

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT OF SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Physical Therapy Department of Surgery

**Doctoral Degree
(2010)**

Author	:	Ashraf Hassan Mohammed.
Title	:	Pelvic floor exercises versus functional electrical stimulation in the treatment of male urinary incontinence.
Dept.	:	Physical Therapy Department for Surgery.
Supervisors	1.	Wafaa Husein Borhan.
	2.	Abozeid Awad Mansour.
	3.	Mohammed Taher Ahmed.
Degree	:	Doctoral.
Year	:	2010.
Abstract	:	
<p>The purpose of the current study was to compare between pelvic floor exercises and functional electrical stimulation in the treatment of male urinary incontinence. Sixty volunteers suffering from urinary incontinence participated in this study for a treatment period of twelve weeks; they were divided into two equal groups. Patients in the first group were treated with functional electrical stimulation, three times weekly, while patients in the second group were treated with pelvic floor exercises three times weekly, for twelve weeks. Voiding cystometry was used to measure the outcomes before starting the study and after twelve weeks. The results of the stimulation group showed no significant improvement in the bladder volume at first sensation, while it revealed significant improvement in the cystometric capacity, no significant improvement in the detrusor pressure at maximum flow rate, while the maximum flow rate, detrusor compliance, and bladder stability revealed a significant improvement. While the results of the exercise group showed no significant improvement in the bladder volumes, detrusor compliance, bladder stability as well as the detrusor pressure, on the other hand there was a significant improvement in the maximum flow rate. It could be concluded that functional electrical stimulation was found to be more effective than pelvic floor exercises in the treatment of overactive bladder.</p>		
Key words	1.	Electrical stimulation.
	2.	male urinary incontinence.
	3.	pelvic floor exercises.
	4.	urodynamics.
	5.	functional electrical.
Arabic Title Page	:	فاعلية تمارينات الحوض مقابلة بالتنبيه الكهربى الوظائفى فى علاج السلس البولى لدى الذكور.
Library register number	:	2129-2130.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT OF SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Haidy Nady Asham.
Title	:	Body mass index and serum lipids response to surgical and non surgical protocols in obese women.
Dept.	:	Physical Therapy Department for Surgery.
Supervisors	1.	Wafaa Hussein Borhan.
	2.	Alaa Abbas Sabry.
Degree	:	Doctoral.
Year	:	2010.
Abstract	:	
<p>The purpose of this study was to investigate the response of body mass index (BMI) and serum lipids to gastroplasty, triple therapy (diet, exercises, and acupuncture), and ozone therapy in obese women. Subjects: Sixty morbid obese female had BMI more than 35 .They ranged in age from 25 to 45 years. They were classified randomly into three groups of equal number. Group 1: twenty patients underwent gastroplasty. Group 2: twenty patients received triple therapy (diet, exercises, and acupuncture). Group 3: twenty patients received ozone therapy. Procedures: evaluation procedures in form of initial evaluation and measurement of BMI and lipid profile pre treatment and after six months post treatment, and therapeutic procedures for group 1: post operative care and follow up, for group 2: (Program of aerobic training on bicycle, diet regimen, and auricular acupuncture), and for group 3: rectal insufflations of ozone. The results showed a statistically significant decrease in BMI, total serum cholesterol and triglycerides in all groups, with the highest rate of reduction in triple therapy group. Conclusion: It could be concluded that, BMI and serum lipids response was the best to triple therapy then to gastroplasty, and finally to ozone therapy and consequently triple therapy was the first choice of treatment to obesity. While gastroplasty came in the second choice, and finally, ozone came in the third choice.</p>		
Key words	1.	Gastroplasty.
	2.	triple therapy.
	3.	Ozone.
	4.	BMI (Body mass index).
	5.	Morbid obesity.
	6.	Body mass index (BMI).
	7.	serum lipids response.
	8.	surgical and non surgical protocols.
	9.	obese women.
Arabic Title Page	:	إستجابة مؤشر كتلة الجسم ودهون المصل لبرتوكولات جراحية وغير جراحية فى النساء البدينات.
Library register number	:	2171-2172.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT OF SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Hanem Saied El Gawhary.
Title	:	Tumor Necrosis Factor - α Response to Aerobic Training in Obese Women Post Mastectomy.
Dept.	:	Physical Therapy Department for Surgery.
Supervisors	1.	Zakaria Mowafy Emam Mowafy.
	2.	Samia Yehia Akel.
Degree	:	Doctoral.
Year	:	2010.
Abstract	:	
<p>Purpose: to evaluate the tumor necrosis factor - α response to aerobic training in obese women postmastectomy. Methods of evaluation (Measurement of the body mass index, body fat % and the tumor necrosis factor - α). Methods: 60 obese women postmastectomy, were divided into two groups. Group (A) study group that received aerobic training and the traditional physical therapy routine. Group (B) control group that received the traditional physical therapy routine only, duration of treatment was 10 minutes for the warm-up phase, 10 minutes for the cool-down phase and the active aerobic phase was at the prescribed target heart rate with intensity starting in short bouts and gradually prolonged up till 30 minutes at the end of the six months, while the traditional physical therapy routine was 20 minutes 3 times per week for 6 months. Results: Results showed that aerobic training was effective and beneficial in decreasing the body mass index, body fat % and the tumor necrosis factor- α. Conclusion: Aerobic training was fruitful for obese women post mastectomy as evidenced by the highly decrease in BMI, BF% and TNF α.</p>		
Key words	1.	Aerobic training.
	2.	Tumor necrosis factor- α .
	3.	postmastectomy obesity.
	4.	Obese Women.
Arabic Title Page	:	استجابة عامل التنكز الورمي- ألفا للتدريب الهوائي لدى النساء البدينات بعد استئصال الثدي.
Library register number	:	2191-2192.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT OF SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Maha Abd El-Monem Hassan.
Title	:	Efficacy of Exercise Therapy on Immunity and Fatigue Level Following Colorectal Resection.
Dept.	:	Physical Therapy Department for Surgery.
Supervisors	1.	Adel Abdel Hamed Nossier.
	2.	Mohammed Abd El-Hamid El-Kalaawy.
Degree	:	Doctoral.
Year	:	2010.
Abstract	:	
<p>Purpose: This study was designed to evaluate the efficacy of exercise therapy on the immune system function and level of fatigue after colorectal cancer resection. Methods: Sixty patients had undergone surgical resection of colon or rectal tumors have been participated in this study. Those patients were randomly divided into two equal groups in number. Group A was received exercise therapy program Group B was received exercise therapy program in addition exercising on electronic treadmill. The assessment procedure had been in the form of immune cells counting and assessment of the level of fatigability which was assessed before entry of the study (Pre), after 3 months (post 1) and after 6 months (Post 2). Results: Results of patient's demographic data, leukocytes counting and level of fatigability revealed no significant differences ($P>0.05$) while results of comparative analysis of immunity cells after 3 months of treatment (Post. 1) for exercise therapy (Group A) and exercise and treadmill training (Group B) Revealed statistical significant differences ($P<0.05$). Also results of immunity cells after 6 months of treatment (Post. 2) for both groups revealed statistical significant differences ($P<0.01$). Also results of fatigue analysis after 6 months (Post. 2) for both groups revealed highly statistical significant differences ($P<0.01$) with greater improvement in group B. Conclusion: A combination of (exercise therapy program and training by using treadmill) had significant effect on Improvement in immunity cells counting and on fatigue reduction than (exercise therapy) alone. For this; A Program of (exercise therapy in addition to exercising on treadmill) should form a core for most patients after colorectal cancer resection aiming to improve immune system function in these patients and decrease levels of fatigability and improve quality of life.</p>		
Key words	1.	Exercise Therapy.
	2.	colorectal cancer.
	3.	Immunity.
	4.	Fatigue.
Arabic Title Page	:	فاعلية التمارين العلاجية على المناعة ومستوى الإرهاق بعد استئصال سرطان القولون والمستقيم.
Library register number	:	2213-2214.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT OF SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Marwa Mahmoud Abd ElMotelb Eid.
Title	:	Urodynamic Measurements Response to Posterior Tibial Nerve Electrical Stimulation in Urinary Incontinence
Dept.	:	Physical Therapy Department for Surgery.
Supervisors	1.	Adel Abd El-Hamid Nossier.
	2.	AboZeid Awad Mansour.
	3.	Anwer A. Abd ElHay Ebid.
Degree	:	Doctoral.
Year	:	2010.
Abstract	:	
<p>Purpose: the current study was conducted to investigate the effect of posterior tibial nerve electrical stimulation (PTN) in the treatment of urinary incontinence (urgency) subjects: Sixty patients were included in this study. Their ages ranged from 15 to70 years. They were randomly divided into two equal groups. procedures: Group (A)received 12weeks of treatment with posterior tibial nerve electrical stimulation with frequency1-10HZ, pulse width200 µSec, intensity according to patient tolerance, duration of treatment 15 min three times/week while group(B) received pelvic floor exercises for 15 min 3times/week for 12 weeks. Results: this study showed no significant difference in The bladder volume at first desire to void for group (A)as well as for group(B); bladder volume at maximum capacity for group(A), showed highly significant improvement with percentage of improvement 9.39%, while for group(B) showed significant improvement with percentage of improvement4.77%, While by comparing both groups post-treatment, there was no significant difference, bladder stability in group(A) showed a highly statistical significant improvement with a percentage 48.69% while for group(B) non significant While by comparing both groups post-treatment, there was significant improvement of the bladder stability in favor to group(A). bladder compliance showed a highly significant improvement for group (A) with a percentage of improvment36.84% &there was no significant difference in bladder compliance for group(B), While by comparing both groups post-treatment there was a significant improvement in compliance in favor to group (A). The detrusor pressure at maximum flow rate showed no statistically significant difference for both groups. Maximum flow rate was significantly improved post-treatment, for group (A) with a percentage of improvement 25.2% as well as for group (B) with a percentage of improvement 12.37%, and by comparing both groups post treatment there was a significant improvement in favor to group(A). Conclusion PTN produced objective improvements include urodynamic changes specially bladder stability, compliance, bladder maximum cyctometric capacity and maximum flow rate.</p>		
Key words	1.	Posterior tibial nerve.
	2.	Electrical stimulation.
	3.	Urinary Incontinence.
	4.	Overactive bladder.
	5.	Urgency.
	6.	Urodynamic Measurements
Arabic Title Page	:	استجابة قياسات الديناميكا البولية لتنبيه عصب القصبه الخلفي كهربيا للسلس البولي.
Library register number	:	2177-2178.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT OF SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Zizi Mohammed Ibrahim Ali.
Title	:	Efficacy of Aerobic and Resisted Exercises Program on Functional Capacity in Burned Children.
Dept.	:	Physical Therapy Department for Surgery.
Supervisors	1.	Wafaa Hussin Borhan.
	2.	Ashraf M. Ahmed Enb.
	3.	Amal M. Abd -Elbaky
Degree	:	Doctoral.
Year	:	2010.
Abstract	:	
<p>Purpose The aim of this study was to evaluate the therapeutic efficacy of 12-wk Aerobic exercise and resisted exercise program on functional capacity in children with burn injuries. Subject: Sixty patients who had partial thickness thermal burn (post hospitalization period) participated in the study. Their ages ranged from ages 7-17 yr, with TBSA burned ranged from 20-40%.The patients were divided randomly into two groups of equal number: Procedures: Group (I) <i>the study group</i> Thirty burned children were participated in a 12-wk physical rehabilitation program (aerobic using electronic treadmill and resisted exercise using free weights) + the traditional rehabilitation program 3 days/week for 1hour per session, Group (II) <i>the control group</i> , thirty burned children participated in a 12-wk traditional rehabilitation program 3 days/week for 1hour per session. Results: of this study revealed that, both groups Group (I) and group (II) of the study exhibited a significant increase in VO₂ peak, with a percentage (59.25%),(26.45 %) respectively , and a significant increase in Strength of Biceps brachii and Strength of Quadriceps femoris, of (52.03%) and (41.57 %) respectively in <i>Group I</i>, and of (12.03 %) and(14.3 %) respectively in <i>Group(II)</i> after 12 weeks of the application of treatment (Post). There was a highly significant difference between two groups after the treatment in relation to measured variables. Conclusion: It could be concluded combination of both aerobic exercise on treadmill and resisted exercise using free weights is more effective in improving functional capacity in post burned children than traditional rehabilitation program.</p>		
Key words	1.	Aerobic exercise.
	2.	Burn injury.
	3.	Functional capacity.
	4.	Resistive training.
	5.	VO ₂ peak.
	6.	Burned Children.
Arabic Title Page	:	فاعلية التمرينات الهوائية وتمارين المقاومة على السعة الوظيفية لحروق الأطفال.
Library register number	:	2173-2174.