

**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
2009**

Author	:	Abd El Rhman Agamy.
Title	:	Physical Therapy Interventions For chronic obstructive pulmonary diseased Patients (Systemic Review Study).
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A. Abdel Hady.
	2.	Zahra M. H. Serry.
Degree	:	Master.
Year	:	2009.
Abstract	:	
<p>Physical therapist plays a role in the multidisciplinary team in management of chronic obstructive pulmonary disease patients. This review was to provide evidence based practice of physical therapy interventions for those patients. Medical libraries were searched using a variety of keywords. Search results were presented in a problem solving approach in six problems usually encountered by physical therapist "airway clearance, respiratory muscle weakness, body de-conditioning, pulmonary rehabilitation, dyspnea and quality of life". The Levels of Evidence the Scottish Intercollegiate Guidelines Network were used to detect the level of evidence behind interventions for each problem for the purpose of comparison and discussion. From this review a series of clinical and research recommendations were driven to optimize the physical therapy management.</p>		
Key words	1.	COPD.
	2.	Airway clearance.
	3.	Airway clearance.
	4.	Quality of Life.
Arabic Title Page	:	مدخلات العلاج الطبيعي لمرضى الانسداد الرئوي المزمن (دراسة مرجعية).
Library register number	:	1965-1966.

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Author	:	Ahmed Abd El Moniem Ibrahim.
Title	:	Effect of Manual Hyperinflation on Selected Arterial Blood Gases In Mechanically Ventilated Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Fikry Ismail.
	2.	Abeer Ahmed abd elhameid.
	3.	Hamdy Mohamed Saber El Basiouny.
Degree	:	Master.
Year	:	2009.
Abstract	:	
<p>The aim of this study was to investigate the effect of manual hyperinflation on selected arterial blood gases in mechanically ventilated patients. Forty mechanically ventilated patients were randomly selected from Cairo university hospitals (critical care department), their ages ranged from 40 to 60 years. They were divided into two equal groups study and control group ,twenty patients for each group, each patient of the study group received both manual hyperinflation for 15 min and chest physiotherapy for 15 min with frequency thee sessions per day for three successive days, each patient of the control group received only chest physiotherapy for 15 min with frequency three sessions per day for three successive days , Pre and post study arterial blood gases assessment was done for each patient of both groups , the result of our study revealed statistically difference in selected arterial blood gases that showed improvement in patients in both control and study group but this improvement was high statistically significant in study group only , So, it is recommended to use manual hyperinflation with chest physiotherapy in order to improve the arterial blood gases in mechanically ventilated patients.</p>		
Key words	1.	manual hyperinflation.
	2.	arterial blood gases.
	3.	mechanically ventilated patients.
Arabic Title Page	:	تأثير التنفيخ اليدوى على غازات الدم الشريانية المختارة لدى مرضى جهاز التنفس الصناعى.
Library register number	:	1935-1936.

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Author	:	Gaber Sayed Amin Soliman.
Title	:	Efficacy of Aerobic Exercise on Blood Coagulation in Obese Females.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Mohamed Helmy.
	2.	Sherin Hassan Mohammed.
	3.	Nadia Ibrahim Ahmed Sewelam.
Degree	:	Master.
Year	:	2009.
Abstract	:	
<p>Thirty obese females aged 30-40 years were included in the present study. Their body mass index (BMI) ranged between (30 to ≥ 34.9). They were classified into two groups, each group was consisted of fifteen subjects, the first group was that on Low-calorie diet with aerobic exercise (30 min, walking exercises, 3 times/week), the second was those on Low-calorie diet only without aerobic exercises. The biochemical changes in blood coagulation (platelet aggregation and fibrinogen) were measured at the beginning of the study and after twelve weeks. The results showed that low-calorie diet with aerobic exercise caused greater decrease in Platelet aggregation (-18.5mg/dL; $P < 0.05$ vs. -4.6 mg/dL; $P > 0.05$) when compared with low-calorie diet without aerobics. Changes of Fibrinogen level did not differ statistically between the two groups ($P > 0.05$). It is concluded that aerobic exercise with low calorie diet showed significant improvement in controlling blood coagulation (platelet aggregation and fibrinogen) more than the low calorie diet without aerobic exercises in obese females.</p>		
Key words	1.	blood Coagulation.
	2.	Obese females.
	3.	Aerobic exercise.
Arabic Title Page	:	كفاءة التمرينات الهوائية على تجلط الدم في السيدات البدنيات.
Library register number	:	2045-2046.

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Author	:	Hany Mohamed Ghanem.
Title	:	Effect of ultrasonic and stretching tendon Achilles on ankle performance in patients with diabetic foot ulcer.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M. H. Serry.
	2.	Dina Mohammed Abaza.
	3.	Akram Abd El Aziz EL Sayed.
Degree	:	Master.
Year	:	2009.
Abstract	:	
<p>This study was done to assess the effect of US and passive static stretching on increasing extensibility of tendon Achilles and on ankle performance. 30 patients with diabetic foot ulcer, their age ranged between 40 to 70 years, diagnosed as type2 diabetes (non-insulin dependant diabetes mellitus) for at least 10 years having diabetic foot ulcer within 2 months. The patients are divided into 2 groups. Group I are 15 patients having diabetic foot ulcer received medical treatment and physical therapy sessions in form of continuous US on Achilles tendon, slow passive stretching exercise for Achilles tendon and active assisted exercise for dorsi flexor muscles. (tibialis anterior). Group II are 15 patients having diabetic foot ulcer received medical treatment only. Clinical assessment was done to exclude any other pathological conditions. Evaluation of the patients before and after treatment included measuring ankle dorsi flexion range of motion (ROM) using electricgoniometer, assessing the load bearing pain using visual analogue scale and testing tibialis anterior muscle power by manual muscle testing. The results that used descriptive analysis (mean \pmSD) and T paired test showed that group I who received physical therapy sessions and medical treatment had significant increase in ankle muscle performance while group II who received medical treatment only had significant decrease in ankle muscle performance.</p>		
Key words	1.	Ultrasonic.
	2.	Achilles tendon.
	3.	diabetic foot ulcer.
	4.	Stretching.
Arabic Title Page	:	تأثير الموجات فوق صوتية وتمارين الاطالة لوتر الاكيلس على أداء مفصل الكاحل لمرضى القدم السكري.
Library register number	:	1905-1906.

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Author	:	Heba Mohamed Ali Abd El Hafiz.
Title	:	Relationship between ventilatory functions and work capacity in patients with liver cirrhosis.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa M. Badr.
	2.	Dalia I. Attia.
Degree	:	Master.
Year	:	2009.
Abstract	:	
<p>The aim of this study was to determine the Relationship between ventilatory functions and work capacity in patients with liver cirrhosis. This study was conducted on Forty five patients with liver cirrhosis, their age ranged between 40-60 years old. The patients were classified from mild to severe forms of the disease {Child-Pugh scores of A (n=15), B (n=15) or C (n=15)}. All patients performed ventilatory function tests and six minute walk test and chronic liver disease question air (CLDQ). The data obtained in the present study indicated that the severity of cirrhosis has a significant effect on the ventilatory functions, the work capacity and the quality of life in those patients. Also there was significant correlation between the 6MWT as work capacity measurement and the ventilatory function tests as well as the quality of life.</p>		
Key words	1.	liver cirrhosis.
	2.	ventilatory functions.
	3.	work capacity.
Arabic Title Page	:	العلاقة بين وظائف التهوية وسعة الشغل في مرضى التليف الكبدي.
Library register number	:	2009-2010.

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Author	:	Ibrahim Ismail Ibrahim.
Title	:	Skeletal Muscles Strength and Blood Flow Response to Electrical Stimulation in Chronic Heart Failure.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Fikry Ismail.
	2.	Alaa Mahmoud Abdelhamid
	3.	Abeer Ahmed.
Degree	:	Master.
Year	:	2009.
Abstract	:	
<p>Purpose: The aim of this study was to evaluate the effect of low frequency electrical stimulation of quadriceps and calf muscles on muscles strength and blood flow in patients with chronic heart failure (CHF). Methods: Fifty patients with chronic heart failure (CHF) were randomly selected from Cairo university hospital, their ages ranged from 40 to 60 years. They were divided into two groups, thirty patients for study group, and twenty patients for control group. Each patient in the study group received both low frequency electrical stimulation with frequency 5 sessions per week for three successive weeks, in addition to medical treatment. Each patient of the control group received the same medical treatment, Pre and post study muscles strength and blood flow assessment was done for each patient of both groups. Results: The result of this study revealed statistically significant difference in muscles strength and blood flow that showed a statistically significant improvement in patients for the study group in comparison to control group there. Conclusion: Low frequency electrical stimulation of quadriceps and calf muscles improve muscles strength and blood flow in patients with chronic heart failure, Thus we recommend to use electrical stimulation of quadriceps and calf muscles in order to improve muscles strength and blood flow in patients with chronic heart failure.</p>		
Key words	1.	Electrical stimulation.
	2.	skeletal muscles.
	3.	chronic heart failure.
Arabic Title Page	:	استجابته قوه العضلات الهيكلية وسريان الدم بالاطراف السفلية للتنبيه الكهربائي في فشل القلب المزمن.
Library register number	:	1957-1958.

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Author	:	Mohamed Nabeel Abd El Fattah Ahmad.
Title	:	Effect of upper versus lower limb exercises on blood glucose level in type 2 diabetes patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Fikery Ismail.
	2.	Nadia Marie.
Degree	:	Master.
Year	:	2009.
Abstract	:	
<p>This study was conducted to investigate the effect of upper versus lower limbs exercises on blood glucose level in type 2 diabetic patients. Forty sedentary subjects from both sex (20male and 20 female) their age ranged from 40 to 60 years, onset of disease ranged from 3to 6 years with body mass index ranged from (30 to 34.9) selected from the diabetes out clinic in Al Mataria hospital. All patients have hyperglycemia tested by a two hours plasma glucose ≥ 200 mg/dl (11.1mmol/l) during an OGTT. The test should be performed as described by the World Health Organization, using a glucose load containing the equivalent of 75-g anhydrous glucose dissolved in water. Patients assigned into two groups, group (A) upper limb group and group (B) lower limb group, each group will be 20 patients from both sex (10 male and 10 female) for each group .Performing exercises for 30 minutes and within 75% to 85% of their maximum heart rate. The blood sample was taken from antecubital vein in 2hours postprandial state immediately before exercises and after performing exercises. There was significant difference in post treatment values between both groups. The percentage of decrease in blood glucose level between pre and post exercise training in upper limb group (A) was 12.82% were the percentage of decrease in blood glucose level between pre and post exercise training in lower limb group (B) was 6.31%.</p>		
Key words	1.	Acute exercise.
	2.	Blood glucose.
	3.	Postprandial.
	4.	Type 2 diabetes.
Arabic Title Page	:	تأثير تمارين الطرف العلوي مقارنة بالطرف السفلي على مستوى سكر الدم في مرضى السكر ذو النوع الثاني.
Library register number	:	1961-1962.

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Author	:	Mosab Rabil El-Said.
Title	:	Timed vital capacity response to electrical stimulation in central obesity for adult males.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A. Abdel Hady.
	2.	Osama Safwat Lewis.
Degree	:	Master.
Year	:	2009.
Abstract	:	
<p>Purpose: To determine timed vital capacity response to electrical stimulation in form of faradic stimulation in central obesity for adult males. Methods of evaluation: Measurement of FEV₁, FVC, (FEV₁/FVC)×100 by discovery hand-held computerized (electronic) spirometer. Subjects: Forty adult males with central obesity their age between 25-35 were divided randomly into two groups of equal numbers 20 subjects for each. Group (A) received faradic stimulation on abdominal muscles (20 min) plus regular static abdominal exercise program (10 repetitions), for two months every other day while group (B) received regular static abdominal exercise program (10 repetitions) for two months every other day. Results: No significant difference was recorded between the two groups in the first record while there is significant difference in favor of patient in group (A). The results suggest that the faradic electrical stimulation of abdominal muscles improve the timed vital capacity. Conclusion: It can be concluded that faradic electrical stimulation of abdominal muscles is effective in treatment of central obesity in adult males by decrease waist circumference, body mass index, forced expiratory volume in 1st second, (FEV₁/FVC)×100 and increased forced vital capacity.</p>		
Key words	1.	timed vital capacity.
	2.	electrical stimulation.
	3.	central obesity.
	4.	spirometry.
Arabic Title Page	:	استجابة السعة الحيوية الموقوتة للتنبيه الكهربى للسمنة المركزية للرجال للبالغين.
Library register number	:	2001-2002.

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Author	:	Nagey Louis Nossief.
Title	:	Effect of Resistive Exercise on Plasma Lipoproteins in Sedentary Middle – Aged Men.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry.
	2.	Lila Ahmed rashed.
	3.	Abeer Ahmed Abd El-Hamid.
Degree	:	Master.
Year	:	2009.
Abstract	:	
<p>The aim of this study was to determine the effect of resistive exercise on the plasma lipoproteins in sedentary middle- aged men. Forty five sedentary middle-aged men participated in the study, their ages ranged from 40 to 50years. They were divided into two groups. The exercise group subjects performed resistive exercise, while the control group's subjects were instructed to maintain their usual activities during the experimental period. The program continued for 8 weeks (three sessions per week), plasma lipoproteins were measured at the beginning and after the exercise program for both groups. There were statistically significant changes found in plasma lipoproteins in the exercise group subjects only. The study concluded that 8weeks of resistive exercise were sufficient to result in significantly positive changes in plasma lipoproteins by 8.31% decrease in TC, 13.48% decrease TG, 19.85% decrease in LDL-C and 18.85% increase in HDL –C in sedentary middle-aged men. So, it is recommended to use resistive exercise in order to improve the plasma lipoproteins in sedentary middle-aged men.</p>		
Key words	1.	Resistive exercise.
	2.	plasma lipoproteins.
	3.	sedentary.
Arabic Title Page	:	تأثير تمارينات المقاومة على دهون الدم لدى الرجال متوسطي العمر الغير نشيطين.
Library register number	:	1927-1928.

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Author	:	Rania Amin Gaid.
Title	:	Effect of Low Intensity Laser on Elderly with Intermittent Claudication.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Aziz Guirguis Aziz.
	2.	Zahra M. H. Serry.
Degree	:	Master.
Year	:	2009.
Abstract	:	
<p>The aim of this study was to assess the effect of low intensity laser on elderly with intermittent claudicating. Thirty elderly patients with intermittent claudicating participated in this study, their ages ranged between 60 to 75 years. They were divided into two equal groups. Group (A) received low intensity laser (LIL) plus heel raise exercise (HRE) program, while group (B) performed the heel raise exercise only. The program continued for 4 weeks (three sessions per week). Laser Doppler flowmetry (LDF), ankle brachial pressure index (ABPI) and walking parameters (claudicating onset time, maximum walking time and maximum walking distance) were measured at the beginning of and after the treatment program for both groups. The results of this study revealed that a significant improvement of (LDF) and walking parameters in both groups but more in group (A), while a significant improvement of (ABPI) was in group (A) only. It can be concluded that LIL plus HRE for 4 weeks produced a significant improvement of intermittent claudicating in elderly.</p>		
Key words	1.	Low Intensity Laser.
	2.	Intermittent Claudicating.
	3.	Heel Raise Exercise.
Arabic Title Page	:	تأثير الليزر منخفض الشدة على العرج المتقطع في كبار السن.
Library register number	:	1983-1984.

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Author	:	Walid Kamal Mohamed Abd El Basset.
Title	:	Low-carbohydrate versus Low-fat diet combined with exercise training on blood lipid profile in obese females.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr.
	2.	Aziz Guirguis Aziz.
	3.	Mahmoud Mohamed Mahfouz.
Degree	:	Master.
Year	:	2009.
Abstract	:	Forty five obese females aged 20-32 years are included in the present study. Their BMI ranged between (35 to ≥ 40). They were classified into three groups each group consists of fifteen subjects, the first group was those on Low-carbohydrate diet (1500 cal/d, 38.7g CHO/d) with aerobic exercise (40 min. walking Ex. 3 times/week), the second was those on Low-fat diet (1500 cal/d, 16.9g fat/d) with the same aerobics and the third group was those on aerobic exercise only (control group). The biochemical changes in serum (total cholesterol, TG, LDLs and HDLs) were measured at the beginning of the study and after twelve weeks. The results showed that low-carbohydrate diet had greater effect to decrease in serum triglycerides (-18.1mg/dL; $P < 0.05$ vs. -6.1 mg/dL; $P > 0.05$) and greater increase in HDLs (+3.431mg/dL; $P < 0.05$ vs. +1.93 mg/dL; $P > 0.05$) when compared with low-fat diet. Changes of Total cholesterol and LDLs levels did not differ statistically between the three groups ($P < 0.05$).
Key words	1.	Low-carbohydrate.
	2.	Low-fat.
	3.	BMI.
	4.	Cholesterol.
	5.	Triglyceride.
	6.	LDLs.
	7.	HDLs.
Arabic Title Page	:	دراسة مقارنة بين التغذية قليلة النشويات مقابل قليلة الدهون مع برنامج تدريبي على نسبة دهون الدم في السيدات البدنيات.
Library register number	:	1991-1992.