

# **Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and Its Surgery**

**Doctoral Degree  
2015**

<b>Author</b>	:	<b>Amira Mohamed Gamal El-Din Amine</b>
<b>Title</b>	:	<b>Foot Wear Type and the Risk of Falls in Elderly Women During standing</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Ragia Mohamed Kamel</b>
	2.	<b>Nagui Sobhi Nassif</b>
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<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<b>Background:</b> Balance which is vital for all activities might be affected by wearing different types of footwear in elderly women. Women are at a greater risk for falls and their consequences than men. This greater vulnerability is due to a number of factors, including more severe osteoporosis and bone fragility especially after menopause, decreased muscle strength, more sedentary, and a greater degree of morbidity and disability. <b>Purpose:</b> to find if there is a difference in balance in elderly women during wearing different types of footwear. <b>Methods:</b> twenty five elderly women participated in this study, balance was measured for them while wearing three different types of footwear using be Biodex balance system. <b>Results:</b> The balance was significantly greater with sneaker and flat leather shoes than the shoes of medium heel height (3cm) The mean $\pm$ SD overall stability index while wearing sneaker, flat, and high heel shoes were $2.8 \pm 0.94$ , $3.02 \pm 0.87$ , and $3.48 \pm 0.71$ respectively. There was a significant difference in the mean value of overall stability index between the three shoe types conditions ( $p = 0.0001$ ). <b>Conclusion:</b> The stability indices and balance were greater during wearing sneaker and flat leather shoes than the shoes of medium heel height (3cm).		
<b>Key words</b>	1.	<b>Foot Wear</b>
	2.	<b>Risk of Falls</b>
	3.	<b>Elderly Women</b>
	4.	
	5.	
	6.	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>100 p.</b>
<b>Arabic Title Page</b>	:	<b>مخاطر الوقوع للمرأة المسنة في أنواع الأحذية المختلفة أثناء الوقوف</b>
<b>Library register number</b>	:	<b>4289-4290.</b>

<b>Author</b>	:	<b>Badr Al-Amir Hassan</b>
<b>Title</b>	:	<b>Short Term Effect of Autogenic Drainage Versus Oscillatory Positive Expiratory Pressure in Bronchiectasis</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Azza A. Abdel-Hady</b>
	2.	<b>Ahmed Aly Abounagla</b>
	3.	<b>Gihan Samir Mohamed</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Purpose:</b> The aim of this study was to assess the difference between autogenic drainage and oscillatory positive expiratory pressure in bronchiectasis. <b>Methodology:</b> Forty patients (17 men and 23 women) with bronchiectasis were selected from Chest Department inpatient AL-Azhar university hospitals. They were divided into two groups (equal in number): Group A: received autogenic drainage two sessions daily for one week. Group B: used oscillatory positive expiratory pressure device (Acapella) two sessions daily for one week. Following dependent variables were measured before treatment and one week after the treatment; SaO<sub>2</sub>, The difference in SaO<sub>2</sub> before and after 6MWT, 6Minute walk distance test, FVC, FEV<sub>1</sub> and FEV<sub>1</sub>/FVC. <b>Result:</b> No statistical difference in SaO<sub>2</sub>, The difference in SaO<sub>2</sub> before and after, 6Minute walk distance test, FVC, FEV<sub>1</sub> and FEV<sub>1</sub>/FVC inside the both groups and between the groups after the treatment. <b>Conclusion:</b> One week training with either autogenic drainage or Acapella device has no statistically significant improvement on SaO<sub>2</sub>, the difference in SaO<sub>2</sub> before and after, 6Minute walk distance test, FVC, FEV<sub>1</sub> and FEV<sub>1</sub>/FVC.</p>		
<b>Key words</b>	1.	<b>Bronchiectasis</b>
	2.	<b>Pulmonary function test</b>
	3.	<b>Pulse Oximetry and Six-minute walk test</b>
	4.	
	5.	
	6.	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>120 p.</b>
<b>Arabic Title Page</b>	:	<b>التأثير قصير المدى للصرف الانعكاسي مقابل الضغط الزفيري الايجابي التدبدي على التمدد الشعبي</b>
<b>Library register number</b>	:	<b>4441-4442.</b>

<b>Author</b>	:	<b>Eslam Hamdy Abd El-Rhman</b>
<b>Title</b>	:	<b>Effects of Manual Hyperinflation and Suctioning on Respiratory Mechanics in Mechanically Ventilated Patients in Different Positions</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>Ehab Ahmed Abd El-Rhman</b>
	3.	<b>Mohamed Abd El-Haleem Mohamed Shendy</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Background and Purpose:</b> This study was established to show the efficacy of manual hyperinflation (MHI) and suctioning on respiratory mechanics in mechanically ventilated patients in different positions. <b>Methods:</b> Fifty mechanically ventilated patients of both sexes were selected from Benha insurance hospital (intensive care unit), their age ranged from 30-65 years old with mean age (50.60±10.68) years. They were divided into three groups, group A formed of 20 patient were received MHI only in different positions, group B formed of 20 patients were received suction only in different positions and group C formed of 10 patient were received MHI with and without suction in different positions. All data of lung compliance was recorded before and after each procedure. <b>Results:</b> The results of this study achieved that there was significant (P&lt; 0.05) increase in mean values of static lung compliance before and after applying MHI, but there was non significant (P&gt;0.05) changes in mean values between different positions. Also there was non significant (P&gt;0.05) change in mean values of static lung compliance before and after applying suction in different positions. There was significant improvement in mean values of static lung compliance after applying MHI plus suction in supine (19.06 %) and head down position (25.21 %) rather than applying MHI only. <b>Conclusions:</b> Applying manual hyperinflation MHI plus suction produced a significant improvement in static lung compliance with head down position rather than MHI alone and there was non significant improvement in static lung compliance after suction alone in different body positions. This study demonstrated that the use of MHI in addition to suction improved respiratory mechanics compared to suction alone or manual hyperinflation alone.</p>		
<b>Key words</b>	1.	Manual hyperinflation
	2.	Suction
	3.	Respiratory mechanics
	4.	
	5.	
	6.	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>87 p.</b>
<b>Arabic Title Page</b>	:	تأثير التنفيخ اليدوي والتشفيط على الميكانيكية التنفسية لمرضى جهاز التنفس الصناعي في أوضاع مختلفة.
<b>Library register number</b>	:	<b>4519-4520.</b>

<b>Author</b>	:	<b>Hany Mahmoud Mohmed Fares</b>
<b>Title</b>	:	<b>Ventilatory function response to incentive spirometry training in spastic cerebral palsy children</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Nagwa Mohamed Hamed Badr</b>
	2.	<b>Elham El-Sayed Salem</b>
	3.	<b>Abd El-Rahman Ahmad Abd El-Razek</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Objective:</b> To investigate the effect of incentive spirometry training on ventilatory functions of children with spastic cerebral palsy. <b>Subjects and methods:</b> Forty children with spastic cerebral palsy (diplegia and hemiplegia) from both sexes aged between 6-12 years were randomly assigned into two groups of equal number: the control group and the study group. The control group consisted of 16 boys and 4 girls, while the study group consisted of 17 boys and 3 girls. The control group performed selected therapeutic exercise program only, while the study group performed the same selected therapeutic exercise program and incentive spirometry training. Children in both groups received training five times per week for a period of one month. <b>Outcome measures:</b> Forced vital capacity, forced expiratory volume at one second and peak expiratory flow were assessed before and after the training period. <b>Results:</b> Both groups showed non significant difference at the beginning of the study (<math>P &gt; 0.05</math>). The control group showed non significant changes in measured ventilatory functions after training (<math>P &gt; 0.05</math>), while significant improvements in measured ventilatory functions were observed after training in the study group (<math>P &lt; 0.05</math>). In the control group, the percent of decrease of FVC, FEV<sub>1</sub> and PEF were 0.65%, 2.26% and 1.11 % respectively. In the study group, the percent of increase of FVC, FEV<sub>1</sub> and PEF were 29.38%, 32.58% and 8.86% respectively. Post treatment comparison revealed significant differences between both groups (<math>P &lt; 0.05</math>) except for peak expiratory flow (<math>P &gt; 0.05</math>). <b>Conclusion:</b> Participation in incentive spirometry training resulted in improvement of ventilatory functions of children with spastic cerebral palsy so it is recommended to be a part of the rehabilitation program of those children.</p>		
<b>Key words</b>	1.	Spastic cerebral palsy,
	2.	incentive spirometry,
	3.	ventilatory function.
	4.	
	5.	
	6.	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>95 p.</b>
<b>Arabic Title Page</b>	:	<b>استجابة التهوية الرئوية للحافز التنفسي في الاطفال المصابين بالشلل الدماغى التصليبي.</b>
<b>Library register number</b>	:	<b>4297-4298.</b>

<b>Author</b>	:	<b>Heba Mohammed Ali</b>
<b>Title</b>	:	<b>High intensity interval training versus resistive training on patients with chronic liver diseases</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Prof. Dr.Nagwa M. Badr</b>
	2.	<b>Mohammed M. El Batanouny</b>
	3.	<b>Prof.Dina I. Attia</b>
	4.	<b>Dr.Seheen H ElSayed</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Purpose:</b> The aim of this study was to compare between the effect of high intensity interval training and resistive training on patients with chronic liver diseases. <b>Methods:</b> This study was conducted on forty female patients diagnosed as chronic liver disease (Non alcoholic fatty liver with or without Hepatitis). They were selected from the out clinic of internal medicine departments in Kasr Al Aini hospital. The study procedures were performed in Fitness &amp; Rehabilitation Unit, Kasr Al Aini hospital., their age ranged between 40-55 years old. The patients were classified into two main groups; fatty liver patients and fatty liver with hepatitis C patients. Then each main group was further divided, according to exercise intervention, into high intensity interval training subgroups (A,C) and resistive training subgroups (B,D). The measurements in this study included BMI, serum liver enzymes, blood lipids, six minute walk test and chronic liver disease questionnaire (CLDQ). <b>Results:</b> The data obtained in the present study indicated that both of high intensity interval training and resistance exercise interventions led to significant improvement in BMI, blood lipid profile, 6-MWT, and quality of life significantly improved (mean <math>176.25 \pm 7.77</math>), (<math>168.18 \pm 7.88</math>), (<math>159.89 \pm 13.04</math>), (<math>145.88 \pm 5.96</math>) in subgroups A,B,C,D respectively; and observed non-significant reductions in liver enzymes (ALT &amp; AST), in all NAFLD patients with or without HCV infection. <b>Conclusion:</b> It can be concluded that both high intensity exercise training and resisted exercise training are therapeutically beneficial in fatty liver disease patients, with or without Hepatitis C.</p>		
<b>Key words</b>	1.	<b>High intensity interval training</b>
	2.	<b>resistive training</b>
	3.	<b>chronic liver diseases</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>103 p.</b>
<b>Arabic Title Page</b>	:	<b>التمرينات المتقطعة عالية الشدة مقابل تمارينات المقاومة لمرضى أمراض الكبد المزمن.</b>
<b>Library register number</b>	:	<b>4413-4414.</b>

<b>Author</b>	:	<b>Ibrahim Ismail Ibrahim</b>
<b>Title</b>	:	<b>Monitoring effect of acetylcholine (Ach) Iontophoresis on microcirculation changes in type 2 diabetes mellitus</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Nagwa Mohamed Hamed Badr</b>
	2.	<b>Alaa Mahmoud Abdelhamid</b>
	3.	<b>Amany Raafat Mohamed</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Purpose:</b> The aim of this study was to monitor the effect of acetylcholine (Ach) Iontophoresis on microcirculation changes in type 2 diabetes mellitus. <b>Methods:</b> forty patients with type 2 diabetes mellitus (15men and 25women) selected from Kasr al Aini hospital (out patients diabetes clinic). Aged 40-60 years included in the present study. Patients divided into two groups equal in number: Study group (A) 20 type 2 diabetes mellitus patients without neuropathy, and study group (B) 20 type 2 diabetes mellitus patients with neuropathy. Both groups received a program of acetylcholine iontophoresis (15 min. current intensity 3-5 mA, 3times/week). The changes in microcirculation measured by laser Doppler fluximetry (LDF) at the beginning of the study and after two weeks. <b>Results:</b> Showed statistical significant improvement (<math>P&lt;0.05</math>) in the base line of microcirculation at (30<sup>o</sup>c temperature) (180.65%), at 35 temperature (219.45%) and with acetylcholine iontophoresis (269.60%) in group (A). And statistical significant improvement (<math>P&lt;0.05</math>) in the base line of microcirculation at (30 temperature) (131.50%), at 35 temperature (149.40%) and with acetylcholine iontophoresis (236.95%) in group (B). But this significant improvement was more in group (A) than in group (B), may be due to the effect of diabetic neuropathy on microcirculation in group (B). <b>Conclusion:</b> The results proved that a program of acetylcholine iontophoresis showed significant improvement in microcirculation in type 2 diabetes mellitus patients.</p>		
<b>Key words</b>	1.	Iontophoresis
	2.	Acetylcholine
	3.	Microcirculation
	4.	
	5.	
	6.	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>128 p.</b>
<b>Arabic Title Page</b>	:	رصد تأثير ادخال الأستيل كولين بالشحنات الكهربائية علي التغيرات في الدورة الدموية الدقيقة الناتجة عن مرض البوال السكري النوع الثاني
<b>Library register number</b>	:	<b>4089-4090.</b>

<b>Author</b>	:	Lamis Ahmed Osama Ghaly
<b>Title</b>	:	The Impact of Respiratory Muscles Strength on Quality of Life among Egyptian Elderly in Cairo Governorate
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	Azza A. Abdel Hady
	2.	Tamer Mohamed Fareed
	3.	Ass. Nesreen Ghareb Elnahas
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Background:</b> The strength of the respiratory muscles can be evaluated from static measurements of maximal mouth inspiratory pressure and maximal mouth expiratory pressure. Although these data could be suitable for a number of clinical and research applications, no previous studies had provided the impact of respiratory muscles strength on quality of life among elderly for such tests using a healthy, randomly selected sample of the Egyptian elderly. <b>Objectives:</b> to establish the impact of respiratory muscles strength on quality of life for a randomized sample of elderly Egyptian. <b>Methods:</b> 500 subjects were selected from different elderly senior citizen homes and clubs; 213 man and 287 woman .Their age ranged between of 60 and 80 years, with normal body mass index (20-25) Kg/m<sup>2</sup>. All subjects were strongly urged to make maximum inspiratory (Mueller maneuver) and expiratory (Valsalva maneuver) efforts through the respiratory pressure meter device and the maximum values of three from seven repetitions that vary by less than 20% was recorded and answer the short form 36 questionnaire. <b>The results:</b> there were no significant correlation between respiratory muscles strength and QOL but men showed statistically significantly higher mean scores of (Role limitations due to physical health), (Role limitations due to emotional problems), (Emotional wellbeing) as well as (General health) than women. There was no statistically significant difference between scores of (Physical functioning), (Energy/fatigue), (Social functioning) as well as (Pain) in men and women. <b>Conclusion:</b> Although there was no impact of respiratory muscles strength on quality of life; there is a significant decline of the respiratory muscles in elderly population. This can affect the individual during exercise but has no apparent effect on activities that do not require a large effort of the respiratory muscles.</p>		
<b>Key words</b>	1.	Respiratory muscles strength
	2.	QOL
	3.	elderly Egyptians
	4.	
	5.	
	6.	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>100 p.</b>
<b>Arabic Title Page</b>	:	تأثير قوة عضلات التنفس على جوده الحياة لدى كبار السن المصريين في محافظة القاهرة
<b>Library register number</b>	:	<b>4303-4304.</b>

<b>Author</b>	:	Mai Helmy Hassan
<b>Title</b>	:	Antiremodling and prognostic values of inspiratory muscle training in chronic heart failure patients
<b>Dept.</b>	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
<b>Supervisors</b>	1.	Zeinab Mohammed Helmy
	2.	Sherin Hassan Mohammed
	3.	Prof. Dr Bassem Sobhy Ibrahim
	4.	Prof. Dr . Randa Abd El Aziz Mohammed
<b>Degree</b>	:	Doctoral.
<b>Year</b>	:	2015.
<b>Abstract</b>	:	
<p><b>Background and purpose:</b> One of the most common complaints causing exercise intolerance in patients with chronic heart failure (CHF) is inspiratory muscle weakness (IMW). Respiratory muscle dysfunction may play a role in limiting exercise capacity. Cardiac remodeling involves changes that manifest clinically as changes in size, shape, and function of the heart after injury. Long-term moderate exercise training has been shown to induce reverse remodeling in patients with stable CHF. inspiratory muscle training (IMT) improves exercise capacity and ventilatory responses to exercise in CHF patients with IMW. <b>Aim of the study :</b> to investigate the effect of IMT on left ventricular remodeling , prognostic biomarkers (High sensitive C-reactive protein (Hs-CRP) , MIP, improving exercise tolerance indices (CPX parameters), and Quality of Life (Minnesota Living With Heart Failure Questionnaire) in chronic heart failure patients <b>Materials and methods: :</b> Thirty eligible male patients with chronic heart failure secondary to ischemic heart disease were selected from national heart institute heart failure outpatient clinic , their ages ranged from 50-60 years old and their ejection fraction ranged from 30-40% ,they were randomly assigned into two groups : study group which received cardiac rehabilitation ( aerobic exercise and resisted training ) plus IMT (n=15) and control group which received cardiac rehabilitation ( aerobic exercise and resisted training ) plus sham unloaded IMT (n=15), Before and after intervention, the following measures were obtained: Echocardiograph parameter (EF%, and left ventricular internal systolic dimension ) , prognostic biomarkers (Hs-CRP), maximal inspiratory muscle pressure , parameters of exercise tolerance indices ( VO2MAX , VO2%, resting heart rate , maximal heart rate , ventilatory equivalent of CO2 ) , and Quality of Life . <b>Results :</b> Comparing study group which received cardiac rehabilitation ( aerobic exercise and resisted training ) plus IMT there were greater improvement in ventilatory equivalent of CO2 and MIP while there was no statistical difference in the other parameter between both groups <b>Conclusion :</b> The study concluded that the addition of IMT to CR resulted in more improvement in ventilatory equivalent of CO2 and MIP in selected patients with CHF and IMW.</p>		
<b>Key words</b>	1.	inspiratory muscle training
	2.	chronic heart failure , maximal inspiratory pressure
	3.	aerobic exercise
	4.	resisted training.
	5.	
	6.	
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	164 p.
<b>Arabic Title Page</b>	:	اعادة الهيكلة القيم التنبؤية لتدريب عضلات الشهيق في مرضى فشل القلب المزمن.
<b>Library register number</b>	:	4573-4574.

<b>Author</b>	:	<b>Mohammed Ibrahim Ahmed Ibrahim</b>
<b>Title</b>	:	<b>Correlation Between Nitric Oxide And Microcirculation After Shock Wave Therapy In Type 2 Diabetic Foot</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Professor Nagwa Mohamed Badr</b>
	2.	<b>Professor Alaa Abd El-hamed</b>
	3.	<b>Mona Mohamed Taha</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Purpose:</b> To examine the correlation between nitric oxide and microcirculation after shock wave therapy in type 2 diabetic foot. <b>Subjects and methods:</b> Forty patients participated in this study. They were divided into two groups. <b>The studied group</b> (thirty patients) with a mean age (50.37±3.61) years , received shock wave (SWT) program (3000 shock, 1000/session, 3 sessions, 2 weeks a part, 0.32mJ/mm<sup>2</sup>) in addition to oral hypoglycemic drugs. <b>The control group</b> (ten patients) with a mean age( 51.73± 4.21) years , received only the oral hypoglycemic drugs. Patients were randomly distributed into two groups. The basal mean blood perfusion of the foot was measured by Laser Doppler Flowmetry (LDF) ,nitric oxide (NO) level was measured by spectrophotometric technique and vascular endothelial growth factors (VEGF) was measured by stat fax .at the beginning and after four weeks for both groups . <b>Results:</b> Patients subjected to shock wave therapy and hypoglycemic drugs showed significant improvement in all the measured variables. They showed significant improvement in increasing blood perfusion,(NO),and (VEGF) levels. Moreover, the present result revealed that there was significant positive correlation (0.6) between (NO) and microcirculation. However patients subjected to oral hypoglycemic drugs only ,showed insignificant improvement in the studied variables. <b>Conclusion:</b> There is a strong correlation between nitric oxide and microcirculation after shock wave therapy in type 2 diabetic foot</p>		
<b>Key words</b>	1.	Shock wave
	2.	Diabetic foot
	3.	Microcirculation
	4.	Nitric oxide
	5.	
	6.	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>150 p.</b>
<b>Arabic Title Page</b>	:	معرفة مدى الارتباط بين اكسيد النيتريك والترويه الدمويه بعد العلاج بالموجات التصادميه في القدم السكري(النوع الثانى)
<b>Library register number</b>	:	<b>4281-4282.</b>

<b>Author</b>	:	<b>Mosaab Rabie Al Said Abdel Halim</b>
<b>Title</b>	:	<b>Vital capacity and cholesterol response to focused ultrasound cavitation in prehypertensive centrally obese men</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Azza Abd El Aziz Abd El Hady</b>
	2.	<b>Prof. Dr: Eman Kamel Fahmy</b>
	3.	<b>Dr: Hany Farid Eid Morsy Elsis</b>
	4.	<b>Dr: Karim Ahmed Fathy</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Background:</b> Overweight and obesity are an important predictor of elevated blood pressure (BP) and also had more high mean systolic and diastolic blood pressure than normal weight. <b>Purpose:</b> to determine vital capacity and cholesterol response to focused ultrasound cavitation in prehypertensive centrally obese men. <b>Subjects and Method:</b> Fifty volunteers' prehypertensive (systolic blood pressure ranged from 120 to 139 mmHg and diastolic from 80 to 89 mmHg) centrally obese men with age ranged from 25 to 35 years old and their body mass index (BMI) ranged from 30- 34.9 kg/m<sup>2</sup> (obesity class I) were participated in this study. They were recruited from outpatient clinic at 6<sup>th</sup> October University Hospital. They were assigned into two groups equal in number: Group A included 25 men received a weight reduction program in the form of low caloric diet management (800-1200 calories /day), aerobic exercises in form of walking on treadmill 3 times per week for 12 week in addition to high intensity focused ultrasound cavitation once a week. Group B included 25 men received a weight reduction program in the form of low caloric diet management (800-1200 calories /day), aerobic exercises in form of walking on treadmill 3 times per week for 12 week only. Body weight, body mass index, abdominal circumference, forced vital capacity (FVC) and cholesterol level was measured before and after 6 weeks (post I) and 12 weeks (post II) of training. <b>Results:</b> Statistical analysis revealed that high intensity focused ultrasound cavitation has more significant effect on body weight decreased by (11.34%), abdominal circumference decreased by (17.3%), cholesterol level decreased by (8.39%) and forced vital capacity (FVC) increased by (63.02 mg/dl). <b>Conclusion:</b> High intensity focused ultrasound cavitation should be recommended for obese prehypertensive men.</p>		
<b>Key words</b>	1.	Vital capacity
	2.	Cholesterol
	3.	High intensity focused ultrasound cavitation
	4.	
	5.	
	6.	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>106 p.</b>
<b>Arabic Title Page</b>	:	استجابة السعة الحيوية والكوليسترول إلى الموجات فوق الصوتية المركزة المتكيفة على الرجال ذو السمنة المركزية المعرضين لارتفاع ضغط الدم .
<b>Library register number</b>	:	<b>4437-4438.</b>

<b>Author</b>	:	<b>Noha Ali Mohamed Hussien</b>
<b>Title</b>	:	<b>Effect of Pranayama Training on Ventilatory Functions in Bronchial Asthmatic Patients</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Azza Abdel-Aziz Abdel-Hady</b>
	2.	<b>Ali Saad Rafea</b>
	3.	<b>Amira Mohamed Abd El Aziz</b>
	4.	<b>Hany Ezzat Obaya</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Background:</b> Bronchial asthma is a common disease and an important cause of morbidity among both children and adults. Pranayama is the first step toward re-orienting and improving the mind and body by utilize the air we breath. So the <b>purpose</b> of this study was to estimate the effect of pranayama training exercises (ujjayi) on ventilatory functions in asthmatic patients. <b>Subjects:</b> Forty patients of both sexes (25 men and 15 women) with mild bronchial asthma selected from outpatient chest clinic of Al-Matarya Teaching Hospital (Cairo) with age ranged from 30 to 40 years. <b>Methods:</b> patients were assigned to two equal groups, Group A (study group) included twenty asthmatic patients (12 men and 8 women) who received medical treatment, diaphragmatic breathing exercises and Ujjayi pranayama yoga training for 3sessions per week for 8 weeks. Group B (control group) included twenty asthmatic patients (13 men and 7 women) who received medical treatment and diaphragmatic breathing exercise only for 3 sessions per week for 8 weeks. Spirometer was used to measure ventilatory functions of the patients that include FVC, FEV1, FEV1/FVC% and PEF. 6-min walk test was used to evaluate quality of life before and after training program. <b>Results:</b> Statistical analysis revealed a significant increase improvement in FVC, FEV1, FEV1/FVC, PEF and quality of life in the study group (7.62↑%, 14.10↑%, 7.17↑%, 14.25↑%, and 31.93↑%) respectively more than control group (1.78↑%, 2.50↑%,1.00↑%, 2.58↑% and 30.09↑%) respectively after using Ujjayi pranayama yoga training in asthmatic patients. <b>Conclusion:</b> usage of Ujjayi pranayama yoga training as a method of rehabilitation for asthmatic patients to improve ventilatory functions, which in turn help to improve quality of life.</p>		
<b>Key words</b>	1.	bronchial asthma
	2.	Pranayama
	3.	ventilatory function
	4.	
	5.	
	6.	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>95</b>
<b>Arabic Title Page</b>	:	<b>تأثير تدريب براناياما على وظائف التنفس لمرضى الربو الشعبي</b>
<b>Library register number</b>	:	<b>4485-4486.</b>

<b>Author</b>	:	<b>Ryham Ezz El Din Mohammed</b>
<b>Title</b>	:	<b>Nitric oxide and blood pressure response to resistive exercise in hypertensive women</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	<b>1.</b>	<b>Azza Abd El Aziz Abd El Hady</b>
	<b>2.</b>	<b>Nehal Hamdy El Said</b>
	<b>3.</b>	<b>Samah Mahmoud Ismail</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Purpose:</b> to assess the effect of resistive exercise for different body muscles on blood pressure and Nitric oxide levels in hypertensive women. <b>Methods:</b> Forty sedentary postmenopausal hypertensive women were selected for this study, with 4-5 years at least of menopause. Their ages ranged from 50 to 60 years with mild hypertension from 139/89 to 159/99mmHg, their body mass index ranged from 25 to 29.9 (kg/ m2) women. The study conducted in the outpatient clinic of physical therapy, El Shikh Zaied Specialized Hospital, Giza, Egypt from august 2013 to June 2014. The women were randomly assigned into four groups, Group 1 (control group), Ten patients received their medications only without participating in any exercise program, Group 2,3,4 (study groups) Thirty patients were divided randomly into three equal (in number) groups participated in a supervised resistive exercises program, Using moderate work load method (60 % of maximum voluntary contraction (MVC) performed 3 times per week for 8 weeks. group (2) exercised for quadriceps muscle group (3) for brachial biceps muscle, and group (4) for latissimus dorsi muscle, all patients to be assayed later for measurement of nitric oxide, blood pressure before and after the completion of the study. <b>Results:</b> showed highly significant difference in the study group when compared to the control group which is low significant. The control group showed minimal effects on either the blood pressure (1.5 (0.99%) and 0.5 (0.53%) mmHg for SBP and DBP reduction or NO concentration (-0.52 (2.11%) <math>\mu\text{mol/dl}</math>). The quadriceps group showed the biggest effects with means of 10.3 (6.84%) and 7.3 (7.74%) mmHg reduction in SBP and DBP respectively, the biceps group showed a reduction in both pressures of 5.8 (3.91%) and 5.8 (6.13%) mmHg and latissimus dorsi group a reduction of 5.2 (3.53%) and 2.5 (2.73%) mmHg respectively. As regards the NO concentration, quadriceps showed biggest effect in the form of the most increase in NO levels of 4.7 (19.18%) <math>\mu\text{mol/dl}</math>, followed biceps at 3.5 (14.17%) <math>\mu\text{mol/dl}</math> and finally the latissimus dorsi group at 2.3 (9.31%) <math>\mu\text{mol/dl}</math>. <b>Conclusion:</b> resistive exercises of different body part have a significant effect in reducing diastolic and systolic blood pressure and increasing NO.</p>		
<b>Key words</b>	<b>1.</b>	Nitric oxide
	<b>2.</b>	Mild hypertension
	<b>3.</b>	Resistive exercise
	<b>4.</b>	
	<b>5.</b>	
	<b>6.</b>	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>153 p.</b>
<b>Arabic Title Page</b>	:	استجابة أكسيد النيتريك وضغط الدم لتمارين المقاومة لدى السيدات ذات الضغط المرتفع
<b>Library register number</b>	:	<b>4411-4412.</b>

<b>Author</b>	:	<b>Taher Salah El Din</b>
<b>Title</b>	:	<b>Using muscle architecture to predict maximum strength and its relation to activity levels in cerebral Palsy patients</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Emam Hassan El Negamy</b>
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	3.	<b>Eman Hassan Abd EL Salam</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2015.</b>
<b>Abstract</b>	:	
<p><b>Background:</b> To provide insight into the relationship between muscle architecture, muscle strength and activity level in CP</p> <p><b>Subjects and Methods:</b> This study was conducted on forty subjects into two groups of equal number, group A includes two normal development children and adolescents and group B includes twenty cerebral palsy patients. All participated subjects examined for their rectus femoris muscle thickness and vastus lateralis muscle thickness by sonography, quadriceps muscle isometric peak torque measured by isokinetic dynamometer, activity level for group B only evaluated by pediatric outcome collection instrument (parent report and self report). For group A evaluation conducted at start of the study and for group B evaluation conducted for at start of the study and after six months of physical therapy program. <b>Results:</b> The obtained result showed direct relationship between muscle thickness measured by sonography and both muscle strength and activity level.</p> <p><b>Conclusion:</b> muscle thickness measured by sonography can be used to evaluate muscle strength and activity level in cerebral palsy patient.</p>		
<b>Key words</b>	1.	muscle architecture
	2.	muscle strength
	3.	activity level
	4.	
	5.	
	6.	
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>131 p.</b>
<b>Arabic Title Page</b>	:	استخدام البناء العضلي للتنبؤ بالقوة العضلية العظمي وعلاقته بمستويات النشاط في مرضي الشلل المخي
<b>Library register number</b>	:	<b>4517-4518.</b>