

**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**

Doctoral Degree  
2012

Author	:	Ahmad Hamad Khalil.
Title	:	Influence of abdominal fat lipolysis on hypercholesterolemia in obese women.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El-Aziz Abd El-Hady.
	2.	Nesreen Mohamed Ghareb.
	3.	Nargis Albert Labib.
Degree	:	Doctoral.
Year	:	2012.
Abstract	:	
<p><i>Background &amp; Purpose:</i> Fat located within the abdominal cavity; is the best correlate of most of metabolic complications especially hypercholesterolemia, that accounts to a large extent for the increased risk of cardiovascular disease. Injection lipolysis is a well-recognized and a successful treatment method in the management of localized fat removal, hence the purpose of this study was to investigate the effect of abdominal fat lipolysis on hypercholesterolemic obese women. <i>Subjects:</i> Sixty obese Women with hypercholesterolemia, aged 20 to 39 years (30.86,±5.35), with BMI ≥ 30 Kg/m<sup>2</sup>; waist circumference ≥ 88 cm; waist hip ratio ≥ 0.9 and blood cholesterol level 200 – 300 ± 5 mg/dl participated in the study. <i>Method:</i> Subjects were randomly assigned into 2 groups; study group with 20 subjects received injection lipolysis two times, at an eight week interval, as well as low caloric low fat diet (1200-1500 cal/day) &amp; abdominal exercise (3 times per week) for 16 consecutive weeks. The control group with 40 subjects received only low caloric, low fat diet (1200-1500 calories/day) &amp; abdominal exercise (3 times per week) for 16 consecutive weeks. Weight height scale was used to measure body weight &amp; height, a tape measurement was used to determine the waist and hip circumference. A blood sample was taken to determine blood cholesterol levels. All measurements were obtained in the first intervention session (pre- intervention) and after the last session (post- intervention). <i>Results:</i> When comparing both groups post-test; there was no significant difference for body weight, BMI and blood cholesterol levels, where t and p values were (0.13) (0.892), (0.18) (0.857) and (-2.05) (0.048) respectively. However, waist circumference and waist hip ratio showed significant differences with t and p values (-2.53) (0.016) and (-2.38) (0.021) respectively. Pearson correlation analysis between the blood cholesterol level and body weight, BMI, waist circumference &amp; WHR revealed that there were direct correlation between them and cholesterol level where the Pearson correlation value equals (0.229), (0.07), (0.137) &amp; (0.052) respectively and had an associated probability value of (0.051), (0.58), (0.265) &amp; (0.687) respectively. <i>Conclusion:</i> Abdominal lipolysis had a significant effect on reducing abdominal fat by its significant decrease in waist circumference and waist hip ratio; however there was no significant effect on blood cholesterol levels in obese hypercholesterolemic women.</p>		
Key words	1.	Abdominal lipolysis
	2.	Hypercholesterolemia
	3.	Body mass index
	4.	Waist to hip ratio.
	5.	Obesity.
Arabic Title Page	:	تأثير إذابة دهون البطن على ارتفاع نسبة الكوليستيرول بالدم عند السيدات البدنيات.
Library register number	:	2717-2718.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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GERIATRICS AND ITS SURGERY**

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

<b>Author</b>	:	Fadia Sorial Gayed.
<b>Title</b>	:	Long Term Training Program as A Prophylaxis for Diabetes Mellitus in Obese Pre-Diabetic Subjects.
<b>Dept.</b>	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
<b>Supervisors</b>	1.	Zahra Mohamed Hasan Serry.
	2.	Amr Mahmoud Ahmed Abd el Wahab.
	3.	Nesreen Ghareeb Mohamed El Nahas.
<b>Degree</b>	:	Doctoral.
<b>Year</b>	:	2012.
<b>Abstract</b>	:	<p>The purpose of this study was to investigate the effect of long term training program as a prophylaxis for diabetes mellitus in obese pre-diabetic subjects; sixty women were enrolled in this study with age ranged from 50 to 60 years old they were assigned into two groups study group and control group each one consisted of 30 women. Subjects enrolled in the study participated in long term training program at workloads corresponding to moderate intensity (40-50% of their one repetition maximum). This program was applied three times per week for six months. Fasting blood glucose level, the 2-hour blood glucose level<sup>1</sup>, and Blood cholesterol level were measured for each woman before and after six months. The results revealed improvement in the blood glucose level as highly significant decrease in the Fasting blood glucose level and the 2-hour blood glucose level<sup>1</sup> in addition to significant decrease Blood cholesterol level in study group more than that in control group Conclusion Participating in long term training program for six months, three times per week has highly significant improved decrease in obese pre-diabetic subjects as fasting blood glucose level, the 2-hour blood glucose level, and Blood cholesterol level, in addition to significant improvement in the hemodynamic response to exercise in obese pre-diabetic subjects.</p>
<b>Key words</b>	1.	Diabetes Mellitus
	2.	Long Term Training
	3.	Obesity.
	4.	A Prophylaxis for Diabetes Mellitus.
	5.	Pre-Diabetic Subjects.
<b>Arabic Title Page</b>	:	التمرينات طويلة المدى كوقاية من مرض البوال السكرى فى الاشخاص البدناء المعرضين لهذا المرض.
<b>Library register number</b>	:	2925-2926.

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

<b>Author</b>	:	Heba Ahmed Ali Ali Abden.
<b>Title</b>	:	Effect of aerobic training on exercise capacity and quality of life in patients with pulmonary hypertension.
<b>Dept.</b>	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
<b>Supervisors</b>	1.	Zainab Mohamed Helmy.
	2.	Mohamed Osama Taha Husien.
	3.	Sherin Hassan Mohamed.
<b>Degree</b>	:	Doctoral.
<b>Year</b>	:	2012.
<b>Abstract</b>	:	
<p><b>Background:</b> Pulmonary hypertension (PH) is a syndrome resulting from restricted flow through the pulmonary arterial circulation resulting in increased pulmonary vascular resistance and ultimately in right heart failure. Most patients remain symptomatic and have reduced exercise capacity, quality of life, and survival rates despite optimized medical treatment. <b>Aim of the study:</b> This study investigated the effect of 12 weeks of aerobic training on exercise capacity and quality of life in patients with PH. <b>Subjects and Methods:</b> Thirty male PH patients were included in the study. They were randomized into two equal groups; Training group (A) and control group(B). The training program consisted of an interval bicycle ergometer training for 10 to 25 min/d, corresponding to 60% to 70% of the maximal heart rate they reached during the initial cardiopulmonary exercise test(CPET). Right ventricular systolic pressure (RVSP) measured using Transthoracic Doppler Echocardiography(TTE), CPET measurements included; ventilatory equivalent for CO<sub>2</sub> at anaerobic threshold[(VE/VCO<sub>2</sub>) at AT], VO<sub>2</sub>max%predicted and maximum workload) and SF-36 Quality of life Questionnaire, all were measured before and after the study period for both groups. <b>Results:</b> RVSP and (VE/VCO<sub>2</sub>) at AT showed a significant reduction in the training group in relation to the control group .The VO<sub>2</sub>max%predicted , maximum workload and SF-36 Quality of life Questionnaire showed a significant increase after the exercise period in the training group. <b>Conclusion:</b> The results of the present study concluded that aerobic training improved exercise capacity and quality of life in patients with PH.</p>		
<b>Key words</b>	1.	Pulmonary hypertension.
	2.	Cardiopulmonary exercise test.
	3.	Aerobic training exercise.
	4.	Capacity of life.
	5.	Quality of life.
<b>Arabic Title Page</b>	:	تأثير التدريبات الهوائية على الكفاءة الوظيفية وجودة الحياة في مرضى ارتفاع الضغط الرئوي.
<b>Library register number</b>	:	2769-2770.

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

Author	:	Khaled Mohamed Assem..
Title	:	Efficacy of chest physical therapy modalities on airway resistance in chronic obstructive pulmonary disease.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Mohamed Sherief M. El-Bohy.
	3.	Iman Ramzy Aly.
	4.	Nesreen Ghareb Mohamed Elnahas.
Degree	:	Doctoral.
Year	:	2012.
Abstract	:	
<p><b>Background:</b> Chronic obstructive pulmonary disease (COPD) is a major cause of morbidity and mortality. Patients with COPD complain primarily of incapacitating dyspnoea and reduced functional capacity. <b>Purpose:</b> This study was conducted to compare the effects of application of a selected methods of chest physical therapy on airway smooth muscle resistance in COPD patients. <b>Methodology:</b> Eighty COPD patients, with age ranged from 55-65 years old participated in this study, selected from chest diseases department of El-Demerdash Hospital. They were diagnosed as COPD patient on the basis of cough and sputum production for at least three months per year during two years or more, breathlessness, wheeze and the presence of spirometric obstruction. The patients will be randomly assigned into four groups: Group (A) Twenty patients were treated with postural drainage, percussion and vibration. Group (B) Twenty patients were treated with active cycle of breathing technique (ACBT). Group (C) Twenty patients were treated with breathing exercise including (diaphragmatic breathing, pursed lip breathing, breathing control). Group (D) Twenty patients were treated with forced expiration technique (incentive spirometry). All patients had only one session. <b>Results:</b> - For group (A) the total airway resistance and the central airway resistance were significantly improved, while the peripheral resistance are non- significantly improved. For group (B) the total airway resistance and the peripheral resistance were significantly improved, while the central airway resistance were non-significantly improved. For group (C) the total airway resistance and the peripheral resistance were significantly improved, while the central airway resistance were significantly worsens. For group (D) the total airway resistance and the central airway resistance were non- significantly improved, while the peripheral resistance are significantly worsens. <b>Conclusion:-</b>Using active cycle of breathing technique in postural drainage position provides an effective treatment in reducing airway smooth muscle resistance in COPD patients than any other technique.</p>		
Key words	1.	COPD (chronic obstructive pulmonary disease.).
	2.	airway resistance
	3.	impulse oscillometry
	4.	chest physiotherapy.
Arabic Title Page	:	تأثير الوسائل المختلفة للعلاج الطبيعي للصدر لمرضى السدة الرئوية المزمنة على مقاومة مجرى الهواء باستخدام جهاز قياس تذبذب نبضات التنفس.
Library register number	:	2785-2786.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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Author	:	Mahmoud Mohamed Nasser.
Title	:	Efficacy Of Kinesio Tape in treatment Of Diabetic Frozen Shoulder.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abdel Aziz Abdel Hady.
	2.	Ayman El-Sayed Shafei.
Degree	:	Doctoral.
Year	:	2012.
Abstract	:	
<p><b>Background</b> Diabetes Mellitus is a significant problem that frequently restricts patients activity specially shoulder function due to Frozen shoulder. The purpose of this study was to investigate the efficacy of kinesio tape in the treatment of frozen shoulder in diabetics. Subjects. 60 diabetic patients with diabetic frozen shoulder (26 men, 34 women), age (47.55±5.09) years were randomly assigned into two groups. Methods. Patients in group (A) received traditional exercise therapy program &amp; group (B) received same exercise program and Kinesio tape 3 times/week for eight weeks. Patients were evaluated pre-treatment and after treatment for pain score, shoulder range of motion and functional disability of arm, shoulder and hand. Results. There was a significant reduction in pain score in group B than in group A, mean was decreased from (7.2±0.71) to (6.43±0.97) and from (7.53±0.83) to (7.1 ±0.89) respectively. Functional disability of the arm, shoulder and hand score has more significant decrease in group B than group A, mean was decreased from (66.57±5.62) to (62.33 ±4.98) and from (66.43±6.18) to (65.40±6.61) respectively. Range of motion measures showed also significant improvement in group B after treatment. Conclusion. Kinesio Taping and traditional exercises program have more significant effect than traditional exercise program only in the treatment of diabetic frozen shoulder.</p>		
Key words	1.	Diabetes mellitus
	2.	Frozen Shoulder
	3.	Kinesio Tape.
Arabic Title Page	:	مدى كفاءة شرائطالكينسيو في علاج تيبس مفصل الكتف لمرضى السكر.
<b>Library register number</b>	:	<b>2975-2976.</b>

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Author	:	Safaa Mostafa Ali Elkholi.
Title	:	Influence of aerobic exercise training on Nitric Oxide and Oxidative stress in hypertensive males.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd Alaziz abd AlHady.
	2.	Fawzy Ahmed Halawa.
	3.	Nisreen Ghareeb Elnahas.
	4.	Deiaa Ramzy.
Degree	:	Doctoral.
Year	:	2012.
Abstract	:	
<p>The aim of this study was to investigate the effect of aerobic exercise training on nitric oxide and oxidative stress in hypertensive men.60 pre and stage 1 hypertensive sedentary men were included in the study .They were selected from officers of police hospital in Agoza. Their age was ranged between (45-60)years old .The clinical assessment was done by a specialized physician .Patients were treated by aerobic exercise training for 16 weeks through walking on the treadmill with moderate intensity for thirty minutes three times per week . Urinary Nitric oxide (NO) and blood Superoxide dismutase (SOD)were measured at the beginning and at the end of the study and the following results were found :There was a significant increase in NO and SOD levels ,which means reduction in oxidative stress and improvement in endothelial function . Conclusion: For hypertensive patients practicing aerobic exercise training as walking with moderate intensity three times per week improved their NO and SOD levels which are important antioxidants in the body aiming to improve general health and reduce blood pressure.</p>		
Key words	1.	Aerobic exercise.
	2.	SOD.
	3.	Hypertension.
	4.	oxidative stress.
	5.	NO.
Arabic Title Page	:	تأثير التدريب بالتمارين الهوائية على الجهد التاكسدي واكسيد النيتريك في مرضى ارتفاع ضغط الدم الرجال.
Library register number	:	3003-3004.

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<b>Author</b>	:	<b>Suzan Mahmoud Habashy.</b>
<b>Title</b>	:	<b>Ventilatory function response to low level laser versus diaphragmatic breathing exercise in asthmatic children.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Nagwa M. Badr.</b>
	2.	<b>Mohammed Abdel Fattah.</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2012.</b>
<b>Abstract</b>	:	
<p>The aim of this study was to investigate the effect of low level laser therapy (LLLT) on ventilatory functions in asthmatic children as compared to diaphragmatic breathing exercises. 45 Children with mild to moderate persistent asthma in symptoms-free intervals were included, their age ranged from 8-15 years. They were classified into three groups equal in number, Study group (A) received LLLT two times per week on acupuncture points for respiratory system disorders for 90 sec each in addition to standard asthma treatment. Study group (B) received diaphragmatic breathing exercises for at least 10 to 15 minutes (16-24 repetition) three times per week in addition to standard asthma treatment. Control group received only standard asthma treatment according to Global Initiative for Asthma Guidelines (2010). The spirometric parameters of FVC, FEV1 and FEV1/FVC% were measured before and after treatment that was conducted for three months. It was concluded that there was statistically significant improvement in all measured parameters of ventilatory functions (FVC, FEV1 and FEV1/FVC) in study groups (A &amp; B) more than in control group C, and that LLLT was significantly superior to diaphragmatic breathing exercises in improving pulmonary functions of children with stable asthma.</p>		
<b>Key words</b>	1.	<b>Ventilatory function response.</b>
	2.	<b>low level laser.</b>
	3.	<b>diaphragmatic breathing exercise.</b>
	4.	<b>asthmatic children.</b>
	5.	<b>breathing exercise.</b>
	6.	<b>Children - asthma.</b>
<b>Arabic Title Page</b>	:	<b>استجابة وظائف التنفس لأستخدام الليزر مقارنة بتمارين الحجاب الحاجز فى حالات الربو الشعبى للاطفال.</b>
<b>Library register number</b>	:	<b>3953-2954.</b>