Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and Its Surgery

Doctoral Degree
2007

Author	**:**	**Abeer Ahmed Abd El-Hamed.**
Title	**:**	**Effect of inspiratory muscles training on functional capacity in patients with chronic heart failure.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
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	3.	**Hamdy Soliman Mahmoud.**
Degree	**:**	**Doctoral.**
Year	**:**	**2007.**
Abstract	**:**	

The aim of this study was to investigate the effect of inspiratory muscles training on parameters of functional capacity (V02max and AT) in CHF. and to clarify other possible effects including; sympathetic over activity and ventilatory function tests and gas exchanges during exercise. Forty male patients with chronic heart failure, Their ages ranges from 50-65 years old with EF ≤40% in stable condition. They were randomly divided into two equal groups: IMT, and control group. IMT group participated in inspiratoray muscle training program, three times a week for three months and control group received medical treatment only. The results showed a significant increase in the of V02max, AT, and maximum oxygen pulse with significant reduction in VE the IMT group, over the control. While the parameters, peak work load, and maximum heart rate, were not significantly altered in both groups. Parameters of HRV, showed a significant increase in HF in the IMT. group, with significant reduction of LF/HF where as their was no significant changes in LF with. Significant increase in the inspiratory muscle strength (MIP) and, rating of the perceived exertion (Borg scale) ,with a significant reduction in the resting cardiovascular parameters.

Key words	**1.**	**Chronic heart failure.**
	2.	**Inspiratory muscle training.**
	3.	**Functional capacity.**
	4.	**Heart rate variability.**
Arabic Title Page	**:**	**تأثير تدريب عضلات الشهيق على القدرة الوظيفية لمرضى فشل عضلة القلب المزمن.**
Library register number	**:**	**1569-1570.**

Author	**:**	**Omar Farouk Farhat Helal.**
Title	**:**	**Comparison between effects of Strengthening exercises to calf muscle with or without elastic compression stocking in the treatment of varicose vein.**
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	2.	**Farag Abed El-Moneim Aly.**
Degree	**:**	**Doctoral.**
Year	**:**	**2007.**
Abstract	**:**	

Background and purpose: This study aimed to differentiate between the effects of two types of calf muscle exercises on the improvement of varicose vein and evaluating the effect of the elastic stocking with each type of exercise. Subjects: Forty-eight patients with primary varicose vein of the lower limb (fourteen male and thirty four female) with their age ranging from thirty to fifty years. Methods: The patients were randomly divided into four groups; Group (1) included twelve patients who performed pedal ergometer exercise. Group (2) included twelve patients who performed tip-toe strengthening exercise. Group (3) included twelve patients who performed pedal ergometer exercise with elastic compression stocking group. Group (4) included twelve patients who performed tip-toe strengthening exercise with elastic compression stocking. Results: The results revealed that both type of exercise improve calf muscle isotonic strength (foot ergometer more than tip-toe) and great saphenous vein diameter, but they have no effect on calf muscle circumference. The elastic stocking have no effects when used with each of the exercise.

Key words	**1.**	**Varicose vein.**
	2.	**Great saphenous vein.**
	3.	**strengthening exercise.**
	4.	**calf muscle.**
	5.	**compression stocking.**
Arabic Title Page	**:**	**مقارنة بين تأثيرات تمرينات تقويه لعضلة بطن الساق مع الجورب الضاغط المرن أو بدونه فى علاج دوالى الساقين.**
Library register number	**:**	**1559-1560.**

Author	**:**	**Sherin Hassan Mohamed Mehani.**
Title	**:**	**Role of aerobic training In symptomatic idiopathic dilated cardiomyopathy patients.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
Supervisors	**1.**	**Nagwa Mohamed Hamed Badr.**
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Degree	**:**	**Doctoral.**
Year	**:**	**2007.**
Abstract	**:**	

Background and purpose: Heart failure is a growing health problem that will continue to worsen as the aged population increase. In chronic heart failure patients (CHF), exercise training have proven to be safe and effective. The purpose of the study was to investigate whether aerobic training could improve functional capacity and left ventricular systolic and diastolic functions during rest using echocardiography in idiopathic dilated cardiomyopathy patients and the underlying mechanisms involved in this improvement. Methods and results: The study was conducted to investigate whether aerobic training could improve functional capacity and left ventricular systolic and diastolic functions in idiopathic dilated cardiomyopathy patients. Thrity patients were divided equally into training and control groups. The left ventricular functions and exercise capacity were improved in the training group and there was a statistical significant difference in mean relative changes % between the two groups. Conclusion: The study concluded that exercise training can be seen as an established adjunct to pharmacotherapy in IDC patients and by treating the periphery with exercise programs, there are many central adaptations as well.

Key words	**1.**	**Aerobic training.**
	2.	**symptoms.**
	3.	**idiopathic dilated cardiomyopathy.**
Arabic Title Page	**:**	**دور التمرينات الهوائية في مرضى اعتلال عضلة القلب التمددى الأولى.**
Library register number	**:**	**1621-1622.**