## Authors and Supervisors

**Author:** Mohmmed Hussein El-Gendy.

**Title:** Laser, electric stimulation and active exercises in prevention of muscle atrophy (histological study).

**Dept.:** Department of Basic Science.

**Supervisors:**
1. Fatma Sedik Amin.

**Degree:** Doctoral.

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## Abstract

Exercises was the most effective treatment intervention as its efficacy was 70.04%. It showed the highest percentage of improvement which was 21.51% as it could preserve muscle fiber size from being atrophied and correct the atrophy from 30.71% to 9.21%. Electrical stimulation was the second effective treatment intervention as its efficacy was 41.12%. It showed the second percentage of improvement which was 12.63% as it could preserve muscle fiber size from being atrophied and correct the atrophy from 30.71% to 18.08%. Laser was the least effective treatment intervention as its efficacy was 33.47%. It showed the least percentage of improvement which was 10.28% as it could preserve muscle fiber size from being atrophied and correct the atrophy from 30.71% to 20.43%.

## Key words

1. Lasers.
2. Electric stimulation.
3. Exercises.
4. Muscle atrophy.

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