastolic blood pressure (11.67% in group A – 11.31% in group B) blood sugar level (6.17% in group A – 4.35% in group B), cholesterol level (12.98% in group A – 8.44% in group B), LDLC (16.68% in group A – 13.72% in group B) triglycerides (16.17% in group A – 12.93% in group B) and increase in HDLC (19.13% in group A – 16.04% in group B). Conclusion:- Aerobic exercises and whole body vibration training are both considered as an effective tool in the management of Metabolic Syndrome Patient.</p>		
Key words	1.	Metabolic Syndrome
	2.	Aerobic Exercise
	3.	whole body vibration training
	4.	blood cholesterol level
Classification number	:	000.000.
Pagination	:	76 p.
Arabic Title Page	:	التمارين الهوائية مقابل اهتزاز الجسم الكامل على معدل الكوليسترول في مرض متلازمة التمثيل الغذائي.
Library register number	:	4167-4168.

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AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Nora Mohamed Ramadan Nassar
Title	:	Kinesio tape versus TENS on primary dysmenorrhoea
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara
	2.	Hassan Al Din Hussien
	3.	Mohamed Ahmed Mohamed Awad
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of kinesio tape versus TENS on primary dysmenorrhoea. Thirty females complained from primary dysmenorrhoea (diagnosed by gynecologist). They were selected from outpatient clinic of faculty of physical therapy, Cairo University. Their ages ranged from 17 to 22 years old and their body mass index ranged from 25 to 30 kg/m². They were divided into two groups equal in number, group (A) treated by kinesio tape, while group (B) treated by TENS. Menstrual pain was evaluated by visual analogue scale and menstrual distress questionnaire before and after performing Kinesio Tape and TENS sessions for 3 months. The obtained results showed a statistically significant decrease in menstrual pain after the application of kinesio tape and TENS sessions (P<0.05). The results showed that there is non significant difference between kinesio tape and TENS in treating primary dysmenorrhoea (P>0.05). So that, it could be concluded that kinesio tape had similar effect as TENS in decreasing pain in primary dysmenorrhoea.</p>		
Key words	1.	Primary dysmenorrhoea
	2.	Kinesio Tape
	3.	TENS
	4.	Visual Analogue Scale,
	5.	Menstrual Distress Questionnaire
Classification number	:	
Pagination	:	124 p.
Arabic Title Page	:	تأثير الموجات فوق الصوتية والتجويف على سمنة البطن بعد إنقطاع الطمث.
Library register number	:	4101-4102.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Rehab Saber Abdel Hamid Mamoon
Title	:	Effect of aerobic exercise versus diet rich in tryptophan on postmenopausal depression
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara
	2.	Zeinab Abbas Abd Elaal Soltan
	3.	Mohamed Ahmed Mohamed Awad
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>This study was conducted to determine the effect of aerobic exercise versus diet rich in tryptophan on post menopausal depression. Thirty post menopausal women participated in this study. They complained from mild to moderate depression according to Beck depression inventory (BDI). They were chosen from outpatient clinic of faculty of physical therapy Cairo University. Their ages ranged from 55 to 65 years old. They were divided randomly into two groups equal in number, group (A) treated by aerobic exercise for 4 weeks while group (B) treated by diet rich in tryptophan for 4 weeks. Depression was evaluated by BDI before and after the program for both groups. The obtained results showed a statistically significant decrease ($P < 0.05$) in depression in both groups and there is no significant difference in pre and post treatment values of BDI between the two groups but when we compared the differences between pre and post treatment values for each group we found a statistically significant difference between both groups (more in group A). So that, it could be concluded that aerobic exercise and diet rich in tryptophan were effective adjunct methods in reducing postmenopausal depression but aerobic exercise is more effective than diet rich in tryptophan.</p>
Key words	1.	Post menopause
	2.	Depression
	3.	Low Level Laser Therapy
	4.	Aerobic exercise
	5.	Tryptophan
	6.	menopausal
Classification number	:	
Pagination	:	114 p.
Arabic Title Page	:	تأثير الليزر منخفض الشدة مقابل تقنية التدليك التجريدي على نقاط الألم العضلي الليفي في الجزء العلوي من العضلة شبه المنحرفة
Library register number	:	4347-4348.

**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	:	Sanaa Abdallah Abd El Motelb
Title	:	Effect of resistive exercise versus whole body vibration on premenstrual syndrome
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El -Sayed El-Mekawy.
	2.	Mohamed Mohsen El-Namory.
	3.	Abeer Mohamed ElDeeb.
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of resistive exercise versus whole body vibration on premenstrual syndrome (PMS). Thirty young females aged 16-20 years were randomly distributed into two groups: resistive group received medical treatment in the form of vitamin B6 once daily for 12 weeks and engaged in a program of resistive exercise, 3 times/week for 12 weeks and whole body vibration (WBV) group received the same medical treatment and engaged in a program of WBV training, 3 times/week for 12 weeks. Premenstrual symptoms were assessed by using premenstrual syndrome questionnaire (PMSQ), and blood sample were taken to measure levels of estradiol (E2), progesterone and prolactin before starting and after the end of the treatment program. Results revealed that the resistive group showed a highly significant decrease in premenstrual symptoms score ($p=0.0001$), progesterone ($p=0.0001$), prolactin ($p=0.0001$) and significant decrease in estradiol ($p=0.004$) post treatment. While WBV group showed a highly significant decrease in premenstrual symptoms score ($p=0.0001$), prolactin ($p=0.001$) and a significant decrease in estradiol ($p=0.042$), progesterone ($p=0.039$) post-treatment. However, resistive group showed a highly significant decrease in premenstrual symptoms score ($p=0.0019$) and a significant decrease in estradiol ($p=0.0027$), progesterone ($p=0.046$) and prolactin ($p=0.042$) when compared to WBV group. It can be concluded that both resistive training and WBV have a positive effect on PMS through improving related symptoms of PMS and reducing levels of estradiol, progesterone and prolactin that are involved in PMS symptoms. However, the resistive exercise is more effective than WBV in treating PMS in young females.</p>		
Key words	1.	Premenstrual syndrome
	2.	Resistive Exercise
	3.	Whole body vibration
Classification number	:	
Pagination	:	122 p.
Arabic Title Page	:	تأثير تمارين المقاومة مقابل الاهتزاز الكلي للجسم على السيدات اللاتي يعانين من متلازمة ما قبل الطمث.
Library register number	:	4579-4580.

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AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Shereen Shaker Marzouk
Title	:	Effect Of Kinesio Taping On Alleviating Normal Labor Pain
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Aly Heidar Sabbour
	2.	Tarek Abd El-Zaher Qarqor
	3.	Ghada Ibrahim Al-Refaay
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the efficacy of kinesio taping in reducing labor pain. Subjects: 40 normal full term primigravidae women were selected from emergency unit of Obstetrics Department at El-Shatby university Hospital –Alexandria during first stage of labor and their age ranged from 20-40 years old. They were divided randomly into two equal groups in number A&B. Group (A): consists of twenty women who received kinesio taping at lumbar region and anterior lower abdomen during normal labor and also received routine medical care. Group (B): consists of twenty women who received routine medical care only. Measurements: All participants were assessed by using Visual analogue Scale (VAS) scale for labor pain, Cardiotocography (CTG) for monitoring fetal heart rate and uterine contractions at 1st and 2nd stages of normal labor. Results: The results revealed that the pain intensity using (VAS) in the first stage of labor for group (A) (7.7 ± 0.73) was significantly lower than group (B) (8.4 ± 0.82) also statistical analysis revealed that pain intensity using (VAS) in the second stage of labor for group (A) (8.9 ± 0.44) was significantly lower than group (B) (9.6 ± 0.5). Conclusion: Accordingly, it could be concluded that the application of kinesio taping is an effective method in reducing labor pain and safe for the mother as well as her new born.</p>		
Key words	1.	kinesio tape
	2.	labor pain
	3.	VAS.
	4.	CTG
Classification number	:	000.000.
Pagination	:	90 p.
Arabic Title Page	:	تأثير الشريط اللاصق على التخفيف من حدة الآم الولادة الطبيعية.
Library register number	:	4105-4106.

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY
AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Sherihan Anwar Ahmed Badran
Title	:	Effect of Coordinative Exercise on Attention of Adolescent Female During Menstruation
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El Sayed El-Mekawy
	2.	Said Abdel Azim Mohammed
	3.	Fayez Farouk Ibrahim
Degree	:	Master.
Year	:	2015.
Abstract	:	<p>This study was conducted to determine the effect of coordinative exercise on attention in adolescent females during menstruation. 40 adolescent females participated in the study. Their age ranged from 15 to 18yrs. All participants had a good medical history and regular menstrual cycle. All participants received a coordinative exercise program for 35minutes 3 times per week for 4 subsequent weeks. Evaluation was done using the d2 test for attention. Six measurements were taken; at one day before menstruation before the application of the exercise program (pre I), at the second day of menstruation before the application of the exercise program (pre II), and at the fifth day of menstruation before the application of the exercise program (pre III), and at one day before menstruation after the application of the exercise program (post I), at the second day of menstruation after the application of the exercise program (post II), and at the fifth day after menstruation after the application of the exercise program (post III). These measurements were statistically analyzed and compared. Results revealed that there was a significant improvement in attention before, during and after menstruation after exercise compared to before exercise; showing a significant difference in all the d2 test scores (TN,E_1,E_2E, E%, TN-E, CP ,FR) between the six time intervals (p = 0.0001). So, it can be concluded that coordinative exercise improved attention before, during and after menstruation.</p>
Key words	1.	Coordinative exercise
	2.	Attention
	3.	Adolescent
	4.	Female
	5.	Menstruation
Classification number	:	000.000.
Pagination	:	93 p.
Arabic Title Page	:	تأثير تمارين التوافق العضلي العصبي على الإنتباه لدى الفتيات أثناء الحيض .
Library register number	:	4497-4498.

**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	:	Shimaa Mostafa Elwan
Title	:	Effect Of Anodyne Therapy on Post Cesarean Wound Healing In Diabetic Women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El-Sayed El-Mekawy
	2.	Dyaa Moneir Aglan
	3.	Abeer Mohamed ElDeeb
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of anodyne therapy on post-cesarean wound healing in diabetic women. Thirty post-cesarean diabetic women aged 25-35 years participated in the current study. They were randomly distributed into two equal groups: Control group received medical treatment and placebo anodyne therapy treatment, 3 times/week for one week, and study group received the same medical treatment and active anodyne therapy treatment, 3 times/week for one week. Blood samples were analyzed to measure T-lymphocytes%, percentage of T-lymphocytes to all white blood cells and blood glucose level at starting and after the end of the treatment program. Results revealed that the control group showed statistically significant decrease in T-lymphocyte% ($P=0.03$) and statistically non-significant difference in the percentage of T-lymphocyte to all white blood cells ($P=0.63$) and blood glucose level ($P=0.32$) post-treatment. While the study group showed statistically highly significant increase in T-lymphocytes% ($P=0.00$) and percentage of T-lymphocyte to all white blood cells ($P=0.00$) and statistically highly-significant decrease ($P=0.00$) in blood glucose level post-treatment. Compared to the control group, the study group showed statistically highly significant increase ($P=0.01$) in the T-lymphocyte% and a non-significant difference ($P=0.26$) in the percentage of T-lymphocyte to all white blood cells, while statistically highly significant decrease ($P=0.00$) in blood glucose level. Thus, it could be concluded that anodyne therapy is an effective modality for improving wound healing in diabetic women post cesarean section.</p>		
Key words	1.	Cesarean section
	2.	Anodyne therapy,
	3.	Blood glucose level.
	4.	Wound Healing
	5.	T-lymphocyte%,
	6.	Diabetic Women
Classification number	:	000.000.
Pagination	:	73 p.
Arabic Title Page	:	تأثير الأنودين العلاجي على التئام جرح القيصرية في السيدات اللاتي تعانين من مرض السكر.
Library register number	:	4459-4460.

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY
AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Wael Bahat Fahmy Younan
Title	:	Effect of different exercise intensities on leptin hormone insulin resistance in obese postmenopausal women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Aly Sabbour
	2.	Iman Abbas Hosny
	3.	May Kamel Mattar
	4.	Sherif Mofeed Ekladius
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of different exercise intensities on leptin hormone and insulin resistance in obese postmenopausal women. Forty five healthy obese postmenopausal women with age ranged from 50 to 60 years. Were selected randomly from the Out Patient Clinic of the National Nutrition Institute; their body mass index (BMI) were ≥ 30 kgs/m². Women were randomly assigned into three groups (A&B&C) each group consisted of fifteen women. Group (A): Each woman followed a diet regimen for weight reduction for 12 weeks. Group (B): Each woman followed a diet regimen as the same as in group (A) in addition to program of aerobic exercise in form of cycle ergometer for 25 minutes three sessions per week for 12 weeks. Group (C): Each woman followed a diet regimen as the same in group (A) in addition to regimen protocol of low volume high intensity interval exercise on cycle ergometer for 25 minutes three sessions per week for 12 weeks. Evaluations of all groups (A&B&C) were done before initiation of treatment and after the end of treatment (12 weeks) through measuring the anthropometric measurements, body composition measurements and lipid profile. In addition to assessment of the insulin resistance value and leptin hormone. Results: Showed that there was a statistically highly significant decrease in the body weight, BMI, Fat percentage, and fat mass, insulin resistance and leptin hormone in all groups (A&B&C) between before initiation of treatment and after the end of treatment, but group (C) had greater improvement more than group (B) and group (A), while the WC and android / gynoid ratio revealed that a statistically significant decrease in group (B) and group (C), but changes in the group (A) were not statistically significant. There was also a statistically significant increase in fat free (g) at group (C) while a statistically significantly decrease in group (A), but there was statistically non significant changes occur in group (B). Also the lipid profile (TC, TGs, and LDLs) revealed that statistically significant decrease in all groups, but HDLs after aerobic and HIIT had positively and significantly increase was noted in group (B) and group (C), but changes in the group (A) was not statistically significant. When comparing the three groups (A&B&C) there was statistically highly significant decrease in weight, BMI, WC, fat percentage, fat mass, android / gynoid ratio, TC, HDLs after the end of treatment which is favor to group (C) compared to group (A) and group (B) as well as leptin hormone and insulin resistance after the end of treatment. While there was non statistically significant difference in fat free, TGs and LDLs. conclusion: The result of this study concluded that additional of HIIT exercises to a diet regimen is effectively improving insulin resistance, leptin hormone, body composition and beneficial for glucose-lipid metabolism.</p>		
Key words	1.	Insulin resistance
	2.	HIIT, Lipid profile
	3.	Body composition
	4.	Obese postmenopausal.
	5.	leptin hormone
Classification number	:	000.000.
Pagination	:	159 p.
Arabic Title Page	:	تأثير التمرينات مختلفه الشده على هرمون الليبتين ومقاومة الانسولين في السيدات البدنيات بعد انقطاع دوره الشهرية
Library register number	:	4489-4490.

**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	:	Yasmeen Mahmoud Mohamed Mazroua
Title	:	Effect Of Aerobic Exercises On Primary Dysmenorrhea In Obese Girls
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Amel Mohamed Yousef,
	2.	Amir ArabiGabr
	3.	Fayez Farouk Ibrahim
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the effect of aerobic exercises on primary dysmenorrhea in obese girls. Thirty obese girls (Body Mass Index>30-<34.9 Kg/m²) having regular menstrual cycles with primary dysmenorrhea. Their ages ranged from 18-25 years old. They were randomly distributed into two groups equal in number: Group (A): participated in a program of weight reduction including aerobic exercises and low caloric diet and group (B) followed the same low caloric diet as group (A).Body mass index, waist/hip ratio, estrogen hormone level and pain intensity assessed by Visual Analogue Scale were measured before starting at 1st day of menstruation and after the end of treatment program (at 1st day of fourth menstruation). Results showed statistically significant decrease (P<0.005) in Body Mass Index and significant decrease (P<0.05) in estrogen hormone level and pain intensity assessed by Visual Analogue Scale in both groups (A&B) at post treatment except pain intensity showed statistically non significant difference at group (B), while waist /hip ratio showed a statistically non-significant difference (P>0.05) in both groups (A&B) at post treatment. Comparison between both groups (A&B) showed a statistically non-significant difference at all measured variables at pre as well as post treatment. It could be concluded that aerobic exercises and low caloric diet had significant improvement on dysmenorrhea in obese girls.</p>		
Key words	1.	Dysmenorrhea
	2.	Estrogen hormone level
	3.	Visual Analogue Scale.
	4.	Body Mass Index
	5.	Obese Girls
	6.	obesity
Classification number	:	000.000.
Pagination	:	91 p.
Arabic Title Page	:	تأثير التمرينات الهوائية على آلام الطمث الأولية لدى الفتيات البدينات.
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**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	:	Yasmin Maher Abd Elgaber
Title	:	Relation between Postural Kyphosis and Computer Usage among School Girls after Puberty in Cairo Governorate
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud El-kosery
	2.	Mohamed Ahmed Awad
	3.	Amir Arbi Gabr Yousef
Degree	:	Master.
Year	:	2015.
Abstract	:	
<p>This study was conducted to determine the relation between postural kyphosis of school girls in Cairo Governorate to computer usage. Two thousand adolescent girls participated in this study. They were selected randomly from the preparatory and secondary schools in Cairo on the following criteria: 1000 girls from preparatory schools and 1000 girls from secondary schools in Cairo. Their thoracic kyphotic angles and thoracic inclination angles were measured by spinal goniometer. The trunk length was measured by tape measurement. The result of this study found that the percentage for computer users girls who had kyphotic angle $>40^{\circ}$ was 30.8% and for non computer users girls who had kyphotic angle $>40^{\circ}$ was 15.2%. Positive correlations were found between thoracic kyphosis angle and trunk length, age and thoracic inclination angle. Accordingly, it can be concluded that postural kyphosis increased with computer usage in school girls.</p>		
Key words	1.	Thoracic kyphosis
	2.	Puberty
	3.	Spinal Goniometer
	4.	Computer Usage
	5.	School Girls
	6.	Cairo Governorate
	7.	Puberty.
Classification number	:	000.000.
Pagination	:	86 p.
Arabic Title Page	:	العلاقة بين إنحناء العمود الفقري واستخدام الكمبيوتر بين فتيات المدارس بعد البلوغ في محافظة القاهرة
Library register number	:	4157-4158.