

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
THERAPY DEPARTMENT FOR CARDIOPULMONARY DISORDER AND  
GERIATRICS AND ITS SURGERY**

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

**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and Its Surgery**  
**Master Degree 2021**

<b>Author</b>	:	<b>Aya Moustafa Mahmoud.</b>
<b>Title</b>	:	<b>Cupping Therapy Versus Continuous Aerobic Exercise On Lipid Profile In Hypertensive Men.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
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<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2021.</b>
<b>Abstract</b>	:	
<b>Aim:</b> The aim of this study was to differentiate between the effect of cupping therapy and continuous aerobic exercise on lipid profile in hypertensive men. <b>Patient:</b> Thirty four volunteer men patients with primary hypertension selected from outpatients Desouk general hospital. Their age ranged between 40-50 years, they were divided into two groups equal in number: group (A) attended a program of cupping therapy once per month for three months and group (B) attended a program of continuous aerobic exercise for 40-50 minutes, two times per week for three months. <b>Result:</b> The result can be used as a reference for the present study to show the efficacy of cupping therapy comparing to continuous aerobic exercise on lipid profile in hypertensive men. Whenever there is changing in the measurement of lipid profile and blood pressure of cupping therapy group. A major decrease in blood pressure and lipid profile parameters post treatment compared with that pre-treatment ( $p < 0.05$ ) in both groups (A and B), but there was no major difference between both groups (A and B) in pre-treatment and also post treatment ( $p > 0.05$ ). <b>Conclusion:</b> It gives the expected good effect of cupping therapy comparing to continuous aerobic exercise as an alternative treatment for patients who are bed ridden or can't do aerobic exercise due to any health problems.		
<b>Key words</b>	1.	<b>Cupping Therapy</b>
	2.	<b>Aerobic Exercise</b>
	3.	<b>Lipid Profile</b>
	4.	<b>Hypertensive</b>
	5.	<b>Men In Hypertensive.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>77 p.</b>
<b>Arabic Title Page</b>	:	<b>العلاج بالحجامة مقابل التمرينات الهوائية المستمرة على تحليل الدهون لمرضى الضغط العالي من الذكور.</b>
<b>Library register number</b>	:	<b>7429-7430.</b>

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<b>Author</b>	:	<b>Jehad Khaled Mndour.</b>
<b>Title</b>	:	<b>Effect Of Wet Cupping on Serum Lipid Profile In Obese Women With Dyslipidemia.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
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<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2021.</b>
<b>Abstract</b>	:	
<p><b>Background:</b> Dyslipidemia is a major risk factor for cardiovascular disease <b>Aim of the Study:</b> This study was conducted to determine the effect of wet cupping on obese woman who suffer from dyslipidemia <b>Subject and Methods:</b> The Sixty class one obesity women who were diagnosed as having abnormal lipid value (dyslipidemia) participated in the study. Their age ranged from 45 to 55 years. The patients were assigned randomly into two equal groups in number ; <b>Group A (Study group):</b> This group were include 30 obese women with dyslipidemia. They were participate for 3 months (one session per month) they won't be treated with lipid lowering drugs and they are on healthy balanced diet during the study. <b>Group B (control group):</b> This group did not undergo any cupping procedure but they are on healthy balanced diet during the study. <b>Results:</b> At the end of the study, There were a significant decrease in the total cholesterol ,triglycerides, and LDL of the study group post treatment compared with that of the control group while HDL significant increase in study group compered with control group (<math>p \leq 0.05</math>). <b>Conclusion:</b> The wet Cupping Therapy reduced total cholesterol ,triglycerides and LDL-C serum levels while increasing HDL-C serum levels in obese women with dyslipidemia.</p>		
<b>Key words</b>	1.	<b>Cupping Therapy</b>
	2.	<b>Dyslipidemia</b>
	3.	<b>Obese women</b>
	4.	<b>Serum Lipid Profile.</b>
	5.	<b>Women With Dyslipidemia.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>75 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير الحجامة الرطبة على صورة الدهون في النساء البدينات المصابات باختلال مستوى الدهون.</b>
<b>Library register number</b>	:	<b>7365-7366.</b>

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<b>Author</b>	:	<b>Mohamed Ibrahim Ahmed Mahmoud Hassan Elayady.</b>
<b>Title</b>	:	<b>Response Of Endurance Exercises To Iron Defeciency Anemic Patients.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
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	2.	<b>Khalil Ali Khalil</b>
	3.	<b>Mohammed Abd El Haleem Shendy</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2021.</b>
<b>Abstract</b>	:	
<p><b>Background:</b> Anemia is a medical condition in which the red blood cell count or hemoglobin is less than normal. For men, anemia is typically defined as hemoglobin level of less than 13.5 g/ dl and in women as hemoglobin of less than 12.0 g/ dl. Endurance exercise will use to enhance the hemoglobin level. <b>Objective:</b> the present study was constructed to investigate the response of endothelial dysfunctions and quality of life to endurance exercise in iron deficiency anemic patients. <b>Methods:</b> Forty women's patients suffering from moderate and mild anemia participated in this study. Their ages ranged from 30 to 40 years old. They were selected from the sues canal university. The patients were assigned into two groups equal in number, (A and B.) <b>Group A:</b> of mild anemia with hemoglobin level from 10 to 11.5 g/ dl. <b>Group B:</b> of moderate anemia hemoglobin level from 8 to 10 g/ dl. All Patients performed moderate endurance exercise program at a frequency of three times per week for three months at intensity 50- 70% of THR. Both groups were similar at the start of the study (<math>p&gt;0.05</math>). A quality of life questionnaire (SF 36) was performed for each patient pre and post the exercise program. <b>Results:</b> Results of study showed significant difference between the pre and post mean values of hemoglobin level and quality of life in both groups (<math>p&lt;0.05</math>). <b>Conclusion:</b> endurance exercise is an effective conservative method for managing mild and moderate levels of iron deficiency anemic patients.</p>		
<b>Key words</b>	1.	<b>endurance exercise</b>
	2.	<b>quality of life</b>
	3.	<b>iron deficiency anemia</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>66 p.</b>
<b>Arabic Title Page</b>	:	<b>استجابة تمارين التحمل في حالات (نقص الحديد) لمرضى فقر الدم.</b>
<b>Library register number</b>	:	<b>7435-7436.</b>

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<b>Author</b>	:	<b>Mostafa Ali Atia Ali.</b>
<b>Title</b>	:	<b>Acute Effects Of Manual Lung Hyperinflation On Critically Ill Patients With Traumatic Brain Injury.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Awny Fouad Rahmy</b>
	2.	<b>Khaled Hussein Mohammad</b>
	3.	<b>Nagy Lowis Nassef</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2021.</b>
<b>Abstract</b>	:	
<p><b>Background:</b> Most of the hospitalized Patients with traumatic brain injury that are diagnosed are admitted to the intensive care unit (ICU). The main aim is to treat the injury, while the secondary goal is to minimize complications due to systemic hypoxemia, ischemia, and brain edema. Respiratory physiotherapy (RPT) is important in mechanically ventilated and intubated patients in ICU including patients who were admitted due to TBI. Manual hyperinflation (MH) is a chest physical therapy treatment used to enhance static pulmonary compliance and gas exchange in mechanically ventilated patients, with the aim of increasing alveolar oxygenation, reversing atelectasis, and mobilizing pulmonary secretions. Furthermore, this study helped to determine the acute effects of manual lung hyperinflation on patients with TBI who received mechanical ventilation in a comparison with traditional physical therapy techniques. <b>Purpose:</b> The aim of this study was to determine the acute effects of manual lung hyperinflation technique on patients with TBI who received mechanical ventilation. <b>Subjects:</b> Forty mechanically ventilated men patients with TBI admitted to the intensive care unit were sub divided into two equal groups randomly each one had 20 patients. <b>Methods:</b> Group A: (control group) include 20 men who received traditional chest physical therapy program which include vibro-compression maneuver, positioning, vibration, percussion and endotracheal suctioning for 20 minutes (10 minutes for each hemithorax). Group B: (experimental group) include 20 men who received manual lung hyperinflation maneuver and traditional chest physical therapy program. <b>Results:</b> There was statistical decrease post treatment in the PaCO<sub>2</sub> in compare to pretreatment of both groups, the percent of change was 3.23% for group A and 9.78% for group B. In comparison between groups there was a statistical decrease of group B in the PaCO<sub>2</sub> post treatment (p = 0.03) when compared with that of group A. For PaO<sub>2</sub> and SaO<sub>2</sub> there were significant increase of both groups when comparing post and pre treatment, the percent of change of (PaO<sub>2</sub>, SaO<sub>2</sub>) were (3.01%, 2.42%) respectively for group A and (8.24%, 4.95%) respectively for group B. In comparison between groups there was a statistical increase of group B in (PaO<sub>2</sub>, SaO<sub>2</sub>) post treatment (p = 0.02, p = 0.002) respectively when compared with that of group A. There was no significant change in (pH, HCO<sub>3</sub>), central venous pressure and haemodynamic parameters (HR, ABP, RR). <b>Conclusion:</b> Manual hyperinflation technique added to traditional chest physical therapy has significantly greater effect on increasing (PaO<sub>2</sub>, SaO<sub>2</sub>) and decreasing PaCO<sub>2</sub> in mechanically ventilated TBI patients than traditional chest physical therapy alone. The MHI technique is safe to apply as there was no alteration in CVP and haemodynamic parameters.</p>		
<b>Key words</b>	1.	<b>Traumatic Brain Injury (TBI).</b>
	2.	<b>CVP.</b>
	3.	<b>Manual hyperinflation</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>102 p.</b>
<b>Arabic Title Page</b>	:	<b>التأثيرات الحادة للامتلاء الرئوي اليدوي على الحالات الحرجة لمرضى الصدمات الدماغية.</b>
<b>Library register number</b>	:	<b>7461-7462.</b>

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<b>Author</b>	:	<b>Peter Morgan Ayad Guirguis.</b>
<b>Title</b>	:	<b>Effect of Pulsed Magnetic Field Therapy Versus Aerobic Training On Peripheral Arteries In Type 2 Diabetes.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
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	2.	<b>Abir Zakria Mohamed Said</b>
	3.	<b>Mohammed Abd El Haleem Shendy</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2021.</b>
<b>Abstract</b>	:	
<p><b>Purpose:</b> The main purpose of this study was to investigate and compare between the effect of pulsed electromagnetic field and aerobic exercises in treatment of atherosclerosis in type 2 diabetic patients. <b>Subjects:</b> Forty atherosclerotic diabetic patients, with ages ranged from 45 to 55 years old, were recruited from Out Clinic of Faculty of Physical Therapy Cairo University. They were assigned randomly in two equal groups in numbers; group A, which received PEMF with 15 Hz frequency and 20 gauss intensity for 20 min., while group B received aerobic exercise with 65-80% predicted max heart rate. For both groups treatment conducted for 8 weeks, 3 sessions/week. Measurement of arterial blood flow and intimal thickness by Doppler ultrasonography were reported before and after 8 weeks of the treatment. <b>Results:</b> within group comparison showed significant increase of arterial blood flow and significant reduction of intimal thickness in both groups (<math>P&lt;0.05</math>). Comparison between post treatment values between both groups showed non-significant difference. <b>Conclusion:</b> It could be concluded that, PEMF and aerobic exercises are effective methods in treatment of arterial blood flow and intimal thickness in type 2 diabetic patients.</p>		
<b>Key words</b>	1.	<b>Pulsed Magnetic</b>
	2.	<b>Field Therapy</b>
	3.	<b>Aerobic Training</b>
	4.	<b>Peripheral Arteries</b>
	5.	<b>Type 2 Diabetes.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>108 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير المجال المغناطيسي الكهربائي النباض مقابل التدريبات الهوائية على الشرايين الطرفية في مرضى السكري من النوع الثاني.</b>
<b>Library register number</b>	:	<b>7391-7392.</b>