

**ELECTRONIC GUIDE TO THESES APPROVED BY  
PHYSICAL THERAPY DEPARTMENT FOR CADIOPULMONARY  
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  
2008

Author	:	Ahmed Abd El -Momen El-Shehawy.
Title	:	Effect of Exercise training on the psychological state of obese Persons.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Al-Sayed A. Shanb.
	2.	Samir Mohammed Abo-El magd.
	3.	Heba Sherif.
Degree	:	Master.
Year	:	2008.
Abstract	:	
<p><b>Objective:</b> This study was designed to evaluate the effect of exercise training program combined with diet regimen on body composition and psychological state of obese subjects with and without depression disorders. <i>Materials and methods:</i> Eighty obese subjects of both sex selected from the obesity clinical unit of EL-Kasr EL-Aini University Hospital were included in this study. They were divided into two equal groups. Group A forty (non-depressed obese subjects); and Group B forty (depressed obese subjects). Both groups received exercise and diet therapy for three months. The Clinical assessment including age, weight, height, body mass index (BMI), waist circumference (WC), hip circumference(HC), waist to hip ratio (WHR), and, the presence of depressive traits and the level of serum cortisol were investigated before treatment and after three months. <i>Results:</i> The results of body weight, BMI, WC, HC, WHR, serum cortisol showed significant reduction compared with base line mean values for both groups. There were greater percentage of reduction in group A(non-depressed obese subjects), than group B. There were significant reductions of the psychiatric depressive symptoms for group B (depressed obese subjects), compared with base line (Pre) mean value. Also there were significant reductions in body weight and BMI for group A when compared with group B, but non significance differences related to WC, HC, and WHR between two groups. There was significant difference in cortisol level between two groups and in favoring to group A (non –depressed obese subjects). <i>Conclusion:</i> exercise and diet therapy for obese subjects suffering from depression were helpful for reducing depressive symptoms , cortisol level, as well as reduction of body compositions including body weight, BMI, Waist circumferences, hip circumference and waist to hip ratio.</p>		
Key words	1.	Obesity.
	2.	Cortisol.
	3.	Depression.
	4.	body mass index.
Arabic Title Page	:	تأثير التمرينات على الحالة النفسية للأشخاص البدناء.
Library register number	:	1835-1836.

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<b>Author</b>	:	<b>Atta Akram Ibrahim Ahmed El-Sousai.</b>
<b>Title</b>	:	<b>Responses of Ventilatory Functions to Breathing Exercise versus Breathing Exercise with Chest Mobilizing Exercise In Elderly.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Zahra H. Serry.</b>
	2.	<b>Azza Abd El-Aziz Abd El-Hady.</b>
	3.	<b>Uomna Kamel Mohamed.</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2007.</b>
<b>Abstract</b>	:	<p>This study was performed to investigate the responses of ventilatory functions to breathing exercise versus breathing exercise with chest mobilizing exercise in elderly. Thirty elderly subjects (10 males and 20 females) were recruited from Palestine Hospital (Geriatrics Department). With age ranged between 65-80 years. BMI ranged between 22.1-24.9 Kg/m<sup>2</sup>. They were underwent a pre and post ventilatory functions test to mark out the values of FVC, FEV<sub>1</sub> and MVV. They were classified into two groups of equal numbers; (Group (A) 15 subjects (5 males and 10 females) performed diaphragmatic breathing exercise and incentive spirometer), (Group (B) 15 subjects (5 males and 10 females) performed diaphragmatic breathing exercise, incentive spirometer and chest mobilizing exercise). Every subject trained for 30 min. three times/week for 8 weeks. The results showed that there was significant improvement in ventilatory functions (FVC, FEV<sub>1</sub> and MVV) in group (A) post-exercise was (22.20%, 16.06% and 15.10%), respectively. While in group (B) was (33.12%, 21.27% and 23.90%), respectively.</p>
<b>Key words</b>	1.	<b>Elderly.</b>
	2.	<b>ventilatory functions.</b>
	3.	<b>diaphragmatic breathing exercise</b>
	4.	<b>incentive spirometer.</b>
	5.	<b>chest mobilizing exercise.</b>
<b>Arabic Title Page</b>	:	<b>استجابة وظائف التنفس لتمارين التنفس مقارنة بتمارين التنفس و تحريك الصدر في كبار السن.</b>
<b>Library register number</b>	:	<b>1695-1696.</b>

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<b>Author</b>	:	<b>Dina Said Soliman Yacoub.</b>
<b>Title</b>	:	<b>Changes in lumbosacral region for obese subjects complaining from low back pain.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Azza Fekry Ismail.</b>
	2.	<b>Al- Sayed A. Shanb.</b>
	3.	<b>Omar Moawayya Osman Mohamed.</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2007.</b>
<b>Abstract</b>	:	
<p>Was to assess the correlation between different classes of obesity and the angles of the lumbosacral region in patients suffering of chronic low back pain. One-hundred subjects of both sex, their age ranged between 18.5 and 30 years, their body mass index between 18.5 and <math>\geq 40</math> kg/m<sup>2</sup>, of both central and peripheral type of obesity were selected. They are arranged in three groups according to their body mass index. Results and Conclusion: The Lumbosacral angle is the most significant compromise in all groups, and increase its significance by increasing body mass index (BMI). The central obesity correlated with the angles of the lumbosacral region more than the peripheral obesity. These results suggest that waist circumference (WC) is considered as best significant predictor of the changes that occur to the angles of the lumbosacral region, and all the angles of lumbosacral region are greater in females than males with a statistical significance (P&lt;0.05).</p>		
<b>Key words</b>	1.	<b>Obesity.</b>
	2.	<b>Lumbosacral region..</b>
	3.	<b>Waist circumference.</b>
	4.	<b>Hip circumference.</b>
	5.	<b>Body Mass Index.</b>
	6.	<b>Low back pain.</b>
<b>Arabic Title Page</b>	:	<b>العلاقة بين زيادة الوزن و زوايا المنطقة القطنية العجزية في حالات تعاني من الألم المزمن أسفل الظهر.</b>
<b>Library register number</b>	:	<b>1733-1734.</b>

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<b>Author</b>	:	Emad Mohamed Ibrahim Taha.
<b>Title</b>	:	Effect of Progressive Resistive Exercise on Systemic Hypertension.
<b>Dept.</b>	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
<b>Supervisors</b>	1.	Zeinab helmy.
	2.	Akram Abd-Al-Aziz.
	3.	Nagwa Eid Sobhy.
<b>Degree</b>	:	Master.
<b>Year</b>	:	2007.
<b>Abstract</b>	:	
<p>The aim of this study was to assess the effect of progressive resistive exercise (PRE) on essential hypertension. Forty Essential Hypertensive female with mild hypertension participated in the study, their age ranged from 30 to 50 years. They were divided into two equal groups. Group (A) performed the PRE program plus taking their ordinary anti-hypertensive medications while group (B) only took their anti-hypertensive medications. The program continued for 10 weeks (three sessions per week). Blood pressure was measured at the beginning of and after the exercise program for both groups. It can be concluded that PRE program for 10 weeks together with antihypertensive drugs produced significant change of the dose of antihypertensive drugs with significant reduction of the systolic blood pressure.</p>		
<b>Key words</b>	1.	Hypertension.
	2.	Progressive resistive exercise.
	3.	Females.
<b>Arabic Title Page</b>	:	تأثير تمارينات المقاومة المتزايدة على ضغط الدم المرتفع.
<b>Library register number</b>	:	1917-1918.

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<b>Author</b>	:	<b>Enas Abd El Salam El Sayed Mohamed.</b>
<b>Title</b>	:	<b>Blood glucose level response to acute exercise during fasting versus two hours postprandial for type2 diabetic patients.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Azza Fikery Ismail.</b>
	2.	<b>Dina Mohamed Abaza.</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2007.</b>
<b>Abstract</b>	:	
<p><b>This study was conducted to investigate the immediate response of acute exercise on blood glucose level during fasting versus two hours postprandial in type 2 diabetic patients. Twenty five sedentary subjects selected from Al Mataria hospital were the subject of this study. They were all diabetic of type 2 diabetes mellitus. There was a significant difference between pre and post exercise blood glucose levels as a response to acute exercise within two hours postprandial. The percentage of improvement was 10.6%. While there was no significant difference between pre and post exercise fasting blood glucose levels as a response to acute exercise during fasting state. The percentage of improvement of fasting blood glucose level pre and post exercises was 0.12%.</b></p>		
<b>Key words</b>	1.	<b>Acute exercise.</b>
	2.	<b>Blood glucose.</b>
	3.	<b>Fasting.</b>
	4.	<b>Postprandial.</b>
	5.	<b>Type 2 diabetes.</b>
<b>Arabic Title Page</b>	:	<b>استجابة مستوى السكر للتدريبات الحاده اثناء الصيام بعد تناول الطعام بساعتين فى الدم لمرضى السكر ذو النوع الثانى.</b>
<b>Library register number</b>	:	<b>1775-1776.</b>

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<b>Author</b>	:	Ereen Fawzy Ghattas.
<b>Title</b>	:	The effect of different heel height on the balance of elderly women.
<b>Dept.</b>	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
<b>Supervisors</b>	1.	Zahra Mohamed Serry.
	2.	, Mohamed Osman Azzazi.
	3.	Akram Abd El-aziz Sayed.
<b>Degree</b>	:	Master.
<b>Year</b>	:	2007.
<b>Abstract</b>	:	
<p><b>Abstract:</b> Balance which is vital for all activities might be affected by wearing different heel height in elderly women. <b>Purpose:</b> to find if there is a difference in balance while elderly women are wearing different heel height. <b>Methods:</b> 60 volunteers women participated in this study. Balance was measured for them while they were wearing three different heel height using Biodex balance System . <b>Results:</b> The balance was significantly greater with the low heel and medium heel than the high heel. <b>Conclusion:</b> Elderly women who wearing shoes with high heel have poor balance measurements which may be a predisposing factor to falling.</p>		
<b>Key words</b>	1.	balance.
	2.	elderly.
	3.	heel height.
	4.	falling.
<b>Arabic Title Page</b>	:	تأثير ارتفاعات الكعب المختلفة على الاتزان للسيدات المسنات.
<b>Library register number</b>	:	1841-1842.

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Author	:	Hanaa Tawakol Ragheb Mohamed.
Title	:	Effect of Different Treadmill Exercise Intensities on Thrombocytes in Mild Hypertensive Females.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Fikery Ismail.
	2.	Nadia Kamal Mahmoud Marie.
	3.	Abeer Ahmed Abdel-Hamed.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p><b>Purpose:</b> This study was conducted to investigate the effect of different exercise intensities on Blood pressure and selected coagulation variables in mild hypertensive females. <b>Materials and methods:</b> Forty-five females their age ranged from 30 to 50 years old selected from El-Zhraa hospital. They were all mild hypertensive for less than five years, their body mass index (BMI) ranged from (30 to 34.9). Each patient participated in an exercise training program on treadmill for twenty minute three times per week for six successive weeks. Walking intensities were low (50%-65% of HR<sub>max</sub>), moderate (65%-75% of HR<sub>max</sub>) and high (75% to 80% of HR<sub>max</sub>) for the groups A, B, and C respectively. Blood pressure and selected coagulation variables were measured before the first session and after the last session of the exercise. <b>Results:</b> The results of this study showed group (A) and (B) has positive effect on blood pressure and all measured coagulation variables than group (C) while the effect of group (B) more significant than the effect of group (A). <b>Conclusion:</b> Moderate intensity of walking exercise greatly affects the blood pressure and the process of blood coagulation and improves the function and responsiveness of blood platelets.</p>		
Key words	1.	Walking exercise.
	2.	Thrombocytes.
	3.	Mild hypertensive females.
Arabic Title Page	:	تأثير التمرينات المختلفة الشدة على جهاز المشى الكهربائى للصفائح الدموية للسيدات ذوات الأرتفاع البسيط لضغط الدم.
<b>Library register number</b>	:	<b>1889-1890.</b>

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<b>Author</b>	:	Heba Elsayed El Sayed Shehata.
<b>Title</b>	:	Blood gases response to Incentive spirometer in liver ascitic patients.
<b>Dept.</b>	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
<b>Supervisors</b>	1.	Azza Fikery Ismail.
	2.	Gamal Abdel Khalek Badra.
	3.	Elsayed A. Shanab.
<b>Degree</b>	:	Master.
<b>Year</b>	:	2007.
<b>Abstract</b>	:	
<p>The aim of the study was to investigate the effect of incentive spirometer on arterial blood gases on liver ascites patients. The present work was conducted on thirty cases of liver ascites adult male subjects. Their age ranged from 35 to 55 years old, they were divided into two equal groups. Group ( I ): moderate ascites, perform breathing exercise using incentive spirometer five to ten times with slow maximal inspiratory maneuver over fifteen minutes. Group ( II ): tense ascites, perform the same exercise for the same period. Arterial blood gases was measured before, immediately after and two hours after session to compare the difference between each group among three measures. The data was obtained in the present investigation indicated significant improvement in SaO<sub>2</sub>, PaCo<sub>2</sub> PaO<sub>2</sub> immediately and continuing in PaO<sub>2</sub> for both groups but favor for group (I) without any effect on ( PH ) among three measurements.</p>		
<b>Key words</b>	1.	Ascites, Blood gases.
	2.	Respiratory dysfunction.
	3.	Incentive spirometer.
<b>Arabic Title Page</b>	:	استجابة غازات الدم للحافز التنفسي لمرضى الإستسقاء الكبدى.
<b>Library register number</b>	:	1781-1782.

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Author	:	Ibram Adly Tawfeik Khalil.
Title	:	Effect of diaphragmatic breathing exercise in essential hypertension.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M. H. Serry.
	2.	Azza F. Ismail.
	3.	Bassem E. Foad.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p><b>Background:</b> Slow breathing improves arterial baroreflex sensitivity and decrease blood pressure in essential hypertension. <b>The purpose</b> of this study was to investigate the effect of diaphragmatic breathing exercise as a part of life style modification in essential hypertension. <b>Subjects:</b> sixty subjects of both Sexes, 42 males and 18 females , They assigned randomly into two groups equal in number, Group (A) with mean age (<math>46.07 \pm 6.27</math>) years and mean Body Mass Index (<math>27.87 \pm 1.57</math>) Kg/m<sup>2</sup> Group (B) with mean age (<math>47.63 \pm 6.83</math>) years and mean Body Mass Index (<math>27.92 \pm 1.46</math>)Kg/m<sup>2</sup> <b>Methods:</b> Blood pressure and heart rate were measured before, after one month and two months in the two groups. Group (A) who were instructed to life style modification, group (B) who were instructed to diaphragmatic breathing exercise as a part of life style modification. Each subject practiced diaphragmatic breathing exercise three sessions/week, 15 min, for two months. <b>Results:</b> The results revealed that there was highly statistically significant reduction in Arterial Blood Pressure and Heart Rate in the group (B) than group (A). <b>Discussion and conclusion:</b> The findings revealed that there was decrease in systolic and diastolic blood pressure (from <math>146.33 \pm 8.9</math> to <math>142.33 \pm 9.26</math> mmHg, <math>P &lt; 0.01</math>. and from <math>96 \pm 4.62</math> to <math>92.67 \pm 6.4</math> mmHg, <math>P &lt; 0.01</math> respectively) in group (A), and from (<math>142.17 \pm 8.27</math> to <math>133 \pm 8.67</math>mmHg, <math>P &lt; 0.001</math>. and <math>93.5 \pm 3.97</math> to <math>87 \pm 4.68</math> mmHg <math>P &lt; 0.001</math>, respectively) in group (B). These effects appear potentially in the management of essential hypertension.</p>		
Key words	1.	Diaphragmatic.
	2.	breathing exercise.
	3.	slow breathing.
	4.	hypertension.
Arabic Title Page	:	تأثير تمارينات الحجاب الحاجز التنفسي على ضغط الدم المرتفع الغير ثانوي.
Library register number	:	1867-1868.

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DISORDER AND GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mahmoud Ahmed Labib.
Title	:	Reliability of clinical risk markers (Arizona Scale) versus exercise stress test in stratifying exercise intensity for cardiac patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Helmy.
	2.	Mostafa Abdelsalam.
	3.	Akram Abd Elaziz Sayed.
Degree	:	Master.
Year	:	2007.
Abstract	:	<p>Background: the Arizona questionnaire is recently developed disease specific questionnaire for measuring the risk stratification in cardiac patients. Aims: To assess the reliability of the Airzona questionnaire and asses the correlation between the Arizona and stress test . Methods and result: 40 subjects with different cardiac pathology (20 male and 20 Females) Were collected from Al Kasr Alini teaching hospital and, their ages ranged from 40-60 years. The patients underwent stress test followed by Arizona questionnaire at same day to test inter rater reliability then Arizona questionnaire 2 times one weak interval and other researchers conduct Arizona to test intra rater, reliability. The results showed high rate of reliability of the Arizona questionnaire (P= 0.99) and high significant positive correlation with exercise stress in assessing risk stratification for cardiac patients. Conclusion: The Arizona questionnaire showed a high rate of acceptable reliability in assessment of risk stratification for cardiac patients and can be used in conjunction with stress exercise test in risk assessment.</p>
Key words	1.	Reliability.
	2.	Arizona scale.
	3.	Exercise test.
Arabic Title Page	:	مدي دقة المؤشرات الإكلينيكية الخطرة (مقياس الاريزونا) مقابل اختيار الشدة بالتمرينات لتحديد شدة التمرينات لدي مرضى القلب.
Library register number	:	1821-1822.

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Author	:	Rabab Salah El Din Mohamed.
Title	:	Chest physical therapy on mechanically ventilated neonates with respiratory distress syndrome.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Elham El Sayed Salem.
	2.	Azza Fikry Ismail.
	3.	Mona Youssef Maalawi.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The aim of this study was to investigate the effect of chest physical therapy on mechanically ventilated neonates with respiratory distress syndrome. Thirty neonates were concluded in the study, their ages ranged from 1-30 days. They were divided into two equal groups. Group (A) was the control group which received medical treatment and mechanical ventilation, group (B) (study group) received the same treatment in addition to chest physical therapy program. The physiotherapy session was conducted daily until the baby weaned off the ventilator. The results showed a significant difference in the vital signs, blood gases, O<sub>2</sub> saturation, ventilatory stay and hospital stay. So chest physiotherapy should be introduced as line of treatment on mechanically ventilated neonates with respiratory distress syndrome.</p>		
Key words	1.	chest physical therapy.
	2.	neonatal respiratory distress syndrome.
	3.	mechanical ventilation.
Arabic Title Page	:	العلاج الطبيعي للأمراض الصدرية للأطفال حديثي الولادة المصابين بضائقة التنفس على جهاز التنفس الصناعي.
Library register number	:	1801-1802.

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<b>Author</b>	:	Safaa Mostafa Ali El-Kholi.
<b>Title</b>	:	Effect of acute exercise on glutathione as antioxidant in male smokers versus non smokers.
<b>Dept.</b>	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
<b>Supervisors</b>	1.	Azza Fikry Ismail.
	2.	Fawzy Ahmed Halawa.
	3.	Amany Raafat Mohamed..
<b>Degree</b>	:	Master.
<b>Year</b>	:	2007.
<b>Abstract</b>	:	
<p>The study was done on 90 males who were classified equally into three groups (non ,light and heavy smokers).Then subjects in each group were subdivided into two equal groups (one participated moderate exercise while the other participated high intensity exercise for 30 minutes for one time. Blood GSH was measured before and immediately after exercise. There was significantly increased GSH level in all groups after moderate exercise while after intensive exercise GSH level was significantly decreased in heavy smokers more than light smokers however the reduction in non smokers was non significant .So moderate exercise is better however intensive exercise is harmful especially for smokers.</p>		
<b>Key words</b>	1.	acute aerobic exercise.
	2.	glutathione.
	3.	smoking.
	4.	antioxidant.
<b>Arabic Title Page</b>	:	تأثير التمرين الواحد على الجلوتاثيون كمضاد للأكسدة في الرجال المدخنين مقابل الغير مدخنين.
<b>Library register number</b>	:	1747-1748.

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<b>Author</b>	:	Sara Sobhy Zakaria Eldeeb.
<b>Title</b>	:	Response of Liver Enzymes to Aerobic Exercise in Diabetic Patients.
<b>Dept.</b>	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
<b>Supervisors</b>	1.	Azza Fikry Ismail.
	2.	Yasser Mohammed Abdel hamid.
	3.	Yassmin Taha El-Shewi.
<b>Degree</b>	:	Master.
<b>Year</b>	:	2007.
<b>Abstract</b>	:	
<p><b>Background.</b> Exercise impact on liver enzymes hasn't been assessed in diabetic patients. <b>Purpose.</b> To evaluate effects of single bouete of aerobic exercise on liver enzymes in diabetic patients. <b>Subjects.</b> Fifty patients with type 2 diabetes mellitus DM of both sexes (Group A) and twenty apparently healthy subjects as control group (Group B) were participated in this study <b>Methods.</b> Liver enzymes (AST, ALT, GGT, ALP, Albumin, and Total Protein) had been measured for both groups at rest and immediately after an aerobic exercise session of 20 minutes at grade 11-12 reported effort using the Borg Scale for rating of perceived exertion (RPE) . <b>Results.</b> The results showed that a single bout of aerobic exercise produces significant increase of liver enzymes in diabetic and normal subjects as well. But this increase is more in diabetic patients. <b>Conclusion.</b> For diabetic patients, Light intensity aerobic exercise on a bicycle ergomter for twenty minutes produces significant increase of liver enzymes. So, follow up of liver enzymes is necessary before exercise prescription for diabetic patients.</p>		
<b>Key words</b>	1.	Liver enzymes.
	2.	Diabetes, Exercise.
<b>Arabic Title Page</b>	:	مدى استجابة انزيمات الكبد للتمرينات الهوائية في مرضى البوال السكري.
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PHYSICAL THERAPY DEPARTMENT FOR CADIOPULMONARY  
DISORDER AND GERIATRICS AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Walaa Mohamad El-Sayed El-Sais.
Title	:	Energy Expenditure of Treadmill And Stationary Bicycle Among Male Runners.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Mohamad Helmy.
	2.	Akram Abd El Aziz.
	3.	Yasser Hosny Abd El- Rahman.
Degree	:	Master.
Year	:	2007.
Abstract	:	
<p>The purpose of this study was to compare between energy expenditure produced by treadmill and stationary cycle in male runners. Energy expenditure and respiratory measures were recorded by ZAN 600 flow handy II medical device. Thirty male runners participated in this study with an average age of 22.77 years (<math>\pm 2.61</math>), their body mass index (BMI) ranged between 18.5-24.9 kg/m<sup>2</sup> with an average 23.53<math>\pm</math>1.5 kg/m<sup>2</sup>. Each participant performed two modes of exercise on separate days in a randomized order. The results revealed that, there was a significant difference (<math>p &lt; 0.05</math>) between the two modes of exercise testing in VO<sub>2max</sub> but there was no significant difference (<math>p &gt; 0.05</math>) in RER, V<sub>E</sub> and VT.</p>		
Key words	1.	Energy expenditure.
	2.	VO <sub>2max</sub> , runners.
	3.	treadmill.
	4.	cycle ergometry.
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