Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and Its Surgery

Doctoral Degree
2009

Author	**:**	**Basant Hamdy El-Refay.**
Title	**:**	**Bone mineral density response to whole body vibration versus resistive training in postmenopausal women.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
Supervisors	**1.**	**Zeinab Mohammed Helmy.**
	2.	**Moshera Erfan Zaki.**
Degree	**:**	**Doctoral.**
Year	**:**	**2009.**
Abstract	**:**	

The aim of this study was to compare between the effectiveness of whole body vibration (WBV) and resistive training on bone mineral density (BMD) and anthropometry variables in postmenopausal women. Forty postmenopausal women participated in this study, their ages ranged from 50-65 years. Twenty women were trained by WBV and the other twenty women participated in resistive training. The results of this study revealed that WBV group exhibited significant increase in BMD, bone mineral content (BMC) of greater trochanter and wards triangle. BMD and BMC of femoral neck increased non significantly while BMD and BMC of lumbar spine decreased non significantly. The resistive exercise group exhibited significant increase in BMD, BMC of wards triangle and lumbar spine with non significant increase of BMD, BMC of femoral neck and greater trochanter. Both groups exhibited significant decrease in anthropometric parameters except for waist hip ratio in WBV group showed non significant decrease. There was not a statistically significant difference between groups except for BMD and BMC of lumbar spine.

Key words	**1.**	**Whole body vibration**
	2.	**Resistive training.**
	3.	**Postmenopause women.**
Arabic Title Page	**:**	**استجابة كثافة العظام للاهتزاز الكامل للجسم مقابل تدريب المقاومة للسيدات بعد انقطاع الطمث.**
Library register number	**:**	**2015-2016.**

Author	**:**	**Fatma Abo El Magd Mohamed Hamed.**
Title	**:**	**Exercise capacity and ventilatory function response to ergometer training in asthmatic children.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
Supervisors	**1.**	**Zeinab Mohamed Helmy.**
	2.	**Nevine El-Said El-Helaly.**
	3.	**Akram Abdel-Aziz Sayed.**
Degree	**:**	**Doctoral.**
Year	**:**	**2009.**
Abstract	**:**	

The aim of this study was to investigate the effect of ergometer training on exercise capacity and ventilatory function in asthmatic children. Forty asthmatic children (21 boys and 19 girls) were participated in the study, their age ranged from 6-15 years. They were divided randomly into two groups. The study group comprised of 20 children who received ergometer training at 50-70% of their maximum heart rate three times per week for three months while the control group received no training. The results showed elevation of expiratory flow rate parameters (forced expiratory volume in one second, peak expiratory flow, forced mid expiratory flow) forced vital capacity and maximum voluntary ventilation and also the aerobic capacity as measured by maximum oxygen consumption, anaerobic threshold and the maximum work significantly improved in the study group as compared to the control group.

Key words	**1.**	**asthma.**
	2.	**children.**
	3.	**ergometer training.**
Arabic Title Page	**:**	**إستجابة القدرة التمرينية و وظائف التهوية الرئوية للتمرينات الأورجومترية فى الأطفال المصابين بالربو الشعبى.**
Library register number	**:**	**2017-2018.**

Author	**:**	**Michael Banoub Sorour.**
Title	**:**	**Metabolic syndrome response to walking training and low carbohydrate diet in elderly.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
Supervisors	**1.**	**Nagwa M. Badr.**
	2.	**Nargis A. Labib.**
Degree	**:**	**Doctoral.**
Year	**:**	**2009.**
Abstract	**:**	

The purpose of this study was to determine the effect of walking training program combined with low carbohydrate diet on improving risk markers of the metabolic syndrome in elderly subjects. Subjects: forty elderly subjects considered as metabolic syndrome patients according to World Health Organization definition for metabolic syndrome participated in the study and were divided randomly into two equal groups (study group and control group). Procedure: all participants were assessed before an after the intervention, the study group received walking training program (three sessions per week) combined with low carbohydrate diet for eight weeks; the control group resumed their ordinary life style with no intervention. Results: There was a highly significant improvement of metabolic syndrome risk markers and aerobic fitness between pre and post assessment of study group. Conclusion: walking training program combined with low carbohydrate diet can be introduced as a safety and effective intervention to improve the metabolic syndrome risk markers in elderly subjects.

Key words	**1.**	**Metabolic Syndrome.**
	2.	**Low Carbohydrate Diet.**
	3.	**Walking Training.**
	4.	**Elder.**
Arabic Title Page	**:**	**إستجابة الأعراض الأيضية لتدريبات المشي والتغذية قليلة الكربوهيدرات للمسنين.**
Library register number	**:**	**2043-2044.**

Author	**:**	**Nesreen Ghareb Mohamed Mohamed El Nahas.**
Title	**:**	**Influence of treadmill exercise on intraocular pressure in patients with type 2 diabetes.**
Dept.	**:**	**Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.**
Supervisors	**1.**	**Azza Fekry Ismail.**
	2.	**Olfat Ahmed Fawzy.**
	3.	**Tamer Ismail Gawdat.**
Degree	**:**	**Doctoral.**
Year	**:**	**2009.**
Abstract	**:**	

The aim of the study was to investigate the influence of treadmill exercise on Intraocular pressure in patients with type 2 diabetes. Forty subjects were enrolled in this study, twenty diabetic patients who were the *Gr.I* –intervention group (15 females and 5 males), the other twenty were healthy subjects who act as a *Gr.II* –control group (11 females and 9 males), subjects were with age ranges between 35-60 years. *Gr. I* performed a supervised treadmill exercise program (3 sessions/week, 40 minutes/per session for 3- months) where blood pressure and intraocular pressure were measured before exercise, immediately after and 30 minutes after exercise. Both groups underwent measurement procedures for weight, blood glucose level, blood pressure and intraocular pressure at baseline, after 1-month, after 2-month and after 3- months. There were significant decline in blood glucose level, weight as well as intraocular pressure for *Gr.I* after training period than seen in *Gr. II* especially after 3- months. Conclusion; It was concluded that regular treadmill exercise was of great benefit to diabetic patients as it kept intraocular pressure within normal limits as to keep steady blood flow to retina as well as keeping blood glucose level within control.

Key words	**1.**	**Treadmill exercise.**
	2.	**Diabetes.**
	3.	**Intraocular pressure.**
Arabic Title Page	**:**	**تأثيرتمرينات جهازسير المشى المتحرك علىالضغط الداخلى للعين لدى مرضى البوال السكرى (النوع الثانى).**
Library register number	**:**	**1915-1916.**