

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT FOR MUSCULOSKELETAL DISORDER
AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

**Physical Therapy Department for Musculoskeletal
Disorder and Its Surgery**

Master Degree

2016

Author	:	Ahmed Elhamy Mosad Koshek
Title	:	Effect of Exercise Program on Acromiohumeral Distance in Subacromial impingement syndrome
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Lilian Albert Zaky
	2.	Nagy zaki sabet,
	3.	Maha Mostafa Mohammed
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Among painful shoulder conditions, Shoulder Subacromial impingement syndrome (SIS) is the most common cause, Acromiohumeral distance (AHD) changes commonly reported in shoulder impingements. Purpose: This study was to designed to determine the effect of an exercise program on the AHD in SIS, level of shoulder pain and upper extremity function. Methods: Fifteen patients suffered from shoulder impingement were recruited for this study. Their age ranged from 25-45 years. Acromiohumeral distance was examined by using the ultrasonography at three abduction angles (0,45,60); Pain level by visual analog scale (VAS) and upper extremity function by the disability of the arm shoulder and hand questioner (DASH). Patients were assessed before the study and an exercise program started for four weeks then reassessed again. Results: Showed significant improvement in all measured variables as a result of the exercise program. The results proved that exercise not only improved AHD at all abduction angles but also had a positive effect on pain and upper extremity function. Conclusion: Therapeutic exercises are successful, cost effective treatment of choice in SIS and its positive effects reflect on the size of Subacromial space, pain level and upper limb function.</p>		
Key words	1.	Shoulder subacromial impingement
	2.	Ultrasonography
	3.	acromiohumeral distance
Classification number	:	000.000.
Pagination	:	83 p.
Arabic Title Page	:	تأثير برنامج من التمارين علي المسافة بين اخرم لوح الكتف و العضد في متلازمة الاختناق تحت الاخرومي.
Library register number	:	4947-4948.

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Author	:	Fayrouz Moustafa Seif El Din
Title	:	Effect of Craniosacral Therapy on Chronic Mechanical Neck Pain
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Alaa Eldin Abd Elhakem Balbaa
	2.	Samy Abd El Samed Nasef
	3.	Enas Metwaly Abd Elmenam
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Chronic neck pain is one of the most common complaints in the general population and can result in substantial problems including absence from work, disability and the cost of treatment. Purpose: This study was conducted to investigate the effect of Craniosacral therapy on chronic mechanical neck pain. Subjects: Thirty patients aged from 18-30 years from both sexes were classified randomly into two groups with equal numbers. Materials and methods: study group (group A) consisted of 15 patients who received Craniosacral therapy in addition to traditional physical therapy (Infrared radiation & Ultrasound therapy) for 4 weeks consecutively, while the control group (group B) consisted of 15 patients who received only traditional physical therapy (Infrared radiation & Ultrasound) for 4 weeks consecutively . Visual analogue Scale (VAS), range of motion (ROM) and neck disability index (NDI) were measured at two intervals pre-treatment and post-treatment. Results: There were significant differences between both groups (A, B) post treatment ($P<0.0001$) regarding VAS, ROM, and NDI in favor of Group (A). Conclusion: Craniosacral therapy is more effective and better than traditional physical therapy in improving pain, range of motion and neck functional disability in patients with chronic mechanical neck pain.</p>		
Key words	1.	Craniosacral therapy
	2.	Neck pain
	3.	CROM
Classification number	:	000.000.
Pagination	:	81 p.
Arabic Title Page	:	تأثير العلاج القحفي العجزي على آلام الرقبة الميكانيكية المزمنة.
Library register number	:	4897-4898.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Hazem Mohsen Abbas Ahmed
Title	:	Association between the duration of service and severity of forward head position in Egyptian policemen
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	AlaaEldin AbdElhakim Balbaa
	2.	Marzok Abd El Fatah Elathy
	3.	Aliaa Rehan Youssef
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Policing is characterized by high occupational stress that may lead to changes in gait and posture. As policemen need good physical and psychological abilities to cope with their work, it is important to identify potential musculoskeletal disorders so that preventive strategies could be developed. Purpose: this study investigated the severity of forward head posture (FHP) in Egyptian policemen. Furthermore, this study investigated the association between the duration of service and the severity of FHP. Participants: Forty-five policemen and forty-five matched control subjects. Methods: FHP severity was assessed by measuring the CVA and gaze angles; using the photogrammetric method. Results: Egyptian policemen and matched control groups showed no significant differences in CVA (p-value = 0.99), whereas, gaze angle was different between the two groups, smaller in policemen group than matched control group (p-value < 0.01). Furthermore, within the policemen group, a weak positive correlation was found between the service duration and CVA and gaze angles. Conclusion: Egyptian policemen showed evidence of upper cervical posture deviation based on altered gaze angle compared with matched control group. However Pearson correlation showed a weak positive correlation between the service duration in months and CVA and gaze angles.</p>		
Key words	1.	cranio-vertebral angle
	2.	forward head posture
	3.	gaze angle
	4.	Egyptian policemen
Classification number	:	000.000.
Pagination	:	123 p.
Arabic Title Page	:	الإرتباط بين مدة الخدمة وشدة الوضع الأمامي للرأس في رجال الشرطة المصريين .
Library register number	:	4667-4668.

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Author	:	Merihan Mahmoud Hussein Mahmoud
Title	:	Effect Of Kinesio Taping On Subacromial Impingement Syndrome;A Systematic Review
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Lilian Albert Zaky,
	2.	Nagy Zaki Thabet
	3.	Walid Ahmed Ibrahim
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Shoulder pain is the second most frequently seen symptom in musculoskeletal system problems, following lower back pain where sub acromial impingement syndrome (SAIS) is the most common disorder of shoulder pain etiologies. Kinesio tape (KT) has become increasingly popular in the recent years, as it does not have the undesired effects of standard taping such as limitation in joint movements and functional activities. Objectives: The purposes of this study were to systematically review the randomized controlled trials (RCTs) which investigated the effect of the KT on SAIS and demonstrate areas where the available evidence is insufficient and where new, highly designed trials are required. Study Design: Systematic review of RCTs. Methods: A computer-aided search in MEDLINE, The Cochrane Central Register of Controlled Trials (CENTRAL) and physiotherapy evidence data base (PEDro); from the January 2006 until January 2016 and an update on 1st of April 2016 was done to ensure no novel studies were released. Intervention: KT performed by the physical therapists on patients diagnosed with SAIS. Outcomes measures: Shoulder pain, range of motion (ROM) and function. Results: Only three RCTs met the inclusion criteria, they all investigated the efficacy of KT versus sham KT , one study showed that KT produced an immediate improvement of the abduction ROM while no significance difference in either pain or shoulder function while another study showed that KT has an effect in relieving pain in short term setting but not on ROM while the third one showed a significant effect KT on shoulder function Conclusion: There is still a debate about the efficacy of KT on SAIS pain, ROM, and function however, some lower quality studies than the included RCTs reported immediate and/or short term benefits. More high quality RCTs are needed to examine the effectiveness of KT in short and long term setting in terms of shoulder pain, ROM, and function.</p>		
Key words	1.	Shoulder impingement
	2.	Subacromial impingement
	3.	Kinesio tape
	4.	Systematic Review
Classification number	:	000.000.
Pagination	:	81 p.
Arabic Title Page	:	تأثير شريط كايينزيو علي الاختناق تحت الأخرى.
Library register number	:	4847-4848.

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Author	:	Moaaz Ragab Riyad El Sakka
Title	:	Reliability and Validity of the Arabic Egyptian Version of the Scoliosis Research Society Questionnaire
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Salwa Fadl Abd El Mageed
	2.	Amr Abd Allah Azzam
	3.	Aliaa Mohammed Rehan Youssef
Degree	:	Master.
Year	:	2016.
Abstract	:	<p>Background: Idiopathic scoliosis is a common deformity that is associated with high morbidity rates. Neglect or improper treatment eventually leads to progression of the deformity, and subsequently, may distress patients and affect their quality of their life. The SRS-22 is a worldwide valid and reliable tool for quantification of health related quality of life (HRQOL) along idiopathic scoliosis population. It has been translated and validated in multiple countries. Use of SRS-22 seems appropriate for evaluating idiopathic scoliosis in Egypt. However, before application it must be adapted to Egyptian population. Purpose: To trans-culturally adapt the SRS-22 to Egyptian context then determine if it is a valid and a reliable HRQOL assessment tool in Egyptian population with idiopathic scoliosis. Participants: 56 patients with idiopathic scoliosis; 45 females and 11 males with a mean age of 22.11 ± 3.16 years and mean Cobb's angle of $20.07^\circ \pm 11.09^\circ$. Methods: Trans-cultural adaptation of SRS-22 in Egyptian context was performed according to the international guidelines (forward translations/ reconciliation/ backward translations/ reconciliation/ post debriefing/ final version). Then, 56 patients with idiopathic scoliosis filled the SRS-22 and a previously validated Roland Morris disability questionnaire (RMDQ). After that, internal consistency and test re-test reliability were measured by the Cronbach's α and intraclass correlation coefficients (ICC), Concurrent validity was compared to Arabic Egyptian version of RMDQ, Construct validity was investigated by factorial analysis and discriminant validity was investigated by analysis of variance. Results: The SRS-22 showed a wide range of score distribution with no floor or ceiling effect. Also, it showed good global internal consistency (Cronbach's $\alpha = 0.71$) except for function domain with mediocre internal consistency (0.56), excellent test re-test reliability (Intraclass correlation coefficient = 0.89) and a very good Pearson correlation coefficient (-0.67) between the SRS-22 and RMDQ ($P < 0.001$). Our construct showed a 4 component coherent factorial model that explained 61% of variance. Also the SRS-22 showed the power to discriminate among patients where its scores were lower with older age, females, higher BMI, larger Cobb's angles, thoracolumbar curves and for patients under exercise and bracing. Conclusion: The trans-culturally adapted SRS-22 is a valid and reliable tool that can be used for clinical evaluation of Arabic Egyptian scoliosis patients, though the function domain may need further revision.</p>
Key words	1.	Idiopathic scoliosis
	2.	SRS-22 questionnaire
	3.	Health related quality of life
	4.	Scoliosis Research Society Questionnaire
Classification number	:	000.000.
Pagination	:	121 p.
Arabic Title Page	:	التحقق من صحة عول ومصادقية النسخة العربية المصرية من استبيان جمعية بحوث الجنف
Library register number	:	4713-4714.

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Author	:	Mohamed Gomaa Mohamed Sobeeh
Title	:	Effect of Body Position on the Measurement of Forward Head Posture in Asymptomatic Adults
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Alaa Eldin Abd Elhakem Balbaa
	2.	Marzouk Allaithy
	3.	Aliaa Mohammed Rehan Youssef
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Forward head posture (FHP) is the most common faulty posture encountered in clinical settings, especially in patients with neck disorders, thoracic outlet syndrome and cervical spondylogenic changes. Standing and sitting positions are used to assess this posture, yet the effect of body position on measurements of this posture has not been studied. Purpose: To investigate the effect of different body positions on measurements of FHP. Participants: Fifty asymptomatic male subjects. Method: FHP severity was assessed by measuring the craniovertebral (CVA) and gaze angles, using the photogrammetric method. Photos were taken from standing, sitting and supine lying positions while the head was relaxed and erect. Results: No significant differences were found in CVA and gaze angles when measured from standing and sitting positions ($P>0.05$). However, the two angles were significantly different when measured from supine lying compared to the two other positions ($P<0.05$). Conclusion: Standing and sitting positions can be used interchangeably to assess FHP. This is not true when comparing standing and sitting positions with supine lying position.</p>		
Key words	1.	Craniovertebral angle
	2.	Gaze angle
	3.	Body position
	4.	Head Posture
	5.	Asymptomatic Adults
Classification number	:	000.000.
Pagination	:	61 p.
Arabic Title Page	:	تأثير وضع الجسم علي قياس الوضع الأمامي للرأس في البالغين الذين لا يظهرون أى أعراض.
Library register number	:	4867-4868.

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Author	:	Ola Ahmed Kamal
Title	:	Maitland's Mobilization Versus Closed Kinetic Chain Exercises After Colles' Fracture
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Lilian Albert Zaky
	2.	Hassan Hamdy Noaman
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: The Colles' fracture is the most common fracture site in the upper extremity; it causes functional problems and it can result in some disabling complications. Objective: The purpose of this study was to investigate effect of Maitland's mobilization versus closed kinetic chain exercises after Colles' fracture fixation. Method: Thirty patients were assigned randomly into two groups (Group A and Group B) with age ranged from 18-45y. Group A consisted of 15 female patients and received Maitland's mobilization with therapeutic ultrasound, group B consisted of 15 female patients and received closed kinetic chain exercises with therapeutic ultrasound for 3 times per week for 4 weeks. Patients were evaluated pre and post treatment for function of the wrist joint, grip strength, wrist joint's ROM and proprioception at 20° wrist flexion and extension. Results: The results of this study had revealed that with comparison of the patients in group (A) who received Maitland's mobilization, with patients in group B who received closed kinetic chain exercises, we observed clinical difference post treatment, but it was only statistically significant in the wrist range of motion at which group (A) patients had more improvements in wrist range of motion; extension, radial deviation, and ulnar deviation. It is also noted that group (A) had showed statistical significant improvements in wrist flexion; however pre-treatment wrist flexion ROM was better in Group (A). Group (A) patients had lower scores in the patient reported functional disability and less difference in the movement reproduction when assessing the proprioception at all angles but this was not statistical significant. However group (B) had better grip strength but it was not statistically significant. Conclusion: Both Maitland's mobilization and closed kinetic chain exercises after Colles' fractures fixation improved patient hand function, grip strength, joint position sense, and range of motion. Both of similar degrees of improvement, However Maitland's mobilization had more improvements than closed kinetic chain exercises in the wrist range of motion extension, radial deviation, and ulnar deviation.</p>		
Key words	1.	Colles' fracture
	2.	closed kinetic chain exercises
	3.	Proprioception
	4.	Maitland's mobilization
	5.	Maitland's Mobilization
Classification number	:	000.000.
Pagination	:	101 p.
Arabic Title Page	:	تمارين ميتلاند مقابل تمارين السلسلة الحركية المغلقة بعد كسر كولس
Library register number	:	5229-5230.

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Author	:	Osama Najjalsadiq Aljahmi
Title	:	Effect of stabilization exercises in treatment of spondylolisthesis
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Lilian Albert Zaky
	2.	Wael Samir Abd El-Megied
	3.	Enas Metwaly Abd El-Meneam
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Purpose: The present study was conducted to investigate the efficacy of stabilization exercises in treatment of patients with spinal instability or spondylolysis or spondylolysis. Subjects and Methods: Thirty patients with spinal instability or spondylolysis or spondylolysis from both sexes, their age ranged between 30 and 45 years with body mass index (BMI) less than 30 kg/ m² were selected from orthopedic physical therapy outpatient clinic of El- kasr Al-Eini Hospital and physical therapy clinic in faculty of physical therapy, Cairo University. They were divided randomly in to two equal groups; Group (A) (Control group) and Group (B) (Study group). Group (A) received physical therapy program include: manual therapy (thoracic mobilization for hypomobility region), strengthening exercises for trunk muscles and stretching exercises for back, hamstring and iliopsoas muscles while group (B) received the same physical therapy program as group (A) in addition to lumbar core stabilization exercise. Both groups received treatment program 3 times/ week for five weeks. The variables in this study involved visual analog scale (VAS), Oswestry disability index (ODI), back flexion and extension that were assessed before treatment (pre-treatment) and after five weeks of treatment application (post) for each patient in both groups; (A and B). Results: The results revealed significant difference of all measured variables in two groups after five successive weeks, also revealed significant difference between the two groups after treatment in favor of the group (B). Conclusion: Physical therapy program include: manual therapy (thoracic mobilization for hypomobility region), strengthening exercises for trunk muscles and stretching exercises for back, hamstring and iliopsoas muscles in addition to lumbar core stabilization exercise can be added to the physical therapy program for patients with spinal instability or spondylolysis or spondylolysis.</p>		
Key words	1.	Spondylolysis
	2.	lumbar core stabilization.
	3.	Manual exercises program
	4.	stabilization exercises
Classification number	:	000.000.
Pagination	:	123 p.
Arabic Title Page	:	تأثير تدريبات التثبيت المستخدمة لعلاج الانزلاق الفقاري الأمامي.
Library register number	:	5217-5218.

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

Author	:	Sara Magdy Hassan Awad
Title	:	Relationship Between Proprioception and Dynamic Balance in Knee Osteoarthritis
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Khaled Elsayed Ayad
	2.	Ali Mohamed Elzawahry
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background/Aim: Knee Osteoarthritis (OA) is a highly recognized cause for chronic disability in elders. Patients with knee OA show impairment of dynamic balance and high risk of falls. Poor proprioception was also identified in knee osteoarthritic population and was related to increased risk of falling. The findings of studies conducted to correlate between dynamic balance and proprioception in these patients are conflicting. The aim of this study was to investigate the relationship between dynamic balance and proprioception (sense of position and sense of movement) in patients with knee OA. Subjects and methods: Fifty patients with knee Osteoarthritis grade II and III Kellgren and Lawrence (KL) scale, aged from 40 to 65 years old were included in the study. Biodex Balance System (BBS) was used to evaluate dynamic balance and retrieve three outcome measures: Overall stability Index (OSI), Mediolateral Stability Index (MLSI) and Anteroposterior Stability Index (APSI). Proprioception was measured through Biodex system 3 isokinetic dynamometer in which knee joint reposition task and the threshold to detection of passive motion (TIDPM) were used to assess the sense of position and the sense of movement respectively. Results: Pearson correlation coefficient was used. There was nonsignificant correlation between proprioception and dynamic balance ($P > 0.05$). However, there was a weak correlation between the sense of position and sense of movement ($P < 0.05$). Conclusion: There is no relationship between decreased proprioception and impaired dynamic balance in patients with knee OA.</p>		
Key words	1.	Osteoarthritis
	2.	Proprioception
	3.	Dynamic balance
	4.	Biodex
	5.	Knee Osteoarthritis
Classification number	:	000.000.
Pagination	:	XII, 71, ص4
Arabic Title Page	:	العلاقة بين الإستقبال الحسي العميق والاتزان الديناميكي في إلتهاب الركبة العظمي المفصلي.
Library register number	:	5085-5086.

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Author	:	Suad Abdalrahman Abu Ajaila
Title	:	Effect of concentric versus eccentric hip abduction strength on vastus medialis and lateralis electromyography Activity in patellofemoral Pain syndrome
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Lilian Albert Zaky
	2.	Wael Samir Abdel-Majed
	3.	Ghada Mohamed Rashad Koura
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Patellofemoral Pain Syndrome (PFPS) is a common musculoskeletal problem especially in female and decreased hip muscle strength has been implicated a contributing factor. Objective: The purpose of this study was to investigate effect of concentric versus eccentric hip abduction exercise on vastus medialis and lateralis electromyographic EMG activity in Patellofemoral Pain syndrome. Method: Thirty patients of both sexes had participated in this study. They were assigned randomly into two groups (Group A and Group B) with age ranged from eighteen to thirty years old. Group A consisted of 15 patients (10 females, 5 males) received concentric hip abduction exercise with traditional program, group B consisted of 15 patients (10 females, 5 males) received eccentric hip abduction exercise with traditional program for 3 times per week (18) sessions for 6 weeks. Patients were evaluated for EMG activity of vastus medialis obliquus and lateralis and their pain severity, function, pre and post treatment. Result: The result revealed that there was significant improvement in EMG activity of vastus medialis and lateralis, relief pain, and function between both groups but there was more significant improvement of all values in the Group of eccentric exercises than concentric. Conclusion: six weeks rehabilitation programme focus on hip strengthening exercises by eccentric or concentric way improving EMG activity of vastus medialis and lateralis, relief pain and function in patients with PFPS but the eccentric was more effective specially in EMG activity of vastus medialis.</p>		
Key words	1.	Patellofemoral Pain Syndrome
	2.	vastus medialis obliquus
	3.	Eccentric contraction
	4.	vastus lateralis
	5.	lateralis electromyography
Classification number	:	000.000.
Pagination	:	128 p.
Arabic Title Page	:	تأثير الانقباض الضام مقابل الانقباض المتمدّد لقوة العضلات المبعدة للفخذ على نشاط رسم العضلات للفص الداخلي والخارجي للعضلة الرباعية في متلازمة ألم الفخذ.
Library register number	:	4657-4658.

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

Author	:	Subhi Ibrahim Subih Alhur
Title	:	Correlation of Hip Abductors and Adductors Peak Torque with Clinical Manifestation in Knee Osteoarthritis
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Lilian Albert Zaky
	2.	Walid Reda Awadallah,
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>BACKGROUND: Since the osteoarthritis (OA) mainly knee joint (OA) remains a major concern in term of cost, work loss, and life disturbing dilemma in the world as a whole. Therefore, in Egypt knee (OA) is one of the public health challenges that put a large social and economic burden as well as affected individuals. It was therefore speculated that hip muscle weakness could play a role in knee injuries. Many studies included the hip abductors but still little studies that include hip adductors. OBJECTIVES: The purpose of this study was to investigate if there is a relationship between the isokinetic strength for each of hip abductor peak torque, and hip adductor peak torque with the clinical manifestation of knee (OA) (pain, stiffness, functional disability) in women. METHODS: Forty women patients participated in this study represented with mean age (52.1) years, mean weight (89.5) (Kg), mean height (159.9) (Cm) and mean BMI (35.1) (Kg/m2).diagnosed as knee (OA) with different grades (according to Kellgren and Lawrence criteria). The concentric hip abductors and adductors were assessed using a Biodex Isokinetic Dynamometer, Multi-Joint System 3, at a speed of 90°/s. Self-reported symptoms and disability were assessed using the WOMAC questionnaire. This questionnaire was translated and validated for Arabic language. RESULTS: The results of this study demonstrated that there was significant moderate negative correlation between the concentric hip abductors and abductor peak torque and pain ($r=-0.339$ $p=0.033$) and ($r=-0.337$ $p=0.031$) respectively. Also there was strong significant negative correlation between hip abductors torque and physical function ($r=-0.420$ $p=0.007$) CONCLUSION: It can be concluded that the concentric hip abductors and adductors peak torque is significantly associated with WOMAC pain in third stages of knee (OA). In addition, there is no significant correlation between the concentric hip abductors and adductors peak torque and stiffness. While function significantly correlated with abductors peak torque Therefore, the strengthening of the hip abductors and adductors muscles are indicated in order to minimize pain and physical dysfunction of knee joint.</p>		
Key words	1.	Knee (OA)
	2.	Hip adductor peak torque
	3.	Biodex Isokinetic Dynamometer
	4.	WOMAC
	5.	Hip abductors peak torque
	6.	Osteoarthritis
Classification number	:	000.000.
Pagination	:	86 p.
Arabic Title Page	:	التنبية العصبى الكهربى عبر الجلد مقابل العلاج بالمجال الكهرومغناطيسى المتقطع على متلازمة العضلة الرافعة للشرح
Library register number	:	4845-4846.

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

Author	:	Walaa Mohsen Mohamed
Title	:	Effect of Eccentric Exercises in Treatment of De-Quervain's Disease
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Lilian Albert Zaky
	2.	Nagy Ahmed Zaky Sabet
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Introduction: De Quervain's disease is described as painful stenosing tenosynovitis of the first dorsal compartment of the hand. Purpose: was to clarify the effect of eccentric exercise in treatment of De Quervain's disease on decreasing pain severity, functional disability and improving grip and pinch strength. Subjects: Thirty female patients diagnosed as De Quervain's tenosynovitis, their age ranged from (25-45) years old, duration of illness ranged from 3 to 6 months, participated in this study. Methodology: Subjects were randomly distributed into two equal experimental groups. Each patient was treated for 12 sessions each other day for a total period of 4 weeks. Patients in the first experimental group received phonophoresis, while patients in the second experimental group received a combined program of phonophoresis identical to those applied to the first experimental group in addition to eccentric exercises. Visual analogue scale (VAS) was used to assess pain severity, The disability of arm, shoulder and hand outcome questionnaire (DASH) was used to assess hand functions. Jamar dynamometer and pinch gauge were used to assess hand grip and pinch strength. Results: Patients of both groups showed significant improvement in all the measured variables. In between group difference the second group showed a significant improvement than the first group in all the measured variables. Conclusion: Both of phonophoresis and the combination of phonophoresis with eccentric exercise were effective on decreasing pain severity, functional disability as well as improving grip and pinch strength. However, the combination of phonophoresis with eccentric exercise was more effective than phonophoresis alone in treatment of e Quervain's disease.</p>		
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