

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

**Master Degree  
2019**

Author	:	Abeer Ali Ahmed Mansour.
Title	:	Effect of foot reflexology on premenstrual syndrome.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Khadiga Sayed Abd El Aziz.
	2.	Hisham Abo Taleb.
	3.	GhadaEbrahim El-Refaye.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p>This study was conducted to determine the effect of foot reflexology in the treatment of premenstrual syndrome. Fifty volunteer, virgin females with premenstrual syndrome were selected randomly from outpatient clinic of obstetrics and gynecology in Abnub Hospital in Assuit to share in this study, their ages ranged from 18 to 25 years old and their body mass index (BMI) did not exceed 30kg/m<sup>2</sup>. Females were assigned into two groups of equal numbers. The group (A) received therapeutic foot reflexology with dietary modification 3 times/week for 8 weeks. Each session took about 15 minutes, while the group (B) received dietary modifications only for 8 weeks. All females in both groups were assessed through the visual analogue scale (VAS) for pain, premenstrual daily symptoms questionnaire for premenstrual syndrome related symptoms and level of beta-endorphin in the blood. The results of the present study that there was a statistical significant increase in beta-endorphin level in group A (78.88 ± 8.03) when compared with its corresponding level in group B (F= 378 &amp; p= 0.001). Foot reflexology is an effective non-invasive modality in the treatment of premenstrual syndrome females.</p>		
Key words	1.	Foot reflexology
	2.	Premenstrual syndrome.
Classification number	:	000.000.
Pagination	:	107 p.
Arabic Title Page	:	تأثير رفلينكسولوجي القدم على آلام ما قبل الطمث.
Library register number	:	6317-6318

**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	:	Alaa Gaber Mohamed Elmoslemany.
Title	:	Relation between body mass index and iron deficiency anemia in adolescent females.
Dept.	:	Physical Therapy for Women's Health.
Supervisors	1.	Asmaa Mahmoud Elbandrawy.
	2.	Eman Abd El-Fatah Mohamed.
	3.	Amir Arabi Gabr.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> Anemia defined as a decrease in the total amount of hemoglobin (hemoglobin level &lt; 12 g/dL), or the number of red blood cells. <b>Aim:</b> the study was conducted to determine the relation between body mass index and iron deficiency anemia in adolescent females. <b>Methods:</b> Cross section study, this study was carried out upon sixty adolescent females, their ages ranged from 17 to 19 years old. They were divided into three equal groups in number (A, B &amp; C) according to body mass index. Group A (underweight): 20 females their BMI &lt; 18.5 kg/m<sup>2</sup>, group B (normal weight): 20 females their BMI ranged from 18.5 to 24.9 kg/m<sup>2</sup> and group C (overweight): 20 females their BMI ranged from 25-29.9 kg/m<sup>2</sup>. Analysis of hemoglobin (Hb) and serum ferritin levels (SF) were measured for all females in all groups (A, B &amp; C) by using Cyanmethemoglobin method and Roche/Hitachi Cobas C System. <b>Results:</b> The percentage of anemic subjects with Hb less than 12 g/dL was (45%), (30) and (20%) in groups (A, B &amp; C) respectively with a non-statistically significant relation between BMI and the Hb deficiency category with P-value = 0. 231. As regarding to ferritin level, there was a statistically significant positive correlation with BMI (P-value = 0.015). <b>Conclusion:</b> In adolescent females there is no definite relationship between BMI and Hb level but there is positive correlation between BMI and serum ferritin level with higher prevalence of iron deficiency is among underweight adolescent females.</p>		
Key words	1.	Iron Deficiency.
	2.	Anemia in adolescent females.
	3.	Adolescence.
	4.	Females – adolescent - anemia.
	5.	Body mass index.
Classification number	:	000.000.
Pagination	:	77 p.
Arabic Title Page	:	العلاقة بين مؤشر كتلة الجسم وأنيميا نقص الحديد لدى الفتيات في سن المراهقة.
Library register number	:	6525-6526.

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Author	:	Amira Abd El-Karim Kamel Newagy.
Title	:	Efficacy of intermittent compression therapy versus kinesio tape on Cellulite in females.
Dept.	:	Physical Therapy for Women's Health.
Supervisors	1.	Hala Mohamed Hanafy.
	2.	Rokia Abd Elshafy Soliman El Banna.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> cellulite is defined as changes in the surface contour of the skin that result in orange peel or “mattress” appearance of the skin. Cellulite is not defined as a pathologic condition, but is a substantial cosmetic concern for many adult females. <b>Purpose:</b> to evaluate the efficacy of intermittent compression therapy versus Kinesio tape on cellulite in females. <b>Subjects:</b> thirty females with femoral adipose tissue cellulite grade <math>\geq 1</math> according to Nurnberger-Muller scale at their thighs. Their ages ranged from 19-25 years and their body mass indices ranged from 25 to 35kg. <b>Inclusion Criteria</b> Thirty females suffering from grade <math>\geq 1</math> cellulite according to Nurnberger-Muller scale with femoral adipose tissue. <b>Exclusion criteria</b> history of uncontrolled hypertension, malignancy, mental disorders, diseases of skin (dermatological diseases), inflammation within treatment area and history of deep venous thrombosis (DVT). They were divided randomly by using flip coin into two groups, Group (A) (kinesio tape group): was consisted of 15 females; they all received kinesio tape for 6 weeks in addition to low caloric diet (1200 kcal / day) and condition related advice. Group (B) (intermittent compression therapy group): was consisted of 15 females, they received intermittent compression therapy for 6 weeks in addition to low caloric diet ( 1200 kcal / day ) and condition related advice as in group (A). <b>Results:</b> the result of this study reported that there were a statistical significant improvement in the results of skin thickness , thigh girth, photography before treatment and after the conduction of the study program for both group A and B favoring group B (Intermittent compression therapy) as the percent of improvement was 14.36% in skin thickness, 3.64% in thigh girth and also in the results of photoneumeric cellulite severity scale <b>Conclusion:</b> The result of this study supports the expectation that the application of both kinesio tape therapy and intermittent compression therapy had a valuable effect on cellulite in females, but intermittent compression therapy was more effective than the kinesio tape.</p>		
Key words	1.	Cellulite in females.
	2.	Intermittent Compression therapy
	3.	kinesio tape
	4.	Females in Cellulite.
Classification number	:	000.000.
Pagination	:	83 p.
Arabic Title Page	:	فعالية العلاج بالضغط المتقطع مقابل لشريط كينيسيو علي السيلوليت في الفتيات.
Library register number	:	6517-6518.

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

Author	:	Amr Kamal Abd Elaal.
Title	:	Effect of aerobic exercise on preventing hyperuricemic complications after menopause.
Dept.	:	Physical Therapy for Women's Health.
Supervisors	1.	Soheir Mahmoud El-Kosery.
	2.	Ghada Ebrahim El-Refaye.
	3.	Amr Hazim Abbassy.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Back ground:</b> Elevated serum uric acid is more common in women after menopause. There are many serious complications which are associated with increased serum uric acid such as gout, metabolic syndrome, renal calculi and cardiovascular problems. <b>Purpose:</b> The aim of this study was to determine the effect of aerobic exercise on preventing post-menopausal hyperuricemic complications. <b>Subjects and Methods:</b> Forty female patients, had elevated serum uric acid levels were selected randomly from Outpatient clinic of Department of Rheumatology and Rehabilitation in El Kasr El-Einy , Cairo University, their ages ranged from 50 to 65 years old and their body mass index (BMI) didn't exceed 30kg/m<sup>2</sup>. The participants were assigned into two groups of equal number. Group (A) (20 patients) treated by aerobic exercise 3 sessions per week and diet modification for 8 weeks and group (B) (20 patients) treated by diet modification only, for 8 weeks. All patients in both groups were assessed through serum uric acid level test, visual analogue scale (VAS) to measure pain intensity and borg rating of perceived exertion was used to assess functional activity before and after treatment. <b>Results:</b> It was revealed that there was a statistically significant improvement in serum uric acid level, pain and physical activity in group (A) than group (B). <b>Conclusion:</b> The effect of aerobic exercise along with diet modification was more effective in reducing serum uric acid level, pain intensity and functional disability than diet modification only in postmenopausal hyperuricemic patients.</p>		
Key words	1.	Aerobic exercise.
	2.	Hyperuricemic complications.
	3.	Menopause.
	4.	Women after menopause.
Classification number	:	000.000.
Pagination	:	110 p.
Arabic Title Page	:	تأثير التمارين الهوائية علي منع مضاعفات فرط حمض يوريك الدم بعد إنقطاع الطمث.
<b>Library register number</b>	:	<b>6613-6614.</b>

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

Author	:	Asmaa Khalil Mohamed Khalil.
Title	:	Effect of severity of stress urinary incontinence on the lumbo-pelvic alignment.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Dr. Marwa Abd El Rahman Mohamed.
	2.	Dr.Karima Abdelaty Hassan.
	3.	Dr.Amir Arbi Gabr.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> Stress urinary incontinence (SUI) is one of the pelvic floor dysfunctions that affecting the females in the middle age. The lumbo-pelvic position may affect the activity of the pelvic floor muscles, which play a primary role in the maintenance of continence and support of the abdominal and pelvic contents. <b>Material and methods:</b> Twenty-eight married females aged from 20-50 years old with stress urinary incontinence were included in this study. The severity of the SUI was determined by using the incontinence severity index (ISI). According to the ISI the patients were divided into two groups mild and moderate group. The lumbopelvic alignment was measured by using lateral standing radiograph of the lumbosacral spine then the measurement was carried out by using surgimap spine software. The parameters measured include lumbar lordosis, sacral slope, and pelvic tilt. A one way MANOVA test was run to compare all these parameters between both groups and a Spearman's rank-order correlation was run to correlate between incontinence severity index and lumbopelvic parameters with the alpha level 0.05. <b>Results:</b> There were highly significant difference between both groups for lumbar lordosis (<math>P=0.0001</math>) and sacral slope (<math>P=0.0001</math>). There was no significant difference between both groups for pelvic tilt (<math>P=0.218</math>). There was a weak positive correlation between severity of SUI and lumbar lordosis (<math>p=0.008</math>) and sacral slope (<math>p=0.013</math>). <b>Conclusion:</b> weakness of the pelvic floor muscles as in cases of SUI can affect the lumbopelvic alignment and cause changes in the normal curvature and stability, these finding should be taken into consideration when dealing with females who have SUI.</p>		
Key words	1.	Sagittal lumbo pelvic alignment
	2.	Stress urinary incontinence.
	3.	Females - lumbo-pelvic alignment.
Classification number	:	000.000.
Pagination	:	87 p.
Arabic Title Page	:	تأثير السلس البولي الاجهادي على محاذاة الفقرات القطنية والحوض.
Library register number	:	6409-6410.

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

Author	:	Asmaa Maher Ahmed Zahran.
Title	:	Effect of myofascial release technique on postnatal sacroiliac joint pain.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Khadyga Sayed Abdel-Aziz.
	2.	GhadaEbrahim El-Refaye.
	3.	Mahmoud Hosni Ebrahim.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p>This study was aimed to determine the effect of myofascial release technique on postnatal sacroiliac joint pain. Fifty multigravidae postpartum women, who had caesarean delivery and complained from sacroiliac joint pain, were selected randomly from outpatient clinic of Deraya University in El Minya to participate in this study, their ages ranged from 26 to 35 years old and their body mass index (BMI) didn't exceed 30kg/m<sup>2</sup>. Women were assigned into two groups of equal number (A) and (B), group (A) treated by lumbo-pelvic stabilizing exercises, 30 minutes, 3 sessions per week for 8 weeks and group (B) treated by lumbo-pelvic stabilizing exercises, 30 minutes and myofascial release technique, 20 minutes, 3 sessions per week for 8 weeks. All women in both groups were assessed through visual analogue scale (VAS) to measure pain intensity, modified Oswestry disability questionnaire to assess functional disability and pressure algometry device to determine muscle trigger points sensitivity for both groups before and after treatment. The results of the present study revealed that there was more statistically significant improvement in pain, functional disability and trigger points sensitivity in group (B) than group (A). It seems that the use of myofascial release technique was effective in reducing sacroiliac joint pain intensity, functional disability and pain sensitivity within the muscle trigger points on postnatal women.</p>		
Key words	1.	Myofascial Release Technique.
	2.	Postnatal Pain.
	3.	Sacroiliac Joint.
Classification number	:	
Pagination	:	116 p.
Arabic Title Page	:	تأثير تقنية الإفراج الليفى العضلى على آلام المفصل العجزي الحرقفي بعد الولادة.
Library register number	:	6319-6320.



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Author	:	Doaa Mohamed Abd El Fatah Elsenosy.
Title	:	Systematic Review: Effect of Aerobic Exercise on Hypertensive Post-Menopausal Women.
Dept.	:	Department of Physical Therapy for Health Women.
Supervisors	1.	Soheir Mahmoud Elkosery.
	2.	Mohamed Mostafa Shahren.
Degree	:	Master.
Year	:	2018.
Abstract	:	
<p>This study aims to obtain evidence that aerobic exercise influences on postmenopausal hypertension and to provide physical therapists with guidelines to improve hypertension in postmenopausal women using aerobic exercises. Searching in MEDLINE (PubMed), Google Scholar, pedro and Cochrane, detailed searching the electronic data base from 2007 up to 2018 was conducted and only randomized controlled trials (RCTs) studying the effect of aerobic exercise on postmenopausal hypertensive women were included according to the study's inclusion and exclusion criteria. Assessment of methodological quality of the studies was performed using pedro scale. As a result, a total of six randomized controlled trials with 568 samples were included. Based on the meta-analysis results, there were significant reductions of SBP after aerobics, compared with control (Mean Difference = -7.13, 95% Confidence Interval = -7.7 to -6.55) also there was significant reduction of DBP after aerobic exercise in comparison to control group (MD = -2.96, 95%CI = -3.49 to -2.43), which confirm the effect of aerobic exercise in reduction of elevated systolic blood pressure and diastolic blood pressure of postmenopausal hypertensive women. The current level of evidence to support the effectiveness of aerobic exercise on postmenopausal hypertension which was included in meta-analysis is strong.</p>		
Key words	1.	Aerobic exercise.
	2.	Randomized control trials.
	3.	systematic review
	4.	Postmenopausal hypertension.
	5.	Hypertensive Post-Menopausal Women.
	6.	Women in Hypertensive Post-Menopausal.
Classification number	:	000.000.
Pagination	:	83 p.
Arabic Title Page	:	فحص منهجي : تأثير التمرينات الهوائية علي ضغط الدم المرتفع للسيدات فترة مابعد انقطاع الطمث.
Library register number	:	6261-6262.

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

Author	:	Eman Emad Mohamed Kamel.
Title	:	Effect of Whole body vibration versus Laser Acupuncture on blood pressure in obese post-menopausal women.
Dept.	:	Physical Therapy for Women's Health.
Supervisors	1.	Amel Mohamed Yousef
	2.	Hossam El-Din Hussein Kamel
	3.	Wafaa Mohammad Kamal Abdel Fattah.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p>This study was conducted to compare the effect of Whole body vibration versus Laser Acupuncture on blood pressure and blood lipid in obese postmenopausal women. Forty-Five postmenopausal women with hypertension were collected from the outpatient clinic of Menouf General Hospital to participate in this study. Their ages were ranged from 55-65 years old and their body mass index (BMI) ranged from 30 to 34.9 Kg/ m<sup>2</sup>. All women were pre-hypertension or stage 1 hypertension ranged from 140/90 to 159/99 mmHg as diagnosed by physicians and they weren't received any medication, They were divided randomly into three groups equal in number: Group(A): 15 women who received diet regimen for 8 weeks, group (B): 15 women who received the same diet regimen and participated in whole body vibration program for 30 minutes, three times per week for 8 weeks and Group (C):15 women who were received the same diet regimen, in addition they were treated with laser acupuncture for 30 minutes, three times per week for 8 weeks. All women in groups (A, B and C) were evaluated by measuring blood pressure (BP) and serum level of total cholesterol (TC), triglycerides (TG), high density lipoprotein (HDL) and low density lipoprotein (LDL) before and after the end of treatment program. The obtained results showed statistical extremely significant decrease in the mean values of (SBP, DBP, TC, TG and LDL) in all groups (A,B and C) where (P- value &lt; 0.0001) and this significant reduction in favour to group (C), as well as statistical significant increase in the mean value of HDL in all groups (A,B and C) where (P- value &lt; 0.02) and this significant increase in favour to group (C). Consequently, it could be concluded that laser acupuncture beside the nutritional intervention is better than whole body vibration and is considered to be a safe, easy - to - use and very effective physical therapy technique to reduce BP and improve blood lipid in postmenopausal women with hypertension.</p>		
Key words	1.	Hypertension.
	2.	Blood lipid.
	3.	Whole Body Vibration.
	4.	Laser Acupuncture.
	5.	Blood pressure.
	6.	post-menopausal women.
	7.	Obesity.
Classification number	:	000.000.
Pagination	:	122 p.
Arabic Title Page	:	تأثير إهتزاز الجسم الكلي مقابل الليزر على مناطق الوخز الإبري على ضغط الدم لدي السيدات البدينات بعد إنقطاع الطمث.
Library register number	:	6283-6284.



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

Author	:	Fatima alzahraa Mohamed elsaied Taha elbelidy.
Title	:	Effect of Aerobic Exercise on Fetal Outcomes in Diabetic Pregnant Women.
Dept.	:	Physical Therapy for Women's Health.
Supervisors	1.	Adly Ali Heidar Sabbour,
	2.	Abeer Mohamed ElDeeb,
	3.	Amir Arabi Gabr.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p>This study aimed to evaluate the effect of aerobic exercise on fetal outcomes including gestational age, babies' weight, length, head circumference, chest circumference, abdominal circumference and Apgar score 1 and 2. Thirty gestational diabetic women participated in this study. Their age ranged from 20 to 35 years old and their body mass index was <math>&gt;30\text{kg/ m}^2</math> and <math>&lt;34.9\text{ kg/ m}^2</math>. They were randomly distributed into two groups. The control group received insulin therapy and diet instructions, while the exercise group received the same treatment and aerobic exercise in the form of treadmill training for 30 minutes/day for 3 times /week. Results: Comparing both groups post-intervention, results revealed that there were statistically non-significant differences in the gestational age (<math>p=0.48</math>), babies' length (<math>p= 0.86</math>), head circumference (<math>p= 0.15</math>), chest circumference (<math>p= 0.09</math>), and Apgar score 1 (<math>p= 0.051</math>). However, there was statistically significant decrease in babies' weight (<math>p=0.003</math>), and abdominal circumference (<math>p= 0.001</math>), as well as statistically significant increase in Apgar score 2 (<math>p= 0.02</math>). It could be concluded that aerobic exercise led to improvements in the fetal outcomes without producing any harmful effects to infants of gestational diabetic pregnant women.</p>		
Key words	1.	Aerobic exercise.
	2.	gestational diabetes mellitus
	3.	fetal outcomes.
	4.	Diabetic Pregnant Women.
Classification number	:	000.000.
Pagination	:	91 p.
Arabic Title Page	:	تأثير التمرينات الهوائية على مخرجات الجنين في السيدات اللائي تعانين من داء السكري.
Library register number	:	6276-6275.

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

Author	:	Hadeer Mahmoud Awad Elshikh.
Title	:	Effect of Laser Puncture versus Microcurrent on Primary Dysmenorrhea.
Dept.	:	Physical Therapy for Women's Health.
Supervisors	1.	Azza Barmoud Nashed Kassab.
	2.	Asmaa Mahmoud El-Bandrawy.
	3.	Hossam El-Din Hussein.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> Dysmenorrhea is difficult menstrual flow or painful menstruation. It is one of the most common gynaecologic complaints in young women who present to clinicians. <b>Purpose:</b> This current study was designed to investigate and compare between the effects of laser puncture and microcurrent stimulation on primary dysmenorrhea. This study was conducted at Outpatient clinic, Faculty of Physical Therapy, Cairo University. <b>Methods:</b> It is 2 groups pre-test post-test design. Forty girls with primary dysmenorrhea were recruited and asked to participate in this study, their age (18-23), BMI was (<math>&lt;30\text{kg/m}^2</math>), patient diagnosed with mild to moderate degree of pain. They were randomly allocated into two groups equal in number: group A (laser puncture group) and group B (Microcurrent group), treatment was conducted over 4 weeks. Assessment of pain for both groups were carried out before and after treatment program through Pressure algometer, Visual analogue scale and the 12-Item Short Form Health Survey (SF-12). <b>Results:</b> There were significant increase in mean values of pressure algometer, and SF-12 in both groups after treatment and significant decrease in VAS in both groups. <b>Conclusion:</b> The results concluded that both laser puncture and microcurrent stimulation have the same effect on primary dysmenorrhea.</p>		
Key words	1.	Laser Puncture.
	2.	Primary Dysmenorrhea.
	3.	Microcurrent.
Classification number	:	000.000.
Pagination	:	78 p.
Arabic Title Page	:	تأثير الليزر على نقاط الوخز بالأبر الصينية مقابل التيار الكهربائي الدقيق على عسر الطمث الأولي.
Library register number	:	6773-6774.

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

Author	:	Heba Allam Atwa Ali.
Title	:	Effect Of Bioptron Light Therapy On Post Partum Low Back Pain.
Dept.	:	Physical Therapy for Women's Health.
Supervisors	1.	Hala Mohamed Hanafy.
	2.	Mohamed Fawzy Mohamed Abo El Enin.
	3.	Wafaa Mohammad Kamal Abdel Fattah.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Purpose of the study:</b> The present study was conducted to investigate the effect of bioptron light therapy on the post partum low back pain. <b>Subjects and Methods:</b> The current study was enrolled on forty women, whose ages ranged from 20-35 years old and their body mass index(BMI) was not exceeding <math>30\text{kg/m}^2</math>, all women on this study complained from postpartum low back pain(from 1st week till 4 weeks postpartum). They were divided randomly into two groups equal in numbers; (20 patients each), the control group (A) received specific exercise program include: Static abdominal exercise, diaphragmatic breathing with static abdominal contraction, anterior pelvic rocking exercise and posterior pelvic rocking exercise 3 times / week for four weeks, while the study group (B) received the same program as in the control group (A) in addition to bioptron therapy for 15 minute 3 times per week for their lumbar region. <b>Results:</b> The results revealed significant improvement of all measured variables (Visual analog scale (VAS), modified schober test (cm) and oswestry disability index (%)) after four successive weeks in both groups (A and B) and significant improvement when comparing post- treatment between both groups in favor of group (B). <b>Conclusion:</b> Specific exercises program and bioptron light therapy can be added to the physical therapy program for relieving pain on women who had post partum low back pain.</p>		
Key words	1.	Postpartum low back pain
	2.	Specific exercises program
	3.	Bioptron light therapy
	4.	Low Back Pain.
Classification number	:	000.000.
Pagination	:	79 p.
Arabic Title Page	:	تأثير الضوء المستقطب على آلام أسفل الظهر بعد الولادة.
<b>Library register number</b>	:	<b>6259-6260.</b>

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

Author	:	Heba Hamed Ebrahim Elmorsy.
Title	:	Effect of core stability exercises in treatment of post-partum Sacroiliac joint pain.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Khadiga Sayed Abd El aziz.
	2.	Amir Arabi Gabr.
	3.	Afaf Mohamed Mahmoud Botla.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> Sacroiliac joint (SIJ) pain is a common complain of many women during late pregnancy and postpartum period that limit the women's quality of life. Core stability exercises become a prevalent fitness trend that has begun to be practiced in many rehabilitation programs</p> <p><b>Objective:</b> The main aim of this study was to assess the effect of core stability exercises on treatment of post-partum SIJ pain</p> <p><b>Methods :</b>Thirty women diagnosed with post-partum SIJ pain , their age ranged from (25-35)years, their BMI ranged from (25-30)kg/m<sup>2</sup>,and their number of parity ranged(2-4)times were selected randomly from outpatient clinic of Al-Ahrar teaching hospital .Women divided randomly into two equal groups ,Group A (control group): 15 patients ,they were treated by TENS for 4 weeks 30 min\session,3 sessions \week .Group B(study group):15 patient, they were treated by core stability exercises for 4 weeks, 40 min\session, 5 sessions \week plus TENS as for group A. All participant were evaluated by VAS, Oswestry disability index (ODI), serum cortisol levels before and after treatment. <b>Result:</b> The results of this study revealed that there was a statistical significant decrease in the mean value of VAS in group (B) when compared with its corresponding value in group (A). In spite of there was no statistical significant difference in plasma cortisol level but there was clinical difference and high percent of improvement in favor to group B (8.83%) than group A (2.66%) post treatment. Also there was a statistical significant decrease in the mean value of ODI in group (B) when compared with its corresponding value in group (A). <b>Conclusion:</b> Core stability exercises could be used as complementary treatment in reducing post-partum SIJ pain. Also it could be considered useful treatment to increase flexibility and range of motion</p>		
Key words	1.	Sacroiliac joint pain.
	2.	TENS.
	3.	Core stability exercises.
	4.	Post -partum.
Classification number	:	000.000.
Pagination	:	97 p.
Arabic Title Page	:	تأثير تمارين الثبات المحوري في علاج حالات ألم المفصل العجزي الحرقفي بعد الولادة.
Library register number	:	6769-6770.

**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	:	Hebat-Allah HussienAbdel_HamidHussien.
Title	:	Effect of aerobic exercise on premature menopausal symptoms after hysterectomy.
Dept.	:	Physical Therapy for Women's Health.
Supervisors	1.	Mohamed Ahmed Mohamed Awad.
	2.	Hossam Al Din Hussien Kamel.
	3.	GhadaEbrahim Ahmed El Refaye.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Purpose:</b> This study was conducted to detect the effect of aerobic exercise on premature menopausal symptoms after hysterectomy. <b>Subjects:</b> Forty women with recent total hysterectomy selected randomly from gynecology department in Said Galal University Hospital in Cairo, Al Azhar University. Their ages ranged from 30 to 40 years old and their body mass index was not exceeding 30 kg/m<sup>2</sup>. <b>Design:</b>They were divided into two groups equal in number, group (A) were treated by hormonal replacement therapy (Conjugated Estrogens 0.3 mg and Medroxyprogesterone 0.625 mg once daily) only for twelve weeksand group (B) were engaged in aerobic exercise program in the form of treadmill and stationary bicycle for 45 minutes, 3times per week, for twelve weeksand alsowas treated by hormonal replacement therapy (Conjugated Estrogens 0.3 mg and Medroxyprogesterone 0.625 mg once daily). <b>Methods:</b> Standard weight and height scale was used to measure BMI, Modified Greene scale was used to evaluate the premature menopausal symptoms, Blood sample analysis was used to show the levels of Follicle Stimulating Hormone (FSL) and Luteinizing Hormone (LH) and Spirometer was used to measure the maximum voluntary ventilation and the forced vital capacity for both groups (A&amp;B) before and after treatment. <b>Results:</b>The obtained results showed a statistically significant delay andovercome (P&lt;0.01) inthe appearance of premature menopausal symptoms in both groups,when both groups were compared together, a statistically highly significant delay and overcome (P&lt;0.01) inthe appearance of premature menopausal symptoms was more in group (B) than group (A). <b>Conclusions:</b> Accordingly, it could be concluded that the engagement of aerobic exercise program was very effective in overcoming or delaying the premature menopausal symptoms on post hysterectomy women.</p>		
Key words	1.	Aerobic Exercise
	2.	Premature menopause
	3.	Hysterectomy
Classification number	:	000.000.
Pagination	:	127 p.
Arabic Title Page	:	تأثير التمرينات الهوائية علي الأعراض المبكرة لإنقطاع الطمث عقب عمليات إستئصال الرحم.
Library register number	:	6699-6700.

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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 ultraviolet radiation on immune system in postmenopausal women.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Salwa Mostafa El-Badry.
	2.	Amel Mohamed Yousef.
	3.	Mohamed Hassen Mostafa.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> The purpose of this study was to determine the effect of ultraviolet radiation on immune system in postmenopausal women. Forty postmenopausal women who suffering from vitamin D deficiency participated in this study, their age ranged from 55 to 65 years. They were divided randomly into two groups equal in number, control group (Group A) received only vitamin D supplement (800 IU) daily for 4 weeks and study group (Group B) exposed to ultraviolet B (UVB) three times per week, in addition to vitamin D supplement (800 IU) daily for 4 weeks. All participants in both groups (A and B) were assessed pre- and post-treatment through measuring vitamin D, total leukocytes, lymphocytes, monocytes and neutrophils by blood analysis and quality of life by Older People's Quality of Life Brief Questionnaire. Results showed that a statistically highly significant (<math>P &lt; 0.0001</math>) increase in serum 25-hydroxyvitamin D, total leukocytes, lymphocytes, monocytes and neutrophils in group (B) than in group (A), while quality of life showed statistically non-significant difference between both groups (A&amp;B). Accordingly, it could be concluded that ultraviolet is an effective, non- invasive, safe, easy to apply, simple and successful method for improving immune system in postmenopausal women.</p>		
Key words	1.	Ultraviolet.
	2.	Postmenopausal women.
	3.	Immune system.
	4.	Women in postmenopausal.
Classification number	:	000.000.
Pagination	:	91 p.
Arabic Title Page	:	تأثير الأشعة فوق البنفسجية على الجهاز المناعي لدى السيدات بعد انقطاع الطمث.
<b>Library register number</b>	:	<b>6519-6520.</b>



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

Author	:	Marwa El-saeid Mohamed El-Bayoumy.
Title	:	Effect of myofascial release on De Quervain's tenosynovitis during pregnancy.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Hala Mohamed Hanfy Emara.
	2.	Afaf Mohamed Mahmoud Botla.
	3.	Mohamed Fawzy Mohamed Abo El Enin.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> De Quervain's Tenosynovitis is painful stenosing tenosynovitis of the first dorsal compartment of the wrist that affecting physical function. So, it is necessary to decrease pain in De Quervain's tenosynovitis. <b>Purpose:</b> The purpose of this study was to investigate the effect of the myofascial release on De Quervain's tenosynovitis in pregnant women. <b>Subjects and methods:</b> Thirty pregnant women diagnosed with De Quervain's tenosynovitis, their age ranged from 20-35 years, their body mass index would be less than 30 kg/m<sup>2</sup>, their gestational age ranged from 20<sup>th</sup> to 28<sup>th</sup> weeks and the number of parity ranged (1-3) times. Women divided randomly into two equal groups in number, Group A (Control group): 15 patients, They treated by therapeutic ultrasound only for 6 weeks, 10 mins/session, 3 sessions/week. Group B (Study group): 15 patients, They treated by myofascial release for 6 weeks, 10 mins/session, 3 sessions/week plus therapeutic ultrasound. All participants were evaluated by visual analogue scale, patient rated wrist evaluation questionnaire, serum cortisol levels before and after treatment. <b>Results:</b> The study showed that there was a statistical significant difference in the median value of difference in visual analogue scale between groups A [7.0 (5.0-10.0)] and B [8.0 (6.0-10.0)] (which was in favor to group B, more decrease) with Z value = -2.672 and p value = 0.008, there was a statistical significant difference in the median value of difference in patient rated wrist evaluation questionnaire between group A [59.0 (44.0-71.0)] and B [69.0 (63.0-77.0)] (which was in favor to group B, more decrease) with Z value = -3.760 and p value = 0.001, Also there was a statistical significant decrease in the mean value of cortisol level in group B (17.07 ± 1.96) when compared with its corresponding level in group A (18.70 ± 2.27) with (F= 18.041 &amp; p= 0.001). <b>Conclusion:</b> myofascial release could be used as a complementary treatment in reducing pain, soreness and adhesion and decreasing the need of analgesic drugs.</p>		
Key words	1.	De Quervain's tenosynovitis.
	2.	Myofascial release.
	3.	Pregnancy.
Classification number	:	000.000.
Pagination	:	98 p.
Arabic Title Page	:	تأثير الإفراج الليفى العضلى على التهاب غمد أوتار الإبهام أثناء الحمل.
Library register number	:	6567-6568.

**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**

<b>Author</b>	:	Marwa Hamdy Hussien.
<b>Title</b>	:	Relationship between weight reduction and serum vitamin D in obese post-menopausal women.
<b>Dept.</b>	:	Physical Therapy for Women's Health
<b>Supervisors</b>	1.	Hala Mohamed Hanaf.
	2.	Engy Mohamed Ibrahim El Nahas.
	3.	Magdy Mohamed Abd El Rahman.
<b>Degree</b>	:	Master.
<b>Year</b>	:	2019.
<b>Abstract</b>	:	
<p>This study was conducted to determine the relationship between weight reduction and serum vitamin D concentration in obese post-menopausal women. Forty obese post-menopausal women with vitamin D deficiency were participated in this study from Al-Mataria Teaching hospital during the period between February 2017 and January 2018. They were divided into two groups equal in number; group (A) which performed aerobic exercises in form of walking on treadmill for 30 min (60-70% of max. HR), 3sessions / week for 12 weeks and received a diet program, group (B) which served as control group. Both groups (A&amp;B) were evaluated before and after the study through measuring vitamin D level by blood sample test, weight, body mass index and percentage of fat by body composition analysis equipment and health status by EQ-5D-5L questionnaire. The Result of this study showed that there was a non-statistical correlation between vitamin D and weight, BMI, percentage of fat and questionnaire. Accordingly, it could be concluded that there was no relationship between weight reduction and serum vitamin D concentration in obese post-menopausal women.</p>		
<b>Key words</b>	1.	Vitamin D.
	2.	Weight loss.
	3.	Obese Post-menopausal Women.
	4.	Women in obese post-menopausal.
<b>Classification number</b>	:	000.000
<b>Pagination</b>	:	114 p.
<b>Arabic Title Page</b>	:	العلاقة بين إنقاص الوزن و فيتامين د عند السيدات البدينات بعد فترة إنقطاع الطمث.
<b>Library register number</b>	:	6597-6598.

**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 Mohamed Mohamed.
Title	:	Efficacy Of Exercise Combined With Music On Pain And Range Of Motion In Pediatric Lower Limb Burn.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Marwa Mahmoud Adb El-Moteleb EID.
	2.	Ashraf El-sebaie Mohamed.
	3.	Ereny Sobhy Wahba.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Purpose:</b> This study was conducted to investigate efficacy of exercise combined with music on pain and range of motion in pediatric lower limb burn measured by goniometer and visual analogue scale. <b>Subjects:</b> Thirty patients with 2<sup>nd</sup> degree lower limb burn were included in the present study, age ranged from 10 to 15years old, They were selected from El Kasr el Ainy hospital and Om Elmasreen hospital at Cairo, Egypt. <b>Methods:</b> Patients assigned randomly into two groups (A and B) which are equal in number: Group (A) fifteen patients received the exercise combined with music plus traditional physiotherapy for 12 weeks (3 sessions /week). Group (B) fifteen patients received the recommended traditional physiotherapy for 12 weeks. <b>Evaluation:</b> Evaluations of both groups (A and B) were done before starting the treatment and at the end of study by visual analog scale and goniometer. <b>Results:</b> Comparison between both groups (A and B) before starting the study revealed that there was a statistically non-significant difference between them. At the end of the study, there was a significant increase in the range of motion and improve pain in the study group (group A) compared with control groups (group B) post treatment. <b>Conclusion:</b> The present study concluded that exercise combined with music is a useful method on pain and range of motion in pediatric lower limb burn</p> <p><b>Conclusion:</b> It can be conclude that visceral decongestion of true pelvis can be used as a treatment in reducing severity of pain, reducing serum cortisol level and increasing blood supply to the uterus in primary dysmenorrhea</p>		
Key words	1.	Music.
	2.	pediatric burn.
	3.	Exercise.
	4.	Range Of Motion In Pediatric.
	5.	Burn.
	6.	Visual Analogue Scale.
	7.	Goniometer.
	8.	Pain.
Classification number	:	000.000.
Pagination	:	68 p.
Arabic Title Page	:	فاعلية التمرينات مع الموسيقى علي الألم ومعدل الحركة في حروق الطرف السفلي للأطفال.
Library register number	:	6625-6626.

**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	:	Nehal Gamal Omran Tolba.
Title	:	Effect of Forward Head Posture on Temporomandibular joint proprioception in post-pubertal females.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Amel Mohamed Youssef
	2.	Doaa Ahmed Mohamed Osman
	3.	Hamada Ahmed Hamada Ahmed
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> FHP is considered a widely spread postural disorder among post-pubertal females and it is related to Nasorespiratory obstruction, Masticatory muscles dysfunction and abnormalities in Temporomandibular joint (TMJ) structure results in Temporomandibular Disorders (TMDs). Although there were a lot of studies about the close association between FHP and TMDs and the triad of dysfunction which incorporates Myofascial pain and dysfunction, internal derangement of the TMJ and cervical spine dysfunction, till now, no study have been showed effect of FHP on TMJ proprioception in post-pubertal females. <b>Purpose:</b> This observational cross-sectional study was conducted to investigate the effect of FHP on Temporomandibular joint (TMJ) proprioception in post-pubertal females. <b>Material and Method:</b> Fifty-six post-pubertal females were recruited from undergraduate students of Faculty of Physical Therapy, Cairo University and assigned according to Craniovertebral angle (CVA) into two groups. Group A: 23 females without FHP, have normal CVA &gt;48 and Group B: 33 females with FHP, CVA&lt;48 and use photographic analysis to measure shoulder angle and use Vernier caliper to measure TMJ repositioning accuracy in different directions (mouth opening, protrusion and lateral movements of jaw including right and left deviation) with open and closed eyes three times. <b>Results:</b> There was a significant (<math>p&lt;0.05</math>) difference in Shoulder angle and in mean values of TMJ repositioning error at Mouth opening and Left deviation with closed eyes between both groups While there was non-significant (<math>p&gt;0.05</math>) difference in mean values of TMJ repositioning error at Mouth opening, Right deviation, Left deviation and Protrusion with open eyes as well as at Right deviation and Protrusion with closed eyes between both groups. <b>Conclusion:</b> It can be concluded that post-pubertal females with FHP have deficit in TMJ proprioception in Mouth opening and Left deviation in comparison to normal others.</p>		
Key words	1.	Forward head posture.
	2.	Proprioception.
	3.	Temporomandibular joint.
	4.	post-pubertal females.
Classification number	:	000.000.
Pagination	:	113 p.
Arabic Title Page	:	تأثير الوضع الأمامي للرأس علي إستقبال الحس العميق في مفصل الفك الصدغي لدي الإناث بعد البلوغ.
Library register number	:	6279-6280.

**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	:	Nermeen Shaaban Abd-El Azeim El Sherief.
Title	:	The effect of acupressure versus aerobic exercise on depression in postmenopausal women.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Hala Mohamed Emara.
	2.	Hossam El Deen Hussein kamel.
	3.	Wafaa Mohammad Kamal.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p>This study was conducted to determine the effect of acupressure versus aerobic exercise on depression in postmenopausal women. 40 postmenopausal women diagnosed with depression by gynecologist and confirmed by Zung self-rating depression scale they were chosen from the outpatient clinic of Kasr Al Ainy Cairo University Hospital, Cairo University. Their ages ranged from 45 to 55 years with body mass index not exceeded 30 kg/m<sup>2</sup> participated in this study. They were distributed into two groups; each group consisted of 20 postmenopausal women, group (A) received acupressure by wearing wrist band for four weeks for 24 hours and group (B) performing aerobic exercises on treadmill 3 sessions per week for four weeks for a duration 40 mins (10 mins warming up, 20 mins running and 10 mins cooling down). Assessment was done by Zung self rating depression scale before and after treatment, as the results showed that there was a statistical significant decrease in value of Zung self-rating depression scale in group B when compared with its corresponding value in group A. We can conclude that aerobic exercise is more effective than acupressure in the treatment of postmenopausal depression.</p>		
Key words	1.	Acupressure
	2.	Depression - postmenopausal women.
	3.	Aerobic exercise
	4.	postmenopausal women
	5.	postmenopausal women In depression.
Classification number	:	000.000.
Pagination	:	94 p.
Arabic Title Page	:	تأثير العلاج بالضغط الوخزي مقابل العلاج بالتمارين الهوائية علي علاج اكتئاب السيدات في مرحلة انقطاع الطمث.
Library register number	:	6569-6570.

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

Author	:	Nourhan Ahmed Safy Eldeen Mahmoud.
Title	:	The Effect of Foot Reflexology on Low Back Pain During Pregnancy.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Hala Mohamed Emara.
	2.	Mohamed Fawzy Abo El Enin.
	3.	Afaf Mohamed Mahmoud Botla.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p>This study was conducted to determine the effect of foot reflexology on low back pain during pregnancy. A sample of forty pregnant women diagnosed with low back pain, their ages ranged from 20 to 35 years and their BMI was ranged from 25-35 kg / m<sup>2</sup> participated in this study, they were selected randomly from the Health Center Haggana. They were divided randomly into 2 equal groups (A&amp;B). Group (A) (Control group): consisted of 20 patients, they received ball stability exercises only for 30 minutes/ session, 3 sessions /week for 4 weeks. Group (B) (Study group): consisted of 20 patients, they received the same treatment as for group (A) plus foot reflexology for another 30 minutes/session (15 minutes for each foot). All patients in both group were evaluated at the beginning of the study and after 4 weeks through measuring pain intensity using visual analog scale and pain pressure threshold using pressure algometry. The results of visual analog scale revealed that there was a statistical significant decrease in the mean value of visual analog scale in group B when compared with its corresponding value in group A with F value = 40.540 and p value = 0.001. Also the results of pain pressure threshold revealed that there was a statistical significant increase in the mean value of pain pressure threshold in group B when compared with its corresponding value in group A with F value = 27.084 and p value = 0.001. It can be concluded that foot reflexology for 4 weeks is an effective complementary treatment for low back pain during pregnancy.</p>		
Key words	1.	Ball stability exercise.
	2.	Foot reflexology.
	3.	Low back pain.
	4.	Pregnancy.
	5.	Pregnancy- Foot Reflexology.
Classification number	:	000.000.
Pagination	:	81 p.
Arabic Title Page	:	تأثير تدليك القدم على آلام أسفل الظهر أثناء الحمل.
Library register number	:	6545-6546.



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

Author	:	Nourhan Nagy Mohamed Moheb.
Title	:	Ultrasound Cavitation versus Abdominal Exercises on Post Menopausal Abdominal Fat.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Soheir Mahmoud El- Kosery
	2.	Ghada Ebrahim El Refaye
	3.	Amr Hazim Abbassy
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p>The purpose of this study was to determine the effectiveness of ultrasound cavitation versus abdominal exercises on post menopausal abdominal fat. Subjects: Sixty obese women with abdominal fat, their age ranged from (50-65) years, their BMI (30-35kg/m<sup>2</sup>), WHR ranged between (0.81 to 1.0). They were selected from Outpatient Clinic of Physical Therapy Department in Egyptian Radio and TV Union. They were randomly divided into two equal groups. Group (A) consisted of 30 women who received ultrasound cavitation two sessions per week in addition to low-caloric diet (1200 kcal/day) for eight weeks, Group (B) consisted of 30 women who received abdominal exercises two sessions per week in addition to the same low-caloric diet (1200 kcal/day) for eight weeks. All women in both groups (A&amp;B) were evaluated by measuring (BMI, WHR and Skin Fold Thickness) before and after the study period. Results: The results of this study showed highly statistically significant decrease in the mean values of BMI, WHR and Skin Fold Thickness in both groups, However the results were in the favor of abdominal exercises group. Conclusion: From the previous results, it could be concluded that both ultrasound cavitation and abdominal exercises combined with low-caloric diet were effective in reducing of BMI, WHR and Skin Fold Thickness, However the Abdominal Exercises combined with low-caloric diet caused more improvement than Ultrasound Cavitation.</p>		
Key words	1.	post menopausal period
	2.	abdominal obesity
	3.	ultrasound cavitation
	4.	Menopausal Abdominal Fat.
Classification number	:	000.000.
Pagination	:	105 p.
Arabic Title Page	:	الموجات الصوتية بالتجويف مقابل تمارينات البطن على سمنة البطن فترة ما بعد انقطاع.
Library register number	:	6619-6620.

**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	:	Reham Ezz Eldin Abd Elmouty Mahmoud
Title	:	Effect of aerobic exercise versus resistive exercise on iron absorption in anemic IUD women
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Azza Bormoud Nashed Kassab.
	2.	Marwa Esmael Hasanin.
	3.	Mohamed Fawzy Abu-Elenin.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p>This study was conducted to compare the effect of aerobic exercise versus the effect of resistive exercise on iron absorption in IUD women suffering from anemia. Thirty anemic women using intra uterine device participated in this study. Subjects were divided into two groups, fifteen in each group. The first group was group (A) who performance the aerobic exercise; and the second group was group (B) who performance the resistive exercise. Their age ranged from 20-35 years. Their heamoglobin level was less than 12 g/dL and more than 9 g/dL. Their body mass index (BMI) was from 20-29kg/m<sup>2</sup>.Serum Ferritin and Hb level were assessed in each group before and after treatment. Results showed that there was a statistically significant increase in the post treatment mean values of all tested variables (Hb level and Serum Ferritin) compared with the pre treatment ones in both groups (A) and (B) (p &lt; 0.05). Additionally, there was a statistically significant increase in the post treatment mean values of all measured variables in group (A) compared to group (B) (p &lt;0.05).It can be concluded that both aerobic and resisted exercise programs have significant effects on Hb level and serum iron and could be included in the intervention programs of iron deficiency anemia. In addition, patients with iron deficiency anemia may get additional benefit in improving their Hb level and serum Serum Ferritin through aerobic training program more than the resistive training program.</p>		
Key words	1.	aerobic exercise.
	2.	Resistive exercise.
	3.	exercise,
	4.	Iron in anemic IUD women.
	5.	Anemia in Women.
	6.	IUD anemic women
	7.	Women in anemic IUD.
Classification number	:	000.000.
Pagination	:	84 p.
Arabic Title Page	:	. تأثير التمرينات الهوائية مقابل تمرينات المقاومة على امتصاص الحديد لدى النساء مستخدمي اللولب المصابات بفقر الدم.
Library register number	:	6581-6582.

**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	:	Salwa Mohamed Mahmoud Elmahdy.
Title	:	The Effect Of Progressive Relaxation Training Versus Aromatherapy on Primary Dysmenorrhea.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Hala Mohammed Hanfy.
	2.	Hossam Eldin Hussien Kamel.
	3.	Wafaa Mohammed Kamal.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Back ground and objective:</b> Dysmenorrhea is a common gynecological complaint among females with a major effect on work efficiency and quality of life. The most common symptoms are pain in the lower abdomen and back may reach to inner thighs, and other symptoms may occur such as breast tenderness, nausea, vomiting, diarrhea, fatigue, and headache. This study was conducted to evaluate the effect of progressive relaxation training versus aromatherapy on primary dysmenorrhea. <b>Subjects and methods:</b> Forty virgin girls were included in the study .their age ranged from 16-25 years. They were randomly divided into two equal groups: group (A): received progressive relaxation training. Group (B): received aromatherapy patients of both groups were evaluated for pain using VAS scale and cortisol level using serum cortisol level blood test .assessment was done before and after successive eight weeks of treatment for both groups. <b>Results:</b> Post treatment results revealed that there was a significant improvement in (VAS) scores and serum cortisol level in both groups ,however the difference between groups was non-significant there was a significant decrease in VAS score and serum cortisol level in each group. <b>Conclusion:</b> Aromatherapy has the same beneficial effect of progressive relaxation training on improvement of pain in primary dysmenorrhea.</p>		
Key words	1.	Aromatherapy.
	2.	Progressive relaxation training.
	3.	Primary dysmenorrhea.
Classification number	:	000.000.
Pagination	:	65 p.
Arabic Title Page	:	.
<b>Library register number</b>	:	<b>6669-6670.</b>

**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	:	Samaa Hussein Rajab Soliman.
Title	:	Effect Of Universal Exercise Unit On Balance In Children With Spastic Diaplegia.
Dept.	:	Physical Therapy for Women's Health.
Supervisors	1.	Khaled Olama.
	2.	Sahar Mohamed Nour EL- Din.
	3.	Ahmed El Nahhas.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> Dysfunctional postural control is one of the key problems in children with cerebral palsy (CP) which interfere with the activities of daily life. Balance has been viewed as a skill that the nervous system learns to achieve using many systems including passive biomechanical elements, all available sensory systems and muscles and jointly many different parts of the brain. Universal exercise unit (UEU) therapy is one of the treatment approaches that can be used with other traditional physical therapy exercises for CP children. Purpose of the study: to evaluate the effect of using universal exercise unit (UEU) on standing balance in spastic diaplegia. Subject: thirty spasticdiaplegic children with GMFCS level II of both genders (13 boys, 17girls),their agesranging from 4 to 8 years old chosen from outpatient clinic, faculty of Physical, Cairo University participated in this study. They were classified randomly into two groups of equal numbers (group A: control and group B: study).Procedures: the control group received a designed physical therapy program, while the study group received UEU program in addition to the designed physical therapy program. Total work was assessed by using Biodex balance system before and after the application of the treatment program in both groups (control group and study group).Results:the results showed statically significant improvement in both groups in favor to study group. The post treatment values (<math>P&lt;0.05</math>) group in all measured variables.Conclusion: universal exercise unit is considered to be an effective method to improve standing balance in spastic diaplegic children.</p>		
Key words	1.	cerebral palsy
	2.	Diaplegia
	3.	standing balance.
	4.	Universal Exercise Unit.
	5.	Children With Spastic Diaplegia.
Classification number	:	000.000.
Pagination	:	66 p.
Arabic Title Page	:	تأثير وحده العلاج الموحدة علنا لاتزان في الأطفال المصابين بالشلل التقلصي المزدوج.
Library register number	:	6559-6560.

**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	:	Samia Samir Rashed.
Title	:	Effect of kinesio tape on trunk muscles activity on postural kyphosis in females during puberty.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Amel Mohamed Yousef.
	2.	Abeer Mohamed Eldeeb.
	3.	Ahmed Mohamed Ellithy.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> Excessive thoracic kyphosis often begins in adolescent girls during puberty to hide their growing breasts. Poor posture, carrying a heavy school bag and the use of computers for long periods worsen this hyperkyphosis during adolescent growth. Many studies are concerned with corrective exercises for this case and the kinesio tape application is new in rehabilitation. <b>Purpose:</b> This study was conducted to measure the effect of kinesio tape in conjunction with corrective exercises program on the kyphotic cobb's angle and the trunk muscles electromyographic activity in adolescent girls with postural kyphosis. <b>Subjects and Methods:</b> Forty adolescent girls complaining from postural kyphosis were selected from secondary schools in Giza . Their ages ranged from 15 to 16 years old, their kyphosis (cobb's) angles were more than 40 degrees and less than 60 degrees and their body mass index (BMI) was &gt;20 and &lt;25 kg/m<sup>2</sup>. They were randomly distributed into two groups equal in number, group (A) received corrective exercises 3 times/week for 6 weeks and group (B) received application of kinesio tape for 3-5 days and corrective exercises 3 times/week for 6 weeks. x- Ray measurement was used to measure the cobb's angle of the kyphotic curve in both groups (A&amp;B) and Surface electromyography was used to measure the trunk muscles activity in both groups (A&amp;B) before and after treatment. <b>Results:</b> there was significant reduction of Cobb's angle at post treatment in group (A) and (B) but between both groups showed no significant differences at post treatment. For root mean square (RMS) Group A and B showed significant increase (p=0.0001*) in trapezius muscles and significant decrease (p=0.0001*) in pectoralis major muscles after treatment. Comparison between group (A) and group (B) showed more increase (p=0.0001*) in RMS of RT trapezius muscles and more decrease (p=0.0001*) in RMS of RT and LT pectoralis major muscles. <b>Conclusion:</b> It can be concluded that the application of kinesio tape on the trunk muscles in conjunction with corrective exercise program is more effective in trunk muscles activity than corrective exercise program only in females with postural kyphosis</p>		
Key words	1.	Kinesio-tape.
	2.	postural kyphosis.
	3.	adolescents.
	4.	muscles activity.
	5.	surface electromyography.
	6.	females during puberty.
Classification number	:	000.000.
Pagination	:	102 p.
Arabic Title Page	:	تأثير الشريط اللاصق كينيسيو على نشاط عضلات الجذع وتحذب الفقرات الصدرية في الفتيات أثناء البلوغ.
Library register number	:	6281-6282.

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

Author	:	Sherin Mohamed Samy Basha.
Title	:	Effect of electroacupuncture augmented by aerobic exercises and relaxation techniques on women with fibromyalgia.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Magda Sayed Morsy.
	2.	Adel Farouk.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> Fibromyalgia (FM) is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep disturbances, cognitive dysfunctions, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way the brain processes pain signals, Acupuncture can be defined as the insertion of needles into specified points on the body for therapeutic purposes. Acupuncture points can be stimulated by electricity, heat or pressure. <b>Purpose of the study:</b> to determine the effect of electro acupuncture combined with aerobic exercises and relaxation techniques versus aerobic exercise and relaxation techniques. <b>Subjects:</b> thirty women suffering from fibromyalgia participated in this study, their age ranged from 25-40 years and their body mass index &lt;30kg/m<sup>2</sup>. They were divided randomly in to two equal groups: Group (A) received electro acupuncture on the acu point (St-36),(UB-62) (LI-4) bilaterally for 25 minutes, 3 times per week for 4 weeks augmented by aerobic exercises by walking on a treadmill for 45 minutes and relaxation techniques in the form of deep breathing exercises 3 sessions per week for 4 weeks while group (B) received by aerobic exercises by walking on a treadmill for 45 minutes and relaxation techniques only in the form of deep breathing exercises 3 sessions per week for 4 weeks. All participants in all groups were assessed pre-and post treatment through measuring of pain severity using visual analogue scale (VAS), quality of life and the current health status of patients through fibromyalgia impact questionnaire (FIQ) and pressure pain threshold using pressure algometer. All sessions applied 3 days per week for 4 weeks. All evaluations were performed before and after 12 sessions of treatment. <b>Results:</b> revealed that pre-treatment, there was a non-statistical significant difference between two groups in mean value of VAS, PPT and FIQ where the p-value was (&gt;0.05). Comparison between pre and post treatment showed a statistically highly significant improvement in pain, tenderness and function in group (A) than in group (B). <b>Conclusion:</b> electro acupuncture combined with aerobic exercises and relaxation techniques was effective than aerobic exercises and relaxation techniques only in treating pain and fibromyalgia related symptoms.</p>		
Key words	1.	fibromyalgia.
	2.	Aerobic exercises.
	3.	Relaxation technique.
	4.	Electroacupuncture.
	5.	women with fibromyalgia.
	6.	pressure algometer.
Classification number	:	000.000.
Pagination	:	90 p.
Arabic Title Page	:	تأثير الوخز الكهربائي بالإبر الصينية المزود بالتمرينات الهوائية وأساليب الاسترخاء على الألم العضلي الليفي في السيدات.
Library register number	:	6573-6574.



**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	:	Shiymaa Mohammed abdo
Title	:	Effect of Interferential versus Cryotherapy on knee pain in osteoporotic post menopausal women.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Azza Barmoud Nashed.
	2.	Marwa Esmael Hasanin.
	3.	Reda El Sayed Yassin.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> Post-menopausal knee pain due to lack of estrogen hormone during menopause is an important medical and socioeconomic problem that affects the quality of life. The most important symptom is pain during walking. <b>Objective:</b> This study was conducted to determine the effect of Interferential therapy versus cryotherapy program in the treatment of knee pain in osteoporotic post-menopausal women. <b>Methods:</b> Thirty post-menopausal women with knee pain, their age ranged from 50 to 60 years old participated in this study. The patients were assigned randomly into two groups equal in numbers: Group (A) consisted of 15 patient with knee pain were treated with Interferential therapy while Group (B) consisted of 15 patient with knee pain were treated with Cryotherapy. Pain and functional level had been assessed by using visual analogue scale and walking pain scale. Bone mineral density was assessed by using Dual energy x-ray absorptiometry (DEXA) before and after four weeks of treatment. Treatment sessions were three times per week (every other day) for successive four weeks. <b>Results:</b> There was an improvement in pain, functional abilities and walking ability within groups (A&amp; B). There was better improvement in pain perception and walking pain in group A that was treated by interferential therapy than group B that treated by cryotherapy. There was a significant difference in bone mineral density pre and post treatment between groups. There was equal development in bone mineral density between groups (A&amp;B). <b>Conclusion:</b> Interferential therapy was better than cryotherapy in improving pain and functional abilities on knee pain of osteoporotic post-menopausal women.</p>		
Key words	1.	Osteoporosis, Menopause, knee pain
	2.	Interferential therapy.
	3.	Cryotherapy.
	4.	knee pain..
	5.	post menopausal women - osteoporotic.
	6.	Women in post menopausal - - osteoporotic.
Classification number	:	000.000.
Pagination	:	90 p.
Arabic Title Page	:	تأثير العلاج الكهربى المتداخل مقابل العلاج بالتبريد على الألام الركبه لدي السيدات المصابات بهشاشة العظام بعد انقطاع الطمث.
Library register number	:	6571-6572.

**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	:	Silvia No'man Toos.
Title	:	Impact Of Different Pelvic Floor Exercises Positions On Women With Stress Urinary Incontinence.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Amel Mohamed Youssef.
	2.	Asmaa Mahmoud Aly.
	3.	Ahmed Mohamed Bahaa Eldin.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background and Purpose:</b> Pelvic floor muscle exercises are used to rehabilitate and strength pelvic floor muscles (PFMs) and promote urine storage. Pelvic floor muscle demands may be influenced by position. <b>Objective:</b> Prospective study to objectively evaluate impact of different pelvic floor exercises positions on women with stress urinary incontinence <b>Materials and Methods:</b> Forty-five women at the age of 40-50 years assigned to three groups diagnosed with stress urinary incontinence (SUI) were selected for this study, their body mass index (BMI) was &lt;30 kg/m<sup>2</sup>. They were randomly assigned to exercise in the crock lying position (A), standing position (B) or sitting position (C). The treatment program was done three times per week for 12 weeks. Squeeze vaginal pressure and Revised urinary incontinence scale (RUIS) outcomes were obtained at baseline and after treatment. <b>Results:</b> Showed a statistically significant increase (<math>P&lt;0.001</math>) in the mean value of squeeze vaginal pressure and a statistical significant decrease (<math>P&lt;0.001</math>) in the mean value of (RUIS) in all groups (A, B&amp; C) after treatment. Between groups, there were significant differences in all groups before and after treatment but in favor of group A (<math>P&lt;0.001</math>). <b>Conclusion:</b> Pelvic floor muscle exercises from different positions (crock lying, standing and sitting) are effective in treating stress urinary incontinence but crock lying position is more recommended.</p>		
Key words	1.	Pelvic floor muscles.
	2.	Revised urinary incontinence scale.
	3.	Exercise position.
	4.	Stress urinary incontinence.
	5.	squeeze vaginal pressure
	6.	Women With Stress Urinary Incontinence.
Classification number	:	000.000.
Pagination	:	112 p.
Arabic Title Page	:	تأثير الأوضاع المختلفة لممارسة تمارينات قاع الحوض علي النساء اللاتي تعانين من سلس البول الاجهادي.
Library register number	:	6277-6278.

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

	:	Sondos Khaled Ahmed Mohamed.
Title	:	Effect of relaxation techniques on immunological properties of breast milk .
Dept.	:	Physical Therapy for Women's Health.
Supervisors	1.	Asmaa Mahmoud Aly.
	2.	Wafaa Mohammad Kamal.
	3.	Mohammad Fawzy Abo El Einin.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b>Breast feeding maintains the maternal foetus link favours the transmission of immune-competence from the mother to her infant and is considered an important contributory factor to the neo-natal immune defence system. <b>Purpose:</b> This study was conducted to investigate the effect of relaxation techniques on immunological properties of breast milk. <b>Subjects and methods:</b> Thirty breast feeding mothers, Six weeks postpartum, their ages were ranged between 20-30 years and body mass index didn't exceed 30Kg/m2with a single, mature infant without any complications had been participated in the study. Subjects were recruited from outpatient clinic of obstetric department of Om El Masryeen General Hospital in Cairo. Mothers were randomly divided into two equal groups using envelop method: Group (A) (relaxation training group) (Experimental group): It was composed of 15 women who received relaxation training program FOR 45 minutes per day, 3 days per week, for 6 weeks in addition to breast feeding and nutritional advices and Group (B) (Control group): It was composed of 15 women who received breast feeding and nutritional advices only. The results showed that mean mother's age was <math>28.4 \pm 3.68</math> and <math>28.07 \pm 4.09</math> for group A and B respectively, there were statistically significant difference between pre and post values regarding cortisol level, IgA level and leucocyte count. And as a result we could conclude that There is statistically significant effect of relaxation techniques on immunological properties of breast milk. <b>Results:</b> Women in group A had a lower level of blood cortisol than women in the control group (<math>14.02 \pm 0.55</math> vs <math>16.18 \pm 0.62</math> mcg/dL). IgA showed significant increase in group A and significant decrease in group B (<math>239.48 \pm 43.60</math> VS <math>224.18 \pm 34.52</math>) total leucocyte count showed significant increase in group A and significant decrease in group B ( <math>7.20 \pm 1.21</math> VS <math>6.38 \pm 0.96</math>). <b>Conclusion:</b> relaxationtraining during lactation , decreased blood cortisol level, increase both IGA concentration &amp; total leucocyte COUNT and enhance milk secretion.</p>		
Key words	1.	Relaxation Techniques
	2.	cortisol
	3.	Breast Milk
	4.	immunological properties of breast milk .
Classification number	:	000.000.
Pagination	:	104 p.
Arabic Title Page	:	تأثير تقنيات الاسترخاء على الخواص المناعية للبن الثدي.
Library register number	:	6661-6662.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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AND ITS SURGERY  
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Author	:	Yasmin Mahmoud Rabie
Title	:	Effect of Aerobic Exercise Training Combined With Isoflavone Supplementation on Lipids in Postmenopausal Women.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Khadiga Sayed Abd El Aziz.
	2.	Hassan Omar Ghareb.
	3.	GhadaEbrahim El- Refaye.
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p>This study was conducted to compare the effect of aerobic exercise training, isoflavone supplementation and aerobic exercise training with isolavone supplementation on lipids in postmenopausal women. Sixty post-menopausal women selected randomly from gynecology department of Mshtol El Soque hospital El Sharkia their ages were ranged from 45 to 60 years old and their body mass index wasn't exceeding 35 kg/m<sup>2</sup> they were divided into three equal groups in number group (A) performed aerobic exercise training in form of walking on electrical treadmill 3 times per weak. Each time they minute for 12 weeks group (B) received isoflavone supplementation for twelve weeks, (avoscaldine 150mg) one time daily group (C) combined group which performed aerobic exercise and received isoflauane supplementation for twelve week. Blood samples used to assess level of lipids lipid in postmenopausal women before and after treatment the result of this study founc that, there was a statistically significant decrease in high-density lipoprotein (HDL) cholesterol and high significant improvement in triflecride (TF), low density lipoprotein and total cholesterol (TC). (P&lt;0.05) in all groups especially group C. It can be concluded that aerobic exercises training combined w isolavone supplement at in lipids in postmenopausal women.</p>		
Key words	1.	Aerobic exercise
	2.	Isoplavone supplementation
	3.	Lipids
	4.	Postmenopausal Women.
	5.	Women - Lipids in Postmenopausal.
Classification number	:	000.000.
Pagination	:	118 p.
Arabic Title Page	:	تأثير التمرينات الهوائية مع مكملات الأيزوفلافين علي مستوى الدهون لدي السيدات في فترة ما بعد أنقطاع الطمث.
Library register number	:	6431-6432.

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

Author	:	Yasmeen Raafat Ahmed Sayed El Daly.
Title	:	The Effect of Isometric Hand Grip on Blood Pressure in Post Menopausal Hypertension.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Hala Mohammed Hanafy
	2.	Wafaa Mohammad Kamal
	3.	Mahmoud Mohammed Fouad
Degree	:	Master.
Year	:	2019.
Abstract	:	
<p><b>Background:</b> The rate of hypertension increases after menopause. Whether estrogen and progesterone deficiency associated with menopause play a role in determining a worst blood pressure (BP). Hypertension (HTN) is the leading risk factor for mortality and morbidity. Isometric handgrip (IHG) training is a simple intervention endorsed by the American Heart Association as a potential adjuvant BP-lowering treatment. <b>Aim:</b> This current study was designed to investigate the effect of isometric hand grip exercise on blood pressure on postmenopausal hypertension. <b>Subjects And Methods:</b> forty post-menopausal women participated in this study. They complained from hypertension (diagnosed clinically by gynecologist/physician), confirmed by sphygmomanometer instrument. they were selected randomly from outpatient clinic at Luxor general hospital, Their age ranged from 50 to 65 years old, their body mass index were not exceed 35kg/m<sup>2</sup>, and their blood pressure ranged from 140/90 to 180/110mm/Hg. they were divided randomly into two groups equal in numbers, group A consisted of 20 post-menopausal women who treatment antihypertensive drugs and isometric hand grip exercise (4 sessions /week for 6 weeks), While group B consisted of 20 postmenopausal women who treatment anti-hypertensive drugs only. Blood pressure was assessed by stethoscope and mercury sphygmomanometer for all women in both groups before and after the end of the treatment(6 weeks). <b>Results:</b> The result of this study revealed that, there was a statistically highly significant decrease in the mean value of SBP in both group (A&amp;B) with percentage of improvement 12.0% and 8.4%, respectively .There was significant decrease in the mean value of DBP in both group (A&amp;B) with percentage of improvement16.27% and 9.47%, respectively. <b>Conclusion:</b> it could be concluded that the isometric hand grip exercise is a simple, cost free and non-pharmacological method in reducing blood pressure in post-menopausal women and can be used as adjunct method in treatment of hypertension in postmenopausal women.</p>		
Key words	1.	isometric hand grip exercise
	2.	Hypertension
	3.	post menopause
	4.	systolic blood pressure
	5.	diastolic blood pressure
	6.	Post Menopausal Hypertension.
Classification number	:	000.000.
Pagination	:	86 p.
Arabic Title Page	:	تأثير تمرين مقاومة اليد على ضغط الدم بعد انقطاع الطمث.
Library register number	:	6659-6660.