

**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
1977**

Author	:	Aisha Abd El Aziz E. Zahran.
Title	:	Effects of therapeutic exercises on hypertensive patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Ebtisam M. El Bagoury.
	2.	Laila El Ahmady.
	3.	Azza Abd El Aziz Abd El Hady.
Degree	:	Master.
Year	:	1977.
Abstract	:	
<p>1- The aim of the present work is to show the effect of therapeutic exercises on the blood pressure in hypertensive females . 2- The present investigation was carried out on 21 females with uncomplicated essential hypertension . They were divided into 3 groups : Group I : included cases receiving hypotensive drugs . Group II : included hypertensive cases receiving program of therapeutic exercises . Group III : included hypertensive cases receiving both hypotensive drugs and therapeutic exercises . 3- In group II , a significant drop of blood pressure followed the onset of exercises . The drop was observed in both systolic and diastolic pressure. However , the drop was less than in group I which received hypotensive drugs. 4- Combining the two lines of treatment (hypotensive drugs and a full program of exercises) in group III , resulted in more drop in blood pressure . The drop was progressive and was more observed in diastolic than systolic pressure . 5- It is , thus , concluded that interval exercises are of supplemental value in the therapy of essential hypertension .</p>		
Key words	1.	Cardiovascular system.
	2.	Diseases.
	3.	Therapeutics Exercise.
	4.	Blood pressure.
	5.	Essential hypertension.
	6.	Exercises.
	7.	Hypertension.
Arabic Title Page	:	تأثير التمرينات العلاجية على مرضى الضغط المرتفع.
Library register number	:	40-41,1073.

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Author	:	Fahima Metwally Mohamed Okeel.
Title	:	The effects of physiotherapeutic treatment in restrictive chest conditions.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	El Anwar Amin Abd El Latif.
	2.	Azza Abd El Aziz Abd El Hady.
Degree	:	Master.
Year	:	1977.
Abstract	:	
Patients who received physiotherapeutical treatment showed significant improvement as showing by their pulmonary function tests , while the other group that received medicaltreatment only showed results remained without improvement or showed insignificant amelioration .		
Key words	1.	Chest Disease.
	2.	Thorax.
	3.	Human Lungs.
	4.	Lungs.
	5.	Disease Pulmonary.
	6.	function tests.
	7.	Respiratory Therapy.
Arabic Title Page	:	تأثير العلاج الطبيعي على بعض الامراض الصدرية المحددة لكفاءة التنفس .
Library register number	:	51.

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Author	:	Nagwa Abd El Aziz Zobaa.
Title	:	Comprative study of the effects of the upper and lower extremity exerises on the blood pressure and between males and females.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El Aziz Abd El Hady.
	2.	Fatma Makarem Ahmed Mahmoud.
Degree	:	Master.
Year	:	1977.
Abstract	:	
<p>Comparison of effects of dynamic work of arm and leg on the blood pressure and heart rate in both males and females had been studied in the present investigation . Four groups of normal subjects were chosen for this comparative study. Each group consisted of 30 subjects and their ages ranged from 17-25 years old .</p>		
Key words	1.	Exercises.
	2.	Physiological Aspects.
	3.	Physiology
	4.	Blood Pressure.
	5.	Arm.
	6.	Leg.
	7.	Males.
	8.	Females-Physiology.
	9.	Men-Physiology.
	10	Human Males.
Arabic Title Page	:	دراسة مقارنة لتاثير تمرينات الاذرع والارجل على ضغط الدم بين الرجال والسيدات.
Library register number	:	5-6.

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Author	:	Nagwa Mohamed Hamed Badr.
Title	:	Muscular efficiency in diabetics.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El Aziz Abd El Hady.
	2.	Ahmed Abd El Aziz Ismail.
Degree	:	Master.
Year	:	1977.
Abstract	:	
<p>This work was done with the object of finding the state of muscular efficiency in different types of diabetes with the object of elucidating the effect of diabetes on he muscular activity. This thesis comprises a review of the physiology of muscular efficiency , muscle energy produce , carbohydrate metabolism , aetiological types of diabetes and the effect of diabetes mellitus on several parts of the body . the clinical part of this wrok comprises five parts : 1- Finding and standerdising ways to test absolute muscle power both as regards single contraction and active work . 2- Comparing the muscle efficiency of a group of diabetics to that of normals . 3- Finding the effect of withdrawal of treatment for a short period on the muscle efficiency of diabetics . 4- Fourty diabetic patients and 28 normal persons were chosen for the study . The first batch of tests depended on the muscle power to carry one single cotraction . We selected the hand grip power and the foot plantiflexion power , where both of them depend on distal mucsles , i.e. the ones known to suffer most in diabetics . The quadriceps was tested as representative of the proximal muscles . Several other tests were selected namely : 1. Threshold for perception of vibration 2. Skin fold thickeness 3. Circumference measurements 4. Weight and hight 5. Glucose tolerance tests 5- Twelve normal persons were tested daily for 6 days by the above mentioned methods to test reproduceability .</p>		
Key words	1.	Muscles.
	2.	Diabetes.
	3.	Diabetics Patients.
Arabic Title Page	:	تقييم كفاءة العمل العضلى فى مرضى البول السكرى .
Library register number	:	47,1075.

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Author	:	Safaa M. Sebai.
Title	:	Study of biomechanics of respiration in emphysema and restrictive pulmonary disease.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Laila El Ahmady.
	2.	Azza Abd El Aziz Abd El Hady.
Degree	:	Master.
Year	:	1977.
Abstract	:	
<p>This study included : ten normal subjects , ten patients with obstructive airway diseases , and four patients with restrictive lung diseases . The three groups were studied concerning the biomechanical aspects of respiration as indicated by the indices of diaphragmatic movements and chest expansion at two levels : the first at the level of the subcostal angle , and the second at the lower border of the costal margin . The respiratory function studied was the vital capacity and FEV1% (the timed vital capacity in first second) and the findings have shown an impairment of the biomechanics of respiration in the disease groups .</p>		
Key words	1.	Biomechanics.
	2.	Emphysema.
	3.	Pulmonary emphysema.
	4.	Lungs-Disease.
	5.	Pulmonary function tests.
	6.	Respiratory Therapy.
	7.	Respiratory function tests.
Arabic Title Page	:	دراسة مقارنة عن بيوميكانيكية التنفس فى حالات النفاخ (الامفيزيم) وحالات التقييد الرئوى.
Library register number	:	28-29.

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Author	:	Thoria Bearam Delaver.
Title	:	Comparative effect of lines of treatment on muscular efficiency in diabetics.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El Aziz Abd El Hady.
	2.	Ahmed Abd El Aziz Ismail.
Degree	:	Master.
Year	:	1977.
Abstract	:	
<p>This work was done with the object of finding the effect of insulin and metformin on the muscle performance in diabetic patients . The first part comprises a review of carbohydrate metabolism , diabetes mellitus and its treatment . The second part shows the work done , results obtained and analysis of results . The practical work comprises five parts as follows : 1. Finding and standerdising ways to test absolute muscle power both as regards single contraction and active work a) Selection of methods to test power of hand grip and extensors of the feet b) Finding the degree of exertion which can differentiate between one person and another 2. Fourty patients suffering from diabetes millitus were tested for : a) Hand grip power b) Foot power c) Quadricepes power d) Muscular exercise bicycle e) Thershold for perception of vibration f) Skin fold thickness g) Circumference measurements h) Weigh and height i) Glucose tolerance tests 3. Each of the above mentioned patients was tested three other times as follows : a) Finding the effect of withdrawal of treatment for short period on the muscle efficiency of diabetics b) The second was after insulin c) The third was after oral hypoglyoemic agent (Glucophage) 4. Twenty eight normal persons were tested as above. 5. Comparing the muscle efficiency of a group of diabetics to that of normals .</p>		
Key words	1.	Carbohydrates Metabolism.
	2.	Carbohydrate drugs.
	3.	Metabolism.
	4.	Drugs effects.
	5.	Drugs.
	6.	Physiological effect.
	7.	Insulin.
	8.	Muscles Diabetes.
	9.	Diabetics Patients.
Arabic Title Page	:	تأثير ومقارنة خطوط العلاج على الكفاءة العضلية لمرضى البول السكرى .
Library register number	:	54.

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Author	:	Zahra Mohamed Hassan Serry.
Title	:	The effects of therapeutical exercises on obese persons.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El Aziz Abd El Hady.
	2.	Mohamed Sedky Abdou.
Degree	:	Master.
Year	:	1977.
Abstract	:	
<p>The aim of this study is to know the effect of therapeutical exercises on weight and body measurements of obese females without dietary restriction . Twelve obese females were chosen , their ages , were between 30.50 years they were free from other diseases such as heart , chest and metabolic disturbances . Their mean height was 159.5 cms , weight 81.58 kgs, round measurements for chest was 106 cms , waist 40.96 cms , gluteal regon 117.75 cms , lower limb Rt thigh 61.25 cms , Lt thigh 60.83 cms , upper limb Rt . arm 34.8 cms , Lt arm 34.4 cms . the program of therapeutical exercises was for 6 weeks they were instructed to do every second day . Abdominal exercises from back lying position using upper trunk and lower trunk each exercise ten times , back exercises from pron position and using upper and lower limbs , each exercise repeated ten times . Exercsises for upper and lower limbs from standing position , ten times for every exercise . the time for all exercises about 1/2 hour . Test for weight and round measurement done every week to know the progression and to encouraged them to continue their exercises.</p>		
Key words	1.	Therapeutics Exercise.
	2.	Obesity.
	3.	Obesity in women.
	4.	Women-Diseases.
	5.	Diet.
	6.	Overweight women.
	7.	Reducing diets.
Arabic Title Page	:	تأثير التمرينات العلاجية على الاشخاص البدناء.
Library register number	:	48,105.