

**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

2017

Author	:	Ahmed Hamdi Abd El Aziz
Title	:	Effect of Pulsed Electromagnetic Field On Primary Dysmenorrhea
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	KhadygaSayed Abdul Aziz
	2.	Hesham Mohammed Kamal
	3.	Engy Mohamed Ibrahim El Nahas
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study was conducted to determine the effect of pulsed electromagnetic field on primary dysmenorrhea. Forty girls suffering from primary dysmenorrhea were selected from physical therapy department in Matria Teaching hospital in Cairo. Their ages ranged from 20 to 30 years old. They were divided randomly according to enclosed envelope into two groups, equal in number, group (A) which consisted of 20 girls who were treated with pulsed electromagnetic field, 3 times/week for three months. Each session lasted for 30 minutes, in addition to their medical treatment [Mefenamic acid], three times/day for three days during menstruation. Group (B) which consisted of 20 girls who received their medical treatment only, three times/day for three days during menstruation. VAS and menstrual distress questionnaire were used for assessment pre and post treatment for both groups (A & B). The results showed that there was a significant decrease in VAS and menstrual distress scores, in both groups (A & B) in favor of group (A). So, it could be concluded that pulsed electromagnetic field was very effective adjunct method in reducing primary dysmenorrhea.</p>		
Key words	1.	primary Dysmenorrhea
	2.	pulsed electromagnetic
	3.	Women in Dysmenorrhea
Classification number	:	000.000.
Pagination	:	102 p.
Arabic Title Page	:	تأثير المجال الكهرومغناطيسي المتقطع على آلام عسر الطمث.
Library register number	:	5699-5700.

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Author	:	Amany Mohamed El Sayed El Ahwal
Title	:	Extracorporeal Shock Wave Therapy versus Ultrasound for Carpal Tunnel Syndrome in Post-Menopausal Period
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud El-Kosery
	2.	Abd-Elatif Galal El Kholi
	3.	Ghada Ebrahim El Refaye
Degree	:	Master.
Year	:	2017.
Abstract	:	<p>Carpal tunnel syndrome (CTS) is defined as a compression of median nerve at the carpal tunnel of the wrist; it is the most common of all entrapment syndromes. The classic symptoms of CTS include nocturnal pain associated with tingling and numbness in the distribution of median nerve in the hand. The forty patients were selected randomly from Damietta specialist hospital, their age ranged from 50-60 years old and their BMI did not exceed 35kg/m². The diagnosis of CTS should be based on history, physical examination and results of electrophysiological studies. The aim of this study was conducted to compare between the effect of ultrasound therapy and extracorporeal shock wave therapy in the treatment of forty women suffered from carpal tunnel syndrome in post-menopausal women. Results of this study indicated that both group (A&B) improved clinically in pain perception and conduction velocity; but shock wave group (A) exhibited highly significant improvement in sensory & motor distal latency of median nerve while ultrasound group (B) failed to provide such improvement in sensory and motor distal latency. Therefore shock wave must be indicated and added to the conservative treatment of CTS to gain maximum recovery results.</p>
Key words	1.	Shock Wave
	2.	Carpal Tunnel Syndrome
	3.	Ultrasound
	4.	Women in Post-Menopausal. 5675-5676
Classification number	:	000.000.
Pagination	:	102 p.
Arabic Title Page	:	العلاج بالموجات التصادمية مقابل الموجات فوق الصوتية لمتلازمة اختناق العصب الأوسط عند الرسغ للسيدات فترة ما بعد انقطاع الطمث.
Library register number	:	5675-5676.

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Author	:	Ashraf Gamal Abd El-Meguid Mashali
Title	:	Impact of Pregnancy on Pelvic Floor Muscle Strength
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Mohamed Ahmed Mohamed Awad
	2.	Marwa Abd El-Rahman Mohamed
	3.	Amir Arabi Gabr
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study was conducted to investigate the effect of pregnancy on pelvic floor muscle strength. Two hundred pregnant women in their 12 weeks of gestation were selected randomly from the antenatal care clinic of Kasr Al-Aini hospital - Cairo University and El-Mansoura University hospital- Mansoura University. Their ages were ranged from 25 to 35 years old and their body mass index was not exceeding 30 kg/m². They were primigravida and multigravida. They were divided into two groups equal in number, group (A) one hundred primigravida women, group (B) one hundred multigravida women. All women performed evaluation tests for their pelvic floor muscles strength using TG Myo feedback 420v at 12, 20 and 32 weeks of gestation to determine any change in pelvic floor muscles strength in these different periods of pregnancy. The results of this study found that, within groups there was a statistically highly significant decrease ($P<0.01$) in pelvic floor muscles strength in both groups A and B with percentage of decrease 17.57% and 42.77% respectively. Between groups comparison, there was statistically highly significant difference in pelvic floor muscles strength in the 1st, 2nd and 3rd trimester between both groups with higher percentage of decrease in pelvic floor muscles strength in group B (multigravida). Also, the results showed that there was highly significant difference between both groups in the mean values of differences of decrease in 1st to 3rd trimester in the pelvic floor muscles strength (more decrease in group B). Accordingly, it can be concluded that the pregnancy markedly affect the pelvic floor muscles strength with more affection of the multigravida women. 5435-5436</p>		
Key words	1.	Pregnancy
	2.	Pelvic floor muscle
	3.	Muscle Strength
	4.	Pregnancy on Pelvic Floor
	5.	Women in pregnant.
Classification number	:	000.000.
Pagination	:	84 p.
Arabic Title Page	:	تأثير الحمل على قوة عضلات قاع الحوض الرافعة.
Library register number	:	5435-5436.

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Author	:	Aya Ashraf Abd El-Khalek
Title	:	Effect of Resistive Exercise on Non Alcoholic Fatty Liver Disease in Postmenopausal Women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Magda Sayed Morsy
	2.	Adel Farouk El-Begawy
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study was conducted to determine the effect of resistive exercise on non-alcoholic fatty liver disease in obese postmenopausal women. Thirty obese post-menopausal women with non-alcoholic fatty liver disease were participated in this study. They were referred from the outpatient clinic of internal medicine and outpatient clinic of gynecology in Kasr Al Aini Hospital, Cairo University. Their ages were ranged from 45-55 years old with a mean value 48.96 ± 1.98 years and their body mass index (BMI) was ranged from 30-35 Kg/m² with a mean value 33.56 ± 1.25 kg/m². All participants were randomly divided into two equal groups (A&B). Patients in group A (control group) were treated by a specific diet program designed by a nutritionist for 8 weeks to reduce their body weight while, patients in group B (Study group) were treated by the same diet program as group (A) in addition to performing a moderate resistive exercise program on a treadmill for one hour 3 times per week for 8 weeks. The resistive exercise program was divided into 3 intervals, 5 minutes warming up, 50 minutes walking on the treadmill which was inclined 2.9 degree and 5 minutes cooling down. The intensity of the moderate resistive exercise program 70% of maximum heart rate was determined through this equation (MHR=220-age). All patients in both groups (A&B) were evaluated by Abdominal ultrasonography ,measuring body weight, body mass index, waist hip ratio, Liver enzymes (ALT, AST), total cholesterol, high-density lipoprotein, low-density lipoprotein and triglycerides before starting and after the end of the treatment program. A highly significant (p-value ≤ 0.0001) decrease in body weight, body mass index, waist hip ratio, Liver enzymes (ALT, AST), total cholesterol, low-density lipoprotein, triglycerides, with a highly significant (p-value>0.0001) increase in high density lipoprotein. Additionally, there was a highly significant (p-value>0.0001) improvement in grades of fatty liver disease by abdominal ultrasonography after treatment in both groups. Yet, these changes were more pronounced and statistically significant (p-value>0.0001) in the study group when compared to the control group. This means that a moderate resistive training exercise on treadmill combined with a specific low caloric diet program was much better than using low caloric diet program only in treating obesity, improving liver function and lipid profile as well as decreasing the amount of fats accumulated in the liver thus, it is an effective method for treating obese post -menopausal women with NAFLD.</p>		
Key words	1.	Non-alcoholic fatty liver disease
	2.	low caloric diet
	3.	menopause
	4.	resistive exercise
	5.	Women in Postmenopausal
Classification number	:	000.000.
Pagination	:	209 p.
Arabic Title Page	:	تأثير تمارينات المقاومة على مرضي الكبد الدهني الغير كحولي في فترة ما بعد انقطاع الطمث.
Library register number	:	5495-5496.

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Author	:	Bousy Amin Ebrahim
Title	:	Unilateral Versus Bilateral Wrist Band in Alleviating Nausea and Vomiting in Post Cesarean Section
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy
	2.	ShokryAbd El Azeim El Sherashaby
	3.	GhadaEbrahim El Refaye
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>Back ground: Postoperative nausea and vomiting (PONV) is nausea and vomiting occurring within 24 hours after surgery. Acupressure by using wrist bands are used to decrease postoperative nausea and vomiting by stimulation of P6 acupoint. Aim: This study designed to analyze the effect of unilateral wrist band versus bilateral wrist bands in decreasing postoperative nausea and vomiting. Methods: Forty volunteers women had cesarean section, were participated in the study. They were divided randomly in to two groups equal in number group A& group B. Group (A) had unilateral wrist band before induction of anesthesia and removed 24 hours after operation, group (B) had bilateral wrist bands before induction of anesthesia and removed 24 hours after operation. Assessment for all subjects in both groups (A&B) was carried out by using Rhodes Index, immediately after operation and at 6 and 24 hours after operation. Results: Both groups exhibited a reduction in PONV after the end of treatment program, when both groups (A&B) were compared together, there is favoring of group B. These results indicate that using of unilateral wrist band and bilateral wrist bands were effective methods in decreasing post cesarean section nausea and vomiting, but bilateral is more effective.</p>		
Key words	1.	Nausea
	2.	Vomiting
	3.	Wrist band
	4.	Cesarean section
	5.	Bilateral Wrist Band.
Classification number	:	000.000.
Pagination	:	89 p.
Arabic Title Page	:	مقارنة بين تأثير عُصابة المعصم الأحادية والثنائية في تخفيف الغثيان والقى بعد الولادة القيصرية.
Library register number	:	5719-5720.

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Author	:	Dalia Mohamed Aymen
Title	:	Awareness of Gynecologists About Role of Physical Therapy in Treatment of Stress Urinary Incontinence
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Mohamed Ahmed Awad
	2.	Amir Araby Gaber
	3.	Marwa Abd El Rahman Mohamed
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study is a trial to investigate the awareness of gynecologists by the role of physical therapy modalities used in treatment of stress urinary incontinence. In this study, Five hundred gynecologists participated in the study (128 from Upper Egypt, 125 from Lower Egypt, 97 from Delta, and 150 from Greater Cairo). A questionnaire form had been designed from 20 questions based on the reviewed literature. The broad objective of this questionnaire was to determine the level of gynecologists' awareness about Physical therapy in treatment of stress urinary incontinence. Data was collected from gynecologists from different governmental hospitals in Egypt and analyzed using descriptive and quantitative statistics. The results of this study assured the unawareness of most gynecologists by the role of physical therapy in treatment of stress urinary incontinence. It can be concluded that more awareness is needed for gynecologists about the role of physical therapy modalities used for treatment of stress urinary incontinence. Also more connection is needed between physical therapists and gynecologists to explain the role of physical therapy modalities in treatment of stress urinary incontinence.</p>		
Key words	1.	Gynecologists
	2.	Stress urinary incontinence
	3.	Physical therapy of Urinary Incontinence.
Classification number	:	000.000.
Pagination	:	87 p.
Arabic Title Page	:	مدي معرفة أطباء النساء بدور العلاج الطبيعي في علاج مرض سلس البول الاجهادي.
Library register number	:	5611-5612.

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Author	:	Doaa Hassanin Hassanin Soliman
Title	:	Effect of Aerobic Exercises On Blood Coagulation In Pre and Post Menopause in Obese Women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Mohamed Ahmed Mohamed Awad
	2.	Amir ArabyGabr
	3.	Afaf Mohamed Mahmoud
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study was conducted to determine the effect of aerobic exercises on blood coagulation in pre and post menopause in obese women. Forty (pre and post menopausal) women were selected randomly from physical therapy department in El Mahala El Kobara general hospital shared in this study. They were divided into two equal groups A (pre menopausal women), B (post menopausal women). Their ages were ranged from (group A 30-40years) (group B 50-60years). Their body mass indices (BMI) were ranged from 30-40 kg/m². Both groups (A&B) performed aerobic exercises program, in the form of treadmill 3 times /week for 12 weeks. Each session took 30 minutes as follow: 5 min warming up exercise by walking on treadmill at low speed, 20 min walking at sub maximal intensity (60-70 % of maximal heart rate) and 5 min cooling down by walking on treadmill at low speed as in warming up. Blood coagulation that included (Platelet aggregation and fibrinogen) were evaluated in the two groups at two intervals, the starting of the study and at the end of the twelve week (post exercises program). The results showed that aerobic exercises have a great effect in reducing blood coagulation in obese women pre and post menopause. It seems that aerobic exercises can be used as a method of reducing risk factors for cardiovascular diseases of inactive obese women.</p>		
Key words	1.	Aerobic exercises on Blood Coagulation
	2.	Blood coagulation
	3.	Menopausal women
	4.	Women in Obesity
	5.	Women in Menopause
Classification number	:	000.000.
Pagination	:	111 p.
Arabic Title Page	:	تأثير التمرينات الهوائية على تجلط الدم قبل و بعد انقطاع الطمث في السيدات البدينات.
Library register number	:	5483-5484.

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Author	:	Doaa Mohamed Mostafa Yakout
Title	:	Effect of specific exercise program augmented by pelvic support belts on symphysis pubis dysfunction
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Khadija Sayed Abdel-Aziz
	2.	Hanaa Abdel-Moneim Younis
	3.	Wafaa Mohammad Kamal
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>Background: Symphysis pubis dysfunction (SPD) is a relatively common and debilitating condition affecting pregnant women. It is painful and can cause significant decrease in quality of life. SPD occurs when symphysis pubis joint is apparently not working as it should be, which led to instability of the pelvic girdle. Purpose of the study: To determine the effect of specific exercise program augmented by pelvic support belts on symphysis pubis dysfunction in pregnant women. Methods: Thirty pregnant women suffering from symphysis pubis dysfunction participated in this study. Pregnant women were assigned into two equal groups equal in number; Group A (The study group) which had specific exercise program augmented by pelvic support belts and Group B (The control group). Assessment was done for pain, dysfunction and diastasis of symphysis pubis. Data of visual analogue scale (VAS), Oswestry Disability Index (ODI), and Ultrasonography were collected from each woman pre and post treatment. Results: The results showed significant improvement in pain intensity, functional disability in the Group A compared with Group B. Conclusion: It can be concluded that specific exercise program and pelvic support belts are effective physical therapy methods for treating symphysis pubis dysfunction in pregnant women and should be recommended in antenatal physical therapy program.</p>		
Key words	1.	symphysis pubis dysfunction
	2.	Specific exercise program.
	3.	pelvic support belt
	4.	Women in pregnant.
Classification number	:	000.000.
Pagination	:	113 p.
Arabic Title Page	:	تأثير برنامج تمارينات محدد تضاف إليه الاحزمة الداعمة للحوض على ضعف وظيفة مفصل العانة.
Library register number	:	5599-5600.

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Author	:	Eman Mohamed Mahmoud Abd El Halim
Title	:	Echocardiographic Changes After Intradialytic Resisted Exercise In Regular Hemodialysis Patients
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Aziz Guirguis Aziz
	2.	Essam Baligh
	3.	Sahier Omar Al Khashab
	4.	Shereen Hamed El Sayed
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>The aim of this study was to investigate the effect of intradialytic resisted exercises on cardiovascular functions assessed by echocardiography and ambulatory blood pressure in patients on regular hemodialysis (HD). Forty patients of both genders on regular HD from Al Kasr Al Aini Hospital (Nephrology and Dialysis center), participated in this study. Patients were divided into two equal and matched groups: intervention group who received a program of intradialytic resisted exercises three times per week for 12 weeks, and control group who received the usual HD sessions only. The cardiovascular functions were measured using echocardiography and ambulatory blood pressure (ABP) for all the patients at the beginning of the study and after three months. The results of the current study demonstrated that intradialytic resisted exercises for 12 weeks resulted in significant ($p < 0.05$) drop in mean systolic blood pressure (MSBP) (mean decrease 3.96%), mean diastolic blood pressure (MDBP) (mean decrease 2.38%) and mean pulse pressure (mean decrease 6.43% %) in the intervention group. Moreover, there was significant ($p < 0.05$) drop in mean left ventricle end diastolic diameter (LVEDD), left ventricle end systolic diameter (LVESD), left ventricle end diastolic volume (LVED volume), left ventricle end systolic volume (LVES volume), septal wall thickness (SWT), left ventricle mass (LVM) and left ventricle mass index (LVMI) (mean decrease 4.85%, 6.40%, 10.24%, 22.29%, 2.73%, 14.57% and 15.30% respectively) in the intervention group. Finally intradialytic resisted exercises resulted in significant ($p < 0.05$) improvement of left ventricle systolic functions (left ventricle ejection fraction (LVEF) (mean increase 12.28%) in the intervention group. On the other hand the same parameters remained unchanged or worsened in the control group. It was concluded that intradialytic resisted exercises three times per week for 12 weeks in patients on regular HD had a positive effect on some cardiac functions in the form of reduction of left ventricle size and improvement of left ventricle systolic functions as measured by echocardiography. Moreover, intradialytic resisted exercises resulted in improvement of ambulatory blood pressure parameters such as MSBP, MDBP and pulse pressure in those patients. 5549-5550</p>		
Key words	1.	echocardiographic changes
	2.	intradialytic resisted exercise
	3.	ambulatory blood pressure
	4.	cardiac functions
	5.	Regular Hemodialysis Patients
	6.	hemodialysis
Classification number	:	000.000.
Pagination	:	174 p.
Arabic Title Page	:	تغييرات تخطيط صدى القلب بعد ممارسة تمارين المقاومة أثناء جلسة الغسيل الكلوي في المرضى المنتظمين على الغسيل الكلوي.
Library register number	:	5549-5550.

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

Author	:	Eman Mohamed Yousry Abd El-Hay Fayed
Title	:	Effect Of Osteopathy On Primary Dysmenorrhea
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Khadyga Sayed Abd El- Aziz
	2.	Tarek Abd el- Zaher Karkour
	3.	Engy Mohamed El-Nahas
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>The main objective of this study was to determine the effect of osteopathy on primary dysmenorrhea. Thirty adolescent females suffering from primary dysmenorrhea were selected from faculty of arts Alexandria University. Their ages ranged from 16 to 25 years, They were divided randomly into two groups equal in numbers: study group (group A) who received Osteopathy (visceral manipulation Technique), two sessions per cycle for three consecutive cycles before menstruation by two weeks. In addition to their medical treatment. And control group (group B) who received medical treatment only. All females were assessed by using, visual Analogue Scale, Cortisol Level, and Menstrual Symptom Questionnaire. The results of this study showed that there was a highly statistical significant difference in Visual Analogue Scale Scores, Cortisol Level and Menstrual Symptom Questionnaire Scores between both groups (A & B) post treatment, where the P value was(< 0.01), in favor of group (A). It can be concluded that osteopathy (visceral manipulation technique) is effective in decreasing pain associated with primary dysmenorrhea.</p>		
Key words	1.	primary dysmenorrhea
	2.	visceral manipulation technique
	3.	Osteopathy.
	4.	Adolescent females.
	5.	Women in Menopause
Classification number	:	000.000.
Pagination	:	123 p.
Arabic Title Page	:	تأثير الأستيوباثي على اللآم عسر الطمث
Library register number	:	5617-5618.

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Author	:	Fatma Elzahraa Mosaad Ibrahim
Title	:	Effect of Foot Reflexology on Pain And Outcomes of Labor
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Khadyga Sayed Abdulaziz,
	2.	Ghada Ebrahim El-Refaye
	3.	Hany Mahmoud Abd El Hameed
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study is conducted to determine effect of foot reflexology on pain and outcomes of labor. Forty pregnant women in labor diagnosed clinically by obstetrician as primigravida. They were divided randomly into 2 groups equal in number (A, B). Group A received foot reflexology during labor for 20 minutes for each foot when cervix is at 3-5 cm dilatation. Group B received routine healthcare, verbal and emotional support when cervix was at 3 to 5 cm dilatation. Pain was evaluated by Visual Analogue Scale while outcomes of labor were evaluated by Apgar score, duration of labor by measuring length of different stages of labor, blood pressure measured by a mercury barometer device. The obtained results of this study showed statistical significant decrease in the mean value of duration of labor of the first, second and third stages of labor in group(A) when compared with its corresponding value in group(B), there was statistical significant increase in the mean value of apgar score measured after 1 minute and after 5 minutes of labor in group(A) when compared with its corresponding value in group(B),there was no statistical significant difference in mean arterial blood pressure neither within each group (A, B) nor between groups (A, B). There was a statistically highly significant decrease in pain within group (A) also there was a statistically highly significant decrease in pain between groups (A, B). Therefore, it could be concluded that the reflexology was very effective method in reliving labor pain and improving outcomes of labor .</p>		
Key words	1.	labor pain
	2.	arterial blood pressure
	3.	apger score
	4.	reflexology
	5.	outcomes of labor
	6.	duration of labor
	7.	Foot Reflexology
	8.	Pain And Outcomes Of Labor
	9.	Women in labor
Classification number	:	000.000.
Pagination	:	102 p.
Arabic Title Page	:	تأثير الريفليكسولوجي للقدمين على آلام الولادة ونتائجها.
Library register number	:	5423-5424.

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Author	:	Heba Hassan Kamal Farid
Title	:	Effect of Aerobic Exercise on Body Fat Composition in Lactating Vs. Non Lactating Ladies
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El-Sayed EL- Mekawy
	2.	Abeer Mohamed ElDeeb
	3.	Amir Arabi Gabr
Degree	:	Master.
Year	:	2017.
Abstract	:	<p>This study was conducted to investigate the effect of exercise on body fat composition in non-lactating and lactating women. Twenty non-lactating and twenty lactating women were participated in this study, their ages ranged between 25-35 years old and BMI was 25- 30 kg/ m². They received aerobic exercise 3 times per week for 30 min. for 4 weeks. BMI, waist circumference, body fat composition and prolactin level were assessed for all participants before and after the study. Results revealed that the non-lactating and lactating women showed highly significant decrease in BMI. (P = 0.002 & P = 0.00), waist circumference (P = 0.000 & P = 0.003) and fat composition (P = 0.000 & P = 0.00) and highly significant increase in prolactin level (P = 0.00 & P = 0.001) respectively. Comparison between groups showed no significant difference in BMI.(P = 0.313) , highly significant decrease in waist circumference (P =0.00) , significant decrease in fat composition (P = 0.001) favoring group A (non-lactating women). Conclusion: It could be concluded that aerobic exercise can be used to decrease waist circumference and body fat composition in non-lactating as well as in lactating women without any adverse effect on their ability for lactation.</p>
Key words	1.	Aerobic exercise on Body Fat.
	2.	prolactin hormone
	3.	fat composition.
	4.	body mass index
	5.	women in Lactating
Classification number	:	000.000.
Pagination	:	99 p.
Arabic Title Page	:	تأثير التمرينات الهوائية على دهون الجسم في السيدات المرضعات مقابل السيدات غير المرضعات.
Library register number	:	5259-5260.

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Author	:	Mahitab Nashaat Ahmed
Title	:	Correlation between different degrees of anemia and physical activity in postmenopausal women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Khadiga ElSyed Abd.El.Azez
	2.	SaadAbdElnapy Ahmed
	3.	Afaf Mohamed Mahmoud Botla
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>Background: Anemia is a common and often devastating problem among older people, leading to a reduction in physical activity and quality of life. Purpose: to evaluate the correlation between different degrees of anemia and physical activity in postmenopausal women. Methods: two hundred anemic postmenopausal women their age ranged from 60 to 70 years old and their BMI ranged from 30-40 kg/m² were selected from outpatient clinics of Maghagha hospital. The anemia was assessed by CBC analysis (hemoglobin level), physical activity was assessed by short form 36 health survey questionnaire (SF-36). The results showed that there is statistical significant correlation between different degrees of anemia and physical activity in postmenopausal women. It was concluded that when the hemoglobin level decrease, the physical activity and quality of life also decrease.</p>		
Key words	1.	Anemia.
	2.	postmenopausal women.
	3.	physical activity.
	4.	Women in Menopause
Classification number	:	000.000.
Pagination	:	78 p.
Arabic Title Page	:	الارتباط بين درجات مرض فقر الدم المختلفة والنشاط البدني في السيدات بعد انقطاع الطمث.
Library register number	:	5623-5624.

**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	:	Mahmoud Mohamed Fouad Abdel Raouf
Title	:	Assessment of Knee Stability in Abnormal Pregnancy
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy
	2.	Hossam El-Din Hussein Kamel
	3.	Marwa Abd El Rahman Mohamed
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>Background: Abnormal pregnancy represented by gestational diabetes mellitus characterized by hyperglycemia which found to affect the stability in several joints including knee joint. Objective: This study was designed to evaluate the impact of gestational diabetes on the stability of knee joint. Methods: Thirty primigravida, pregnant women with single fetus in their 3rd trimester (> 24 gestational weeks) participated in this study, their age were ranged between 20 and 40 years old and their body mass index was $\leq 35\text{kg} / \text{m}^2$, they were selected from Obstetrics and gynaecology outpatients clinic in Kasr Al Ainy University Hospital, Cairo University in period from March 2016 to May 2016, these women were assigned randomly into two groups equal in number, Group(A) consisted of fifteen pregnant women, they suffered from uncontrolled gestational diabetes(fasting blood glucose level > 126 mg/dl) in their third trimester of pregnancy, Group (B) consisted of fifteen women in their third trimester of normal pregnancy, they didn't suffer from any complications rather than normal physiological changes that occur antenatally. Every woman was evaluated by using Kt 1000 arthrometer and Lachman test to detect knee stability affection. Results: There was a statistically significant increase in the median value of Kt 1000 in gestational diabetes group(group A) which indicated an increase in laxity when compared with its corresponding value in normal pregnancy group(group B). While Comparison between median values of Kt 1000 in the two studied groups measured at both knees, there was no a statistically significant difference. There was a statistically significant difference between the two groups which was greater in gestational diabetes group(group A) during measurement of both knees by Lachman test, while in comparison of both knees in the same group by Lachman test there was no statistically significant difference in both groups . Conclusion: It could be concluded that gestational diabetes has a great impact on the stability of knee joint during pregnancy , so extra care should be taken to avoid joint injury, falls and provide self-satisfaction as well as minimal complaints, woman should be advised to wear knee support and to perform strengthening exercises for the muscles supporting the knee joint to prevent hypermobility complications , so she can pass through her pregnancy safely.</p>		
Key words	1.	Gestational diabetes
	2.	Knee stability
	3.	KT 1000
	4.	Lachman test
	5.	Abnormal Pregnancy
	6.	Women in pregnant.
	7.	5607-5608
Classification number	:	000.000.
Pagination	:	90 p.
Arabic Title Page	:	تقييم ثبات مفصل الركبة في الحمل غير الطبيعي.
Library register number	:	5607-5608.

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

Author	:	Mai Gad El-Hak Ibrahim Gad El-Hak
Title	:	Effect of Reducing Abdominal Obesity on Antimullerian Hormone Level in Obese Infertile Female
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El-Sayed El-Mekawy
	2.	Reda El-Sayed Yassine,
	3.	Afaf Mohamed Mahmoud
Degree	:	Master.
Year	:	2017.
Abstract	:	<p>This study was conducted to determine the effect of reducing abdominal obesity on antimullerian hormone level in obese infertile female. Thirty obese polycystic females participated in the study. They were selected from the gynecology outpatient clinic at El-Sahel Teaching Hospital. Their age ranged from 25 to 35 years and body mass index (BMI) was $>30 \text{ kg/m}^2$. They were randomly distributed into two equal groups: Control group received low caloric diet (1200 kcal/day) for 3 months and they were encouraged to do physical activity in the form of walking for one hour 3 times/week and study group received the same low caloric diet (1200 kcal/day) for 3 months as well as physical activity in the form of walking for one hour 3 times/week in addition to cavitation ultrasound therapy on the abdominal region for 30 minutes/session, one session/two weeks for 3 months. Dietary program was modified every week for all women in both groups. Assessment of all women in both groups was carried out before and after the end of the treatment program (3 months) through assessment of weight, BMI, waist/hip ratio and level of antimullerian hormone. Results: revealed that the control group showed a statistical significant decrease in BMI, waist/hip ratio ($P=0.001$) and AMH ($P=0.003$) in post-treatment. Also, study group showed statistical significant decrease in BMI, waist/hip ratio and AMH ($P=0.001$) in post-treatment. Compared to the control group, study group showed non-significant decrease ($P=0.683$) in BMI, statistically significant decrease in waist/hip ratio ($P=0.038$) and AMH ($P=0.045$). Conclusion: usage of ultrasound cavitation is an effective method for reducing abdominal obesity and reducing AMH level in obese women with PCOS.</p>
Key words	1.	Antimullerian Hormone
	2.	Polycystic Ovary Syndrome
	3.	Ultrasound Cavitation
	4.	Abdominal Obesity on Antimullerian Hormone
	5.	Obese Infertile Female
	6.	Female in Obese Infertile
	7.	Obesity on Antimullerian Hormone
Classification number	:	000.000.
Pagination	:	118 p.
Arabic Title Page	:	تأثير انقاص سمنه البطن على مستوى هرمون مضاد مولر في السيدات البدينات المصابات بالعقم.
Library register number	:	5377-5378.

**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	:	Mai Mohamed Mohamed Elshafei
Title	:	Effect of faradic stimulation on acupuncture points for scanty milk secretion.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Khadija Sayed Abdul Aziz
	2.	Wafaa Mohammad Kamal Abdel Fattah
	3.	Ahmed Mohamed Ossman
Degree	:	Master.
Year	:	2017.
Abstract	:	<p>Purpose: to investigate the effect of faradic stimulation on acupuncture points for scanty milk secretion. Thirty women of postnatal scanty milk secretion (ages from 20 to 30 y) within the 2nd month after normal vaginal delivery chosen from outpatient clinic of "Kom Hamada general Hospital" El- Beheira governorate had been participated in this study. The patients were randomly divided into two groups of equal numbers; Group A (Study group) and Group B (Control group). Each group consists of 15 lactating mothers who received faradic current at three acupuncture points for 30 minutes plus the same regular medical treatment. Group A received active faradic current while Group B received placebo one. Faradic current was given 5 days per week for three weeks. Evaluations of all mothers in both groups (A&B) were done at pre, post treatment and at follow up through assessment of serum prolactin level, weight of the babies and the degree of improvement in the flow of milk. Results: In both groups (A&B) evaluation variables showed a statistically significant difference ($P=0.0001$) between pre and post treatment, pre treatment and at follow up as well as post treatment and at follow up. Comparison between both groups (A&B), there was a significant increase in prolactin of study group compared with control at post treatment and at follow up values ($p = 0.008$) and ($p = 0.005$), respectively. Concerning the improvement of flow of milk, there was a significant increase ($p = 0.0001$) in group (A) than group (B) at post treatment values as well as at follow up values. And for the increase in the weight of the baby, there was no significant difference in baby weight between study and control groups at post treatment and at follow up values. Conclusion: Faradic stimulation of acupuncture points can be used effectively to improve lactation which in turn can lead to the normal weight gain of the newly born.</p>
Key words	1.	Faradic stimulation,
	2.	acupuncture
	3.	scanty milk
	4.	domperidone
	5.	Prolactin
	6.	women in postnatal scanty milk
Classification number	:	000.000.
Pagination	:	89 p.
Arabic Title Page	:	تأثير التنبيه بالتيار الفارادى الكهربى لنقاط الوخز بالابر الصينية على نقص افراز اللبن بعد الولادة.
Library register number	:	5621-5622.

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

Author	:	Manal Mohamed hassanali
Title	:	Effect of acupressure on postpartum constipation
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed HanafyEmara
	2.	Hossam Al-Din HussienKamel
	3.	Marwa Abdel Rahman Mohamed
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>The aim of this study was to determine the effect of Acupressure on post-partum constipation, 40 post- partum primiparous women in 2nd to 6th week, after vaginal delivery with episiotomy participated in this study , they all complained from postpartum constipation diagnosed by Rome III criteria and confirmed by obstetrician, their ages were ranged from 24 to 35 years, their body mass index (BMI) was ranged from 25.5 to 33kg/m2,they were randomly divided into 2 groups equal in number, (Group A) (study group) received morning acupressure for 45 minutes in addition to morning abdominal massage for 20 minutes as well as perineal self-acupressure during defecation and (group B) (control group) received morning abdominal massage only for 20 minutes as in group (A). All women in both groups received bowel care advice. After 6 consecutive days of treatment, Both groups recorded a statistical significant improvement in Patient Assessment Constipation-Quality Of Life (PAC-QOL), Patient Assessment Constipation-Symptom (PAC-SYM) when compared with their corresponding values measured at pre-treatment. But (group A) showed more improvement in all variables than (group B). Finally it can be concluded that both Acupressure and abdominal massage with bowel care advice lead to increase quality of life (QOL) and decrease severity of constipation symptoms in postpartum period.</p>		
Key words	1.	post-Partum period
	2.	Constipation
	3.	abdominal massage
	4.	Acupressure
	5.	women after vaginal delivery
Classification number	:	000.000.
Pagination	:	96 p.
Arabic Title Page	:	تأثير الضغط الوخزي على إمساك ما بعد الولادة.
Library register number	:	5647-5648.

**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	:	Maram Mamdouh Abd-Elsalam Yassin
Title	:	Effect of bee venom phonophoresis In obese polycystic ovarian Women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Amel Mohamed Yousef
	2.	Mohamed Mostafa Shaheen
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>Background: Polycystic ovary syndrome (PCOS) is a complex disorder which affects the rate of fertility. Purpose of the study: The purpose of this study was to determine the effect of bee venom (BV) phonophoresis in treatment of obese PCOS women. Participants and methods ;forty six obese PCOS women with age range, 18- 39 years and body mass index ($BMI \geq 29$) kg/m^2 were recruited in this study. They were divided randomly into two equal groups; group (A), 23 females received phonophoresis with BV topical application in addition to low caloric diet (1200-1400 kcal /day) and group (B) (control group) who followed low caloric diet (1200-1400 kcal /day) and sham ultrasound sessions without BV. Assessment was done by biochemical analysis of luteinizing hormone (LH), follicle stimulating hormone (FSH), LH/FSH ratio, and progesterone (P4) levels, measured before, after 7 weeks, and after 14 weeks of treatment. Results :The current study revealed that there was significant increase in P4 and significant decrease in LH and LH/FSH around the middle of study in group A and for both groups by the end of study compared to mean value before treatment. There was non-significant change in FSH around the middle of the study and by the end of study for both groups. Comparison between groups revealed that there was no significance difference between both groups by the middle and end of the study except for P4 that showed significant increase in BV group in the middle of the study. Conclusion BV phonophoresis with diet and physical activity have beneficial effect in treatment of obese PCOS women.</p>		
Key words	1.	Polycystic ovary syndrome
	2.	Phonophoresis.
	3.	Bee venom.
	4.	obese polycystic ovarian Women
	5.	Women in obese polycystic ovarian.
Classification number	:	000.000.
Pagination	:	78 p.
Arabic Title Page	:	تأثير ادخال سم النحل بالموجات فوق الصوتية علي متلازمة تكيسات المبايض في الهنساء البدينات.
Library register number	:	5677-5678.

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

Author	:	Marian Tharwat Mouris
Title	:	Effect of Pelvic Floor Exercises On Post Natal Bladder Neck Mobility.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Mohamed Ahmed Mohamed Awad
	2.	Engy Mohamed Ibrahim EL Nahas
	3.	Amir ArabyGabr
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study was done to determine the effect of pelvic floor exercises on post natal bladder neck mobility in cases of stress urinary incontinence. Forty women were diagnosed by ultrasound as having stress urinary incontinence shared in this study. They were selected randomly from Kasr El-Aini University Hospital in Cairo. Their ages were ranged from 25 to 35 years. Their body mass index was ranged from 25 to 35 Kg/m². They were divided randomly into two groups equal in number; Group A (study group) received pelvic floor exercise in addition to their medical treatment. They performed pelvic floor exercises for 30 minutes twice weekly, for three months. Group B (control group) received only their medical treatment. All women in both groups (A and B) were assessed pre and post treatment through measuring pelvic floor muscle strength (vaginal pressure) using perineometer and the bladder neck mobility using perineal ultrasound. Results found that, there was a non statistical difference in mean values of vaginal pressure and bladder neck mobility pre treatment between both groups (A&B) where the p value was (>0.05). While, there was a highly significant difference in mean values of vaginal pressure and bladder neck mobility post treatment between both groups (A&B) where the p value was (0.001) in favor of group A. Finally, according to the results of the present study, it can be concluded that pelvic floor exercises has been shown to be effective in improving bladder neck mobility and pelvic floor strengthening post natal.</p>		
Key words	1.	Pelvic floor exercises
	2.	Post natal
	3.	Bladder neck mobility
	4.	Women in urinary incontinence.
Classification number	:	00.0.
Pagination	:	124 p.
Arabic Title Page	:	تأثير تمارينات قاع الحوض على حركة عنق المثانة بعد الولادة.
Library register number	:	5569-5570.

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

Author	:	Marina Atef Dawood Shaker
Title	:	Effect of Dexamethasone and Lidocaine iontophoresis on labour pain
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara
	2.	Hossam El Din Hossin kamel
	3.	Mohamed Ahmed Mohamed Awad
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study was conducted to investigate the effect of Lidocaine and dexamethasone Iontophoresis on labour pain. Forty pregnant women participated in this study. They were selected randomly from Bab EL Shariah Hospital, Al Azhar University. Their ages were ranged from 20 to 40 years old. All pregnant women were delivered normally. They were divided into two groups equal in number, group A (Control group) 20 pregnant women were delivered in a traditional method without analgesic, while group B (Study group) 20 pregnant women received Lidocaine and dexamethasone Iontophoresis in the 1st & 2nd stage of labour. Degree of pain was evaluated by Visual Analogue Scale for both groups (A&B) during 1st & 2nd stage of labour. The results of this study found that there was statistically significant decrease in pain in group (B) which treated by Lidocaine and dexamethasone iontophoresis and on the other hand there is significantly increasing in pain in group (A). So it can be concluded that Lidocaine and dexamethasone iontophoresis is effective in relieving labour pain and it provides a simple, realistic, inexpensive and successful treatment.</p>		
Key words	1.	Labour pain
	2.	Dexamethasone
	3.	Lidocaine on labour pain
	4.	Iontophoresis on labour pain.
	5.	Women in labor
Classification number	:	000.000.
Pagination	:	123 p.
Arabic Title Page	:	تأثير الديكساميسازون والليدوكين المدخلين بواسطة الذبذبات الكهربائية علي آلام الولادة.
Library register number	:	5293-5294.

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

Author	:	Marwa Mohamed Hussien Sadek
Title	:	Effect of Abdominal Muscle Exercise Versus Whole Body Vibration on Abdominal Fat Thickness in Post-natal Period
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud El-Kosery
	2.	Sayed Mohamed elkabary
	3.	Wafaa Mohamed kamal
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>The aim of the study was to determine and compare between the effects of abdominal muscles exercises versus whole body vibration on abdominal fat thickness in post-natal period. Intervention: This is a therapeutic intervention. Subjects: Forty females in postnatal period they were divided randomly according to closed envelope into 2 equal groups. Group A: received abdominal muscle exercise, group B: received whole body vibration. Results: after 8 weeks of treatment, both groups recorded a statistical significant decrease in weight, BMI, WHR and Subcutaneous fat thickness when compared with their corresponding values measured at pretreatment. But (group B) showed more decrease in all variables than (group A). Conclusions: Results of the current study revealed that both whole body vibration and abdominal muscle exercise with diet for 8 weeks lead to decrease abdominal fat thickness. Eventually the whole body vibration was more helpful than the abdominal muscle exercise on reducing abdominal fat thickness.</p>		
Key words	1.	post-natal period
	2.	abdominal fat thickness
	3.	abdominal muscle exercise
	4.	Whole body vibration.
	5.	females in postnatal period
Classification number	:	000.000.
Pagination	:	106 p.
Arabic Title Page	:	تأثير تمارينات البطن مقابل الاهتزاز الكامل للجسم على سمك دهون البطن في فترة ما بعد الولادة.
Library register number	:	5557-5558.

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

Author	:	Marwa Mohamed Yassen
Title	:	Effect of osteopathy on mechanical bladder dysfunction.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Dr. Amel MohamedYousef
	2.	Dr. MarwaAbdel RahmanMohamed
	3.	Dr. Ahmed SobhyEl-Hefnawy
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>Background: Bladder dysfunction is a term used to define most functional problems of the bladder that occur following ptosis which result in incontinence. Purpose of the study: was to investigate the effect of osteopathy on mechanical bladder dysfunction. Subjects, Materials and Methods: Twenty volunteer women suffering from stress urinary incontinence due to mechanical bladder dysfunction diagnosed by ultrasonography, were selected from Kidney and Urinary Tract Center, El Mansoura University. Their age was less than 55 years old. And their body mass index did not exceed 35 kg/m². They were divided randomly into two equal groups. Group (A) (control group) consisted of 10 female patients were treated by kegel exercise, 2 times / week for 8 weeks and group (B) (osteopathic group) consisted of 10 female patients were treated by kegel exercises in addition to osteopathic treatment, 2 times /week for 8 weeks. Assessment of all women in both groups was carried out before and after treatment program through perineal ultrasound, osteopathic bladder testing for adhesions and King's Health Incontinence Questionnaire. Results: Perineal ultrasonography study revealed that there were no statistical significant difference between the two groups, while the degree of stress urinary incontinence measured by king's health incontinence questionnaire was significantly decreased in study group (B) more than control group (A). Conclusion: Adding osteopathy to kegel exercise had a great positive effect on stress urinary incontinence as a manifestation of mechanical bladder dysfunction than kegel exercise alone.</p>		
Key words	1.	Osteopathy
	2.	mechanical bladder dysfunction
	3.	stress urinary incontinence
	4.	Women in urinary incontinence.
Classification number	:	000.000.
Pagination	:	123 p.
Arabic Title Page	:	تأثير تقنيات الاستيوباثي على الإختلال الميكانيكي للمثانة.
Library register number	:	5613-5614.

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

Author	:	Menna – ALLAH Youssef Mohammed
Title	:	Effect of Pulsed Electromagnetic Field on Relieving Pain of Primary Dysmenorrhea
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Khadiga Sayed Abd El Aziz
	2.	Hossam Al Din Hussein
	3.	Ghada Ebrahim El-Refaye
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>The purpose of this study was to investigate the effect of PEMF in the treatment of primary dysmenorrhea. Fifty adult females participated in this study, their age ranged from 17 to 24 years and their body mass index ranged from 20 to 25 kg/m². They were divided randomly (Sealed Envelope) into two groups equal in numbers: Study group (group A) received Pulsed Electromagnetic Field applied on pelvic region, 3 times per week for 3 months, 20 minutes per session and control group (group B) received only NSAIDs with the onset of menstrual pain (3 consecutive times) for 3 months. All participants in both groups (A and B) were assessed before- and after- treatment through measuring progesterone level in the blood, Assessment of pain by using visual analogue scale and Assessment of symptoms of dysmenorrhea by using menstrual symptoms questionnaire. The obtained results revealed that pre-treatment, there was a statistically non-significant difference between both groups (A&B) in median value of pain, menstrual symptoms questionnaire & progesterone where the p-value was (>0.05). Comparison between pre and post treatment showed a statistically highly significant improvement in pain, associated symptoms with dysmenorrhea and progesterone blood level in group (A) than in group (B). Accordingly, it could be concluded that PEMF was effective in relieving pain and associated symptoms with dysmenorrhea by increasing progesterone level in the blood therefore decreasing the menstrual pain.</p>		
Key words	1.	Dysmenorrhea - Primary
	2.	Visual analogue scale.
	3.	Menstrual symptom questionnaire.
	4.	Progesterone.
	5.	Pulsed electromagnetic field.
	6.	Pain of Primary Dysmenorrhea
	7.	Women in Menopause
Classification number	:	000.000.
Pagination	:	100 p.
Arabic Title Page	:	تأثير المجال الكهرومغناطيسي المتقطع في تخفيف الآلام المصاحبة لحالات عسر الطمث الأولي.
Library register number	:	5415-5416.

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

Author	:	Michael MakramTawfick
Title	:	Effect of Strengthening Pelvic Floor Muscles on Sexual Function After Menopause
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy
	2.	Mohamed Abd El Salam Mohamed
	3.	GhadaEbrahim ElRefaye
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>The purpose of this study was to investigate the effect of strengthening pelvic floor muscles on sexual function after menopause. Twenty volunteers women had post menopausal pelvic floor muscle weakness with sexual problems, Their age ranged from 45 to55 years and their body mass index not exceed 35kg/m².The participants were treated by using of faradic stimulation with the rate of stimulation maintain at, 8-5HZ the frequency range with the electrical current (0.015-10) MA. Treatment sessions of 20 minutes two times a week for six weeks, Assessment for all subjects was carried out before and after treatment program (after sex weeks) by the female sexual distress scale-revised (FSDS-R). Results : the participants exhibited a sustained reduction in sexual function problems, Comparison by using Wilcoxon Sign Rank test at the entry of the study and after faradic stimulation program showed highly statistical significant decrease (p value = 0.001) in FSDS and Z value was -3.851. The percentage of decrease was 34.0%these result indicate that using of faradic stimulation is an effective method fortreatmentpelvic floor muscle weakness to enhance sexual function problems after menopause women.</p>		
Key words	1.	Menopause
	2.	Sexual Function
	3.	Faradic Stimulation
	4.	Female Sexual Distress Scale Revised
	5.	Women in Menopause
	6.	Strengthening Pelvic Floor
Classification number	:	000.000.
Pagination	:	77 p.
Arabic Title Page	:	تأثير تقوية لعضلات الحوض علي الاداء الجنسي بعد انقطاع الطمث.
Library register number	:	5609-5610.

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

Author	:	Mohamed Abdel Mageed Mohamed Farrag
Title	:	Pneumatic Compression Therapy Versus Low Level Laser Therapy on Post Partum Varicos Veins
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy
	2.	Ahmed Abdelmaguid Attia,
	3.	Marwa Abd El-Rahman Mohamed
Degree	:	Master.
Year	:	2017.
Abstract	:	<p>Purpose this study was carried out to investigate the effect of pneumatic compression therapy versus low level laser therapy on postpartum varicose veins. Martial and Methods: Thirty post-partum females complaining from varicose veins participated in this study. These patients would be randomly distributed by two equal groups(A&B). Group (A): 15 patients were treated with pneumatic-compression therapy three times per week for 4 weeks. Group (B): 15 patients were treated with low level longer therapy three times per week, for 4 weeks. Assessment done by Doppler ultra-sound device. Results: The current study proved that IPC has significant effects on venous blood flow based on the following physiological effects. IPC increases the velocity of venous return and reduces the amount of blood inside the veins at any time through stimulation of endothelial cell production of nitric oxide and creates shear stress on the walls of blood vessels, which is the probable physiologic mechanism for enhanced nitric oxide production. Increased nitric oxide production inhibits platelet aggregation and neutrophil adherence, both of which play important roles in the creation of secondary hypoxic injury. Nitric oxide is also a neurotransmitter that can influence vascular tone, thereby increasing blood flow. Conclusion: In the present study, effects of pneumatic compression therapy and low level laser therapy were investigated. Thirty postpartum females complaining from varicose veins will participate in this study. They were selected randomly from Gynecology & Obstetrics Department and outpatient clinic of El-Monera General Hospital. These patients were randomly distributed into two equal groups in number by closed envelope method: groups (A&B). Group A (pneumatic compression therapy group): Consist of 15 patient, they received pneumatic compression therapy session for 30 min. Group B (Low level laser therapy group): Consist of 15 patient, they received Low level laser therapy session for 20-35 minutes, (7 to 10 point depend on the severity of lesion), for 4 weeks. Evaluation was done by Doppler Ultra-Sound device. The findings of the present study showed that the overall mean value of 9 cm above medial malleolus, 10 cm above medial malleolus, 12 cm below popliteal crease, 2 cm below popliteal crease and level of popliteal crease was 30.67% for low level laser therapy group. While, in Pneumatic-compression therapy group the overall mean value of 9 cm above medial malleolus, 10 cm above medial malleolus, 12 cm below popliteal crease, 2 cm below popliteal crease and level of popliteal crease was 44.38%.</p>
Key words	1.	Pneumatic compression varicose veins
	2.	physical therapy
	3.	low level laser
	4.	post-partum
	5.	Varicos Veins Post Partum
	6.	women in Post Partum
Classification number	:	000.000.
Pagination	:	88 p.
Arabic Title Page	:	جهاز الضغط الهوائي مقابل العلاج بالليزر المنخفض الشدة في حالات دوالي الساقين بعد الولادة.
Library register number	:	5651-5652.

**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	:	Mohamed Samir Abd El-Moaty Abo El-Saud
Title	:	Effect of hexapolar radiofrequency on abdominal skin laxity post cesarean section
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud EL Kosery
	2.	Mohamed Ahmed Mohamed Awad
	3.	WaelSabryNossai
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study was conducted to determine the effect of non-invasive haxa-polar RF on post caesarean abdominal skin laxity. Forty post caesarean, multiparous women. They complained of post caesarean abdominal skin laxity (diagnosed by gynecologist/ physician). They were selected from a zagazig university hospital. Their ages ranged from 20 to 35 years. Their BMI ranged from 25 to 35 Kg/m2. They were divided randomly according to closed envelop into two groups (A and B), equal in number. Group (A) control group: consisted of 20 women who received vacuum therapy (mechanical massage), 1 session per week for 8 weeks. Group (B) study group: consisted of 20 women who received non invasivehaxa-polar radiofrequency, 1 session per week for 8 weeks & vacuum therapy (mechanical massage), 1 session per week for 8 weeks. The duration of treatment sessions was being 8 weeks. Improvement was evaluated by tab measurement to identify abdominal skin laxity ratio before and after the program for both groups. The obtained results showed a statistically significant decrease ($P<0.01$) in the percent improvement in skin laxity ratio in both groups, when both groups were compared together, a statistically significant decrease ($P<0.01$) in the percent improvement in skin laxity ratio was found in group (B) than group (A). So that, it could be concluded that the hexapolar radiofrequency was very effective in treatment of post cesarean abdominal skin laxity.</p>		
Key words	1.	Non invasive radiofrequency
	2.	Skin laxity.
	3.	Post cesarean section.
	4.	hexapolar radiofrequency
	5.	abdominal skin laxity
	6.	women in post cesarean section
Classification number	:	000.000.
Pagination	:	129 p.
Arabic Title Page	:	تأثير الترددات الراديوية على ترهل جلد البطن بعد الولادة القيصرية.
Library register number	:	5661-5662.

**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 Ali Ahmed
Title	:	Resistive exercises versus aerobic exercises in treatment of postmenopausal hypertension
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud Ali Elkosery
	2.	Hanaa Abd elmeneam younis
	3.	Ghada Ebrahim El Refaye
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>The Purposes of study was to determine and compare between the effects of resistive exercise versus aerobic exercise in the treatment of postmenopausal hypertension. Study design: This is a controlled randomized study. Intervention: This is a therapeutic intervention. Subjects: sixty female patients with postmenopausal hypertension they were randomly divided into 3 equal groups. Group A: received resistive exercise Program (by using green thera-band), group B: received aerobic exercise program (by using treadmill) and group C: left without any exercise (taking hypertensive medication only). Results: after 6 weeks (post-treatment 1) and 12 weeks (post-treatment two) of treatment, all groups recorded a statistical significant decrease in both systolic and diastolic blood pressure when compared with their corresponding values measured at pre-treatment. As well as there was no statistical significance difference in the mean value of both systolic and diastolic blood pressure between the three studied groups at difference time of measurements except that at post-treatment two the mean diastolic blood pressure was significantly decrease in group A when compared with its corresponding values in both group B and C. Conclusions: Results of the current study revealed that both aerobic and resistive training together with medical treatment twelve weeks add no effect to the treatment of SBP when treated with medication only. In addition, aerobic training with medication for twelve weeks adds no effect to the treatment of DBP. However, resistive training together with medication reduces DBP more than aerobic exercises with medication and even more than medication only. Accordingly , it could be conducted that resistive training were effective adjunct methods in reducing systolic blood pressure and diastolic blood pressure in postmenopausal women.</p>		
Key words	1.	Postmenopausal
	2.	Aerobic training
	3.	resistive training
	4.	Hypertension in postmenopausal
	5.	Women in Menopause
Classification number	:	000.000.
Pagination	:	85 p.
Arabic Title Page	:	تمارين المقاومة مقابل التمرينات الهوائية في علاج ارتفاع ضغط الدم فترة مابعد إنقطاع الطمث.
Library register number	:	5239-5240.

**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	:	Mostafa Ibrahim Ahmed Khalil
Title	:	Effect of Phonophoresis on Coccydynia after Vaginal Delivery
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Magda Sayed Morsy
	2.	Adel Farouk Elbigawy
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>The purpose of this study was to determine the effect of phonophoresis on coccydynia after vaginal delivery. Thirty multiparous women suffering from coccydynia immediately after vaginal delivery participated in this study. They were selected from gynecological outpatient clinic of New Cairo Hospital. Their ages were ranged from 20 -30 years old, their number of parity was ranged from 3-4 times and their body mass index did not exceed 28 kg/m². All participants were free from any gynecological diseases, neurological diseases, skin diseases, genital prolapse, back deformity (coccygeal fracture), history of previous trauma to the back, previous low back pain, pain in the pelvis, pelvic girdle pain, spondylosis, spondylolithesis, diabetes and hypertension. All women were divided randomly into 2 groups equal in number, control group (group A) and study group (group B). Control group (group A) consisted of (15) women. They received 50 mg tablets of ketoprofen only 2 times per day for 10 days. Study group (group B) consisted of (15) women. They received ketoprofen phonophoresis only. Sessions were taken daily for 10 days and each session was lasted 10 minutes. All participants in both groups (A&B) were evaluated at the beginning of the study and at the end of the study. Assessment of pain level was done by using Visual Analogue scale (VAS) and plasma cortisol level in the blood. The results showed a significant statistical difference in mean values of both VAS and plasma cortisol level after treatment course in both groups (A & B) as the following: In control group (A) which was treated by ketoprofen 50 mg tablets only, the mean value of (VAS) scores before treatment course was (8.33±0.82) and after treatment it was (4.07±1.22) with mean difference 4.26. This mean difference represented a percentage of decrease in pain scores about 51.14%. Also the mean value of plasma cortisol level before treatment course was (17.98±9.09) µg/dl and after treatment it was (10.15±3.05) µg/dl with mean difference 7.83 µg/dl. This mean difference represented a percentage of decrease in plasma cortisol level about 43.55%. But in study group (B) which was treated by ketoprofen phonophoresis, the mean value of (VAS) scores before treatment course was (7.93±1.33) and after treatment it was (3.40±0.74) with mean difference 4.53. This mean difference represented a percentage of decrease in pain scores about 57.12%. In the same time, the mean value of plasma cortisol level before treatment course was (20.54±10.68) µg/dl and after treatment it was (8.33±3.57) µg/dl with mean difference 12.21 µg/dl. This mean difference represented a percentage of decrease in plasma cortisol level about 59.44%. By comparing the 2 groups (A & B), it was conducted that ketoprofen phonophoresis was more effective than medical treatment (ketoprofen tablets) in alleviating pain and soreness in cases of coccydynia after vaginal delivery.</p>		
Key words	1.	Coccydynia
	2.	Plasma Cortisol Level
	3.	Vaginal Delivery
	4.	Visual Analogue Scale
	5.	Phonophoresis on Coccydynia
	6.	Ketoprofen Phonophoresis
	7.	women with coccydynia
Classification number	:	000.000.
Pagination	:	83 p.
Arabic Title Page	:	تأثير مادة الكيتوبروفين المدخلة بواسطة الموجات فوق الصوتية في علاج آلام العصعص لدى السيدات بعد الولادة الطبيعية.
Library register number	:	5497-5498.

**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	:	Nahla El-Sayed Abd El-Aziz
Title	:	Effect of aerobic exercise on basal metabolic rate in premenopausal and postmenopausal periods
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud Ali El-Kosery
	2.	Marwa Abd El-Rahman Mohamed
	3.	Ibrahim Abd El-Gafour El-Sharkwy
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>Decline in basal metabolic rate and weight gain is the most common complaint among women in post menopausal period. The purpose of this study was to investigate the effect of aerobic exercise on basal metabolic rate in pri menopausal and post menopausal periods. 30 volunteer women participated in this study. Their age ranged from 40-60 years old and their BMI was less than 30 kg/m². They were selected from Abu-kabir general hospital– Al Sharquia, they didn't participate in any exercise program prior to the study by six months and they were divided into 2 groups equal in number. Pri menopausal group A (n=15), their age was (42.53±2.10) and post menopausal group B (n=15), their age was (56.47±1.64), they were evaluated by Mifflin-st-Jeor equation and body weight scale before and after the treatment program .They were treated by a program of aerobic exercise for 3 consecutive months, Intensity of exercise was ranged from 60-70 % of Target heart rate (THR). Results The percent of improvement in weight was higher in group A(18.49%) than in group (B) (14.59%) after treatment and percent of improvement in basal metabolic rate in group A and B was nearly similar (10.42 and 8.66%) respectively. Conclusion: aerobic exercise limit the previously proved decline in basal metabolic rate in post menopausal period, so weight gain after menopause can be controlled.</p>		
Key words	1.	Aerobic Exercise on basal metabolic rate
	2.	premenopausal Period
	3.	Post Menopausal Period.
	4.	Basal Metabolic Rate (BMR)
	5.	basal metabolic rate
	6.	Mifflin-st-Jeor Equation
	7.	Women in Menopause
Classification number	:	000.000.
Pagination	:	99 p.
Arabic Title Page	:	تأثير التمرينات الهوائية على معدل الحرق فترتي قبل وبعد انقطاع الطمث.
Library register number	:	5507-5508.

**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	:	Neveen Mohamed AlaaEldeen Mohamed Refaey.
Title	:	Effect of Different Bag Carriage Styles on Center of Pressure in Adolescent Females
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Abeer Mohamed ElDeeb
	2.	Dalia Mohamed Mosaad,
	3.	Hamada Ahmed Hamada
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>Bag carriage is recognized as a primary occupational factor leading to slip and fall injuries. So, assessing balance during such task is critical in assessing the risk of injury. This study was conducted to investigate the effect of different bag carriage styles on the center of pressure (COP). Thirty adolescent females aging from 14 to 19 years participated in this study. They were assigned in one group. Each female was assessed five times while walking; four times with backpack, front pack, messenger bag, one shoulder strap bag carrying 10% of her body weight, and one time without bag. Medilogic® foot pressure measuring insole system was used to record COP sway and COP velocity in antero-posterior (A-P) and medio-lateral (M-L) directions for both feet during walking. Results revealed that there was no significant difference in the mean values of A-P COP sway, M-L COP sway, A-P COP velocity and M-L COP velocity for both feet among different carriage styles compared to reference (without bag) ($P>0.05$). It can be concluded that backpack, front pack, messenger bag and one shoulder strap bag had the same potential effect on COP sway and COP velocity in A-P and M-L directions for both feet in adolescent females during walking.</p>		
Key words	1.	Backpack
	2.	One shoulder strap bag
	3.	Center of pressure parameters
	4.	Messenger bag
	5.	Front pack
	6.	Adolescent Females
	7.	Bag Carriage
	8.	Females - Bag Carriage
Classification number	:	000.000.
Pagination	:	157 p.
Arabic Title Page	:	تأثير الطرق المختلفة لحمل الحقيبة على مركز الضغط في الفتيات المراهقات.
Library register number	:	5595-5596.

**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	:	Noha Mohammed Tharwet Elshabrawy
Title	:	Effect of Focused Ultrasound on Abdominal Fat During Menopause.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Magda Sayed Morsy
	2.	Adel Farouk Elbegawy
	3.	Laila Ahmed Rashad
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study was conducted to determine the effect of focused ultrasound on abdominal adiposity during menopause. Thirty menopausal women, had an abdominal adiposity were participated in this study. They were referred from outpatient clinic of gynecology in El-sahal hospital. Their ages ranged from (50-55) years old with a mean value (51.93 ± 3.77), their body mass index (BMI) was ranged from (30-35) kg/cm² with a mean value (32.63 ± 1.68), their waist hip ratio ranged from (0.90-0.95) and their waist circumference was ranged from (90-105) cm. All patients were divided randomly into two groups equal in number (A&B). Group A (control group) all patients of this group were asked to perform abdominal exercise program for 30 minutes , twice per week for 6 weeks , in addition they followed specific diet program designed by a nutritionist throughout treatment program while group B (study group) all patients of this group were received focused ultrasound treatment sessions on abdominal area for 30 minutes twice per week for 6 weeks and followed the same treatment as group (A). All patients in both groups (A&B) were evaluated by measuring body weight ,body mass index (BMI) waist circumference ,waist –hip ratio (WHR) and plasma lipid (triglycerides, low- density lipoprotein, high- density lipoprotein, total cholesterol) before starting and after treatment program. The results showed highly significant(p-value<0.0001) decrease in body weight, body mass index ,waist circumference, waist –hip ratio, triglycerides, low- density lipoprotein ,total cholesterol ,with a highly significant (p-value>0.0001) increase in high density lipoprotein in both groups after treatment course . But these changes were more pronounced and statistically significant (p-value>0.0001) in the study group when compared to control group. This means that focused ultrasound has a great effect on abdominal adiposity in menopausal period and the combination of focused ultrasound, low caloric diet and abdominal exercises was much better than using low caloric diet program with abdominal exercises only in reducing abdominal adiposity.</p>		
Key words	1.	Focused ultrasound
	2.	menopause
	3.	low caloric diet
	4.	abdominal exercises
	5.	obesity
	6.	Women in Menopause
Classification number	:	000.000.
Pagination	:	130 p.
Arabic Title Page	:	تأثير الموجات فوق الصوتية المركزة على الدهون في البطن أثناء انقطاع الطمث
Library register number	:	5539-5540.

**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	:	Nora Mahani Mostafa Mohammed.
Title	:	Effect of Moderate Aerobic Exercise on Primary Hypothyroidism In Obese Postmenopausal Women
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Magda Sayed Morsi
	2.	Mohamed Fawzy Mohamed Abu el Enein
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study was conducted to determine the effect of moderate aerobic exercises on primary hypothyroidism in obese postmenopausal women. Thirty obese postmenopausal women with primary hypothyroidism were participated in this study. They were referred from the outpatient clinic of internal medicine and outpatient clinic of obstetrics and gynecology in Bolak General Hospital. Their ages ranged from 50-55 years old with a mean value 51.83 ± 1.7 years and their body mass index (BMI) was ranged from 30-35 kg/m² with a mean value 31.6 ± 1.62 kg/m². All participants were randomly divided into two equal groups (A&B). Patients in group A (Control group) were treated by thyroxine tablets described for them by the physician and a low caloric diet program for 8 weeks, while patients in group B (Study group) were treated by thyroxine tablets and the same low caloric diet program as group (A) in addition to performing a moderate aerobic exercise program on a treadmill for 60 minutes, 5 days per week for 8 weeks. The moderate aerobic exercise program was divided into 3 intervals, 5 minutes warming up, 50 minutes walking on the treadmill at moderate intensity (70% of maximum heart rate) and 5 minutes cooling down. All patients in both groups (A&B) were evaluated by measuring body weight, body mass index, waist hip ratio, T3, T4, TSH hormones, total cholesterol, high-density lipoprotein, low-density lipoprotein and triglycerides before starting and after the end of the treatment program. The results showed a highly significant (p-value < 0.0001) decrease in body weight, body mass index, waist hip ratio, TSH hormone, total cholesterol, low - density lipoprotein, triglycerides, with a highly significant (P-value < 0.0001) increase in high- density lipoprotein and T3, T4 hormones after treatment in both groups. Yet, these changes were more pronounced and statistically significant (p-value < 0.0001) in the study group when compared to the control group. So, it could be concluded that moderate aerobic exercise on treadmill combined with low caloric diet program with thyroxine tablets is much better than using low caloric diet program with thyroxine tablets only in treating obese postmenopausal women with primary hypothyroidism. Thus, moderate aerobic exercises have a great and beneficial effect on primary hypothyroidism in obese postmenopausal women, they give marvelous results and noticeable changes.</p>		
Key words	1.	Hypothyroidism
	2.	aerobic exercise
	3.	low caloric diet
	4.	Menopause
	5.	Obese Postmenopausal Women
	6.	Women in Menopause
Classification number	:	
Pagination	:	224 p.
Arabic Title Page	:	تأثير التمارين الهوائية المعتدلة على القصور الأولي للغدة الدرقية في السيدات البدنيات بعد إنقطاع الطمث.
Library register number	:	5477-5478.

**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	:	Reem Hamdy Ahmed Abd El-hady
Title	:	Efficacy of Adding Active Techniques to Pelvic Floor Muscles Training on Female Stress Urinary Incontinence- A Systematic Review
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El-Sayed El-Mekawy
	2.	Hesham Gaber Al-Inany
	3.	Abeer Mohamed El-Deeb
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>Background: Stress urinary incontinence is the most common type of urinary incontinence in women. It involves involuntary leakage of urine in response to abdominal pressure caused by activities, such as sneezing and coughing. The condition affects millions of women worldwide, causing physical discomfort as well as social distress and even social isolation. Objectives: The purpose of this study is to assess whether active techniques as biofeedback, vaginal cones and pelvic floor electrical stimulation provide additional benefits to PFMT in treating women with stress urinary incontinence. Methods: Search of published studies was performed in the electronic database through PubMed, Cochrane controlled trials registers (CENTRAL) and physiotherapy evidence database (PEDro) from 1990 to 2014, Data collection was performed by 2 reviewers. When there was a discrepancy, the opinion of the third reviewer was asked. A standard data extraction form used to extract the following information: characteristics of the study (design, participants, interventions and outcomes). Assessment risk of bias done by Cochrane risk of bias assessment tools used for assessing the included trials. Results: 12 trials involving 682 women met the inclusion criteria; 8 trials included in meta-analysis. The results show that there was no statistically significant difference in the cure rate after adding biofeedback to pelvic floor muscles training risk ratio (RR) of 1.13 with 95% CI [0.88 to 1.47], There was no statistically significant difference in the cure rate after adding weighted vaginal cones to pelvic floor muscles training risk ratio (RR) of 1.14 with 95% CI [0.56 to 2.32]. Conclusion: This review demonstrated there was no statistically significant difference in cure rate of stress urinary incontinence in females after adding active techniques to PFMT. But further studies are still needed.</p>		
Key words	1.	Pelvic Floor Muscles Training (PFMT)
	2.	Stress urinary incontinence (SUI)
	3.	Systematic Review
	4.	Women in urinary incontinence.
Classification number	:	000.000.
Pagination	:	97 p.
Arabic Title Page	:	فاعلية اضافة الوسائل النشطة إلى تدريبات عضلات الحوض الرافعة على السلس البولي للسيدات - دراسة منهجية.
Library register number	:	5251-5252.

**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	:	Sara Zakaria Mohamed Mohamed Alfa
Title	:	Effect of kinesio tape on primary dysmenorrhea
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Amel Mohamed Yousef
	2.	Hassan Omar Ghareeb
	3.	Gehan Ali Abd El Samea
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>Purpose of the study: The present study was conducted to investigate the effect of kinesio tape on primary dysmenorrhea. Subjects and Methods: Thirty Females with primary dysmenorrhea who had lower back and abdominal pain were participated in this study, their ages ranged from 18 to 25 years, they had body mass index (BMI) less than 30kg/m², they were selected from students of Faculty of Physical Therapy, Cairo university. They were classified into two groups as study group (Group A) and control group (Group B) in equal number and each group had 15 females. The two groups received specific exercises program 3 times / week for four weeks and Group (A) received kinesio taping treatment for 24 hours on their lower back and abdominal pain, while Group (B) continued the specific exercise program for another 24 hours. Evaluation in this study involved Present pain intensity (PPi) scale, Verbal multidimensional scoring system (VMSS) and Serum cortisol level (ug/dl) were assessed before and after treatment program on each female with primary dysmenorrhea in both groups (A and B) . Results: The results revealed significant improvement of all measured variables after four successive weeks (specific exercises program) and after 24 hours of kinesio taping treatment. Conclusion: Specific exercises program and kinesio taping treatment can be added to the physical therapy program for relieving of primary dysmenorrhea in females who had lower back and abdominal pain</p>		
Key words	1.	Females
	2.	Specific exercises program
	3.	Kinesio tape on primary dysmenorrhea
	4.	primary dysmenorrhea
	5.	Women in Menopause
Classification number	:	000.000.
Pagination	:	94 p.
Arabic Title Page	:	تأثير شريط كينسيو على آلام الطمث الأولية.
Library register number	:	5541-5542.

**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	:	Soha Mohamed Awaad Mohamed El Talawy
Title	:	Effect of aerobic exercises versus resistive exercises on endothelial function in postmenopausal women with atherosclerosis,
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Mohamed Ahmed Mohamed Awad,
	2.	Hesham El-Ghazaly
	3.	Afaf Mohamed Mahmoud
Degree	:	Master.
Year	:	2017.
Abstract	:	
<p>This study was conducted to investigate and compare the effect of aerobic exercises and resistive exercises on endothelial function in postmenopausal women with atherosclerosis. Forty postmenopausal women complaining of atherosclerosis selected randomly from outpatient clinic of gynecology department of El Kasr El-Ainy university hospital in Cairo shared in this study. Their ages were ranged from 45 to 60 years. Their BMI were ranged from 24 to 31 kg/m². Women who are suffering from diabetes, anemia, dyslipidemia, renal failure, myocardial infarction, myasthenia gravis, hyperthyroidism, hemorrhage, acute viral disease, acute tuberculosis, mental disorders or those with pacemakers was excluded from the study. They were randomly divided into two equal groups: Group (A) who received aerobic exercises program via treadmill 30-40 minutes 3 times/week for 8 weeks. Group (B) who received resistive exercises program via theraband 30 minutes 3 times/week for 8 weeks. Blood pressure was measured by sphygmomanometer and arterial diameter was measured by Doppler ultrasound for both groups A and B before and after treatment. The results showed that there is a significant improvement in arterial diameter and both systolic and diastolic blood pressure in both groups A and B. Also the results showed no significant difference between both groups A and B pre and post treatment. It can be concluded that both aerobic exercises and resistive exercises have significant effect on endothelial function in postmenopausal women with atherosclerosis and there is no significant difference between their effects</p>		
Key words	1.	Aerobic exercises on endothelial function
	2.	Endothelial Function
	3.	Postmenopausal women
	4.	Resistance exercises on endothelial function
	5.	Atherosclerosis
	6.	Women in Menopause
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**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Wesam Samy Elsayed Elmokadem.
Title	:	Effect of core stability exercises in treatment of post partum diastasis recti.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud El Kosery
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Abstract	:	
<p>This study was conducted to investigate the effect of core stability exercises in the treatment of post partum diastasis recti. This study was carried out on 40 multiparous women who had given birth two or three times. All had a bulged abdomen associated with diastasis recti between 2.5 cm and less than 4 cm after 2 months of normal vaginal delivery. Their age ranged from 22-35 years old and their BMI < 30 kg/m². The subjects were assigned into two equal groups (A, B). Group (A): which consisted of 20 post partum women who received a treatment program of Kinesio taping of the rectus abdominis muscles for three days then one day off and then another three days each week in addition to perform core stability exercises for 30 min per session, 3 times per week for 8 weeks. Group (B): which consisted of 20 post partum women who received a treatment program of Kinesio taping for the rectus abdominis muscles only for three days then one day off and then another three days each week for 8 weeks. Inter-recti distance was measured by Electronic digital caliper. abdominal muscles strength (Peak torque, maximum repetition total work, average power) were measured by Isokinetic system. The obtained results showed a highly significant reduction of inter-recti distance and a highly significant increase of abdominal muscles strength (Peak torque, maximum repetition total work, Average power) in group (A) than group (B). So, it was concluded that core stability exercises was a very effective modality in the treatment of post partum diastasis recti which occur to a lot of women at post partum period.</p>		
Key words	1.	Core stability exercises
	2.	Isokinetic.
	3.	Kinesio taping
	4.	Diastasis recti
	5.	post partum diastasis recti.
	6.	women in post partum
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