

**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  
1999

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<b>Title</b>	:	<b>Forward versus backward walking training effect on vital signs in healthy subjects.</b>
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<b>Abstract</b>	:	
<p>In this study, the effect of a backward (BM) and , forward (FW) walking training program on vital signs were compared . Two groups A and B consisting of 30 subjects each (15 male , 15 female) aged 25.3+-3.2 years old were assigned . Group A underwent a (FW) training program at 5 Km/h speed and 10% treadmill inclination ; Group B underwent same program but backward (BW) . Training sessions were done for 8 weeks , at a rate of 3 sessions per week . Measurement taken were blood pressure (BP) with sphygmomanometer , heart rate with ECG and respiratory rate . Results showed a decrease in resting systolic , diastolic blood pressure (RSBP , RDBP) and resting heart rate (RHR)after 2 months . Significant more decrease in RSBP , RDBP and RHR was seen after one month suggesting a more rapid cardiovascular adaptation to endurance training during FW than during BW training . No significant difference concerning resting respiratory rate was noted between groups . conclusion cardiovascular system fitness can be developed more rapidly in backward than in forward walking training.</p>		
<b>Key words</b>	1.	<b>Forward walking training.</b>
	2.	<b>vital signs.</b>
	3.	<b>Backward walking training.</b>
	4.	<b>Walking.</b>
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