

**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
2011**

Author	: Ahmed Massoud Abdulla.
Title	: Obesity increases risks of complications during and after abdominal surgeries (A literature review).
Dept.	: Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	: Zahra M. Hassan Serry. : Nesreen Ghareeb M. El-Nahas.
Degree	: Master.
Year	: 2011.
Abstract	: Obesity is a major risk problem for patients undergoing abdominal surgeries. This review was to provide evidence based practice of the risk of complications during and after abdominal surgeries in obese patients. Medical libraries were searched using a variety of Keywords. Search strategy: Review Methodology was divided into the following steps: Data search. - Formation of results database Articles selection. - The appraisal process. -Expanding search results. -Data extraction and synthesis. -The last search was in December 2009.
Key words	: Obesity. : Abdominal surgeries. : Risk factors for complications. : Intra-operative complications. : Post-operative complications : Pulmonary complications. : Vascular complications. : Cardiac complications. : Rates of mortality. : literature review.
Arabic Title Page	: السمنة تزيد من مخاطر المضاعفات أثناء وبعد جراحات البطن (دراسة مرجعية).
Library register number	: 2361-2362.

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Author	:	Ahmed Mounir Salama Mohamed.
Title	:	Impact of tongue exercises on moderate obstructive sleep apnea.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Azza Abdel aziz Abdel hady.
	:	Sayed M.Said Abdo Kadah.
Degree	:	Master.
Year	:	2011.
Abstract	:	Twenty patients with moderate obstructive sleep apnea participated in this study including both sexes with range of age between 40 to 65 years old and their body mass index (BMI) ranged between (30 to ≥ 39) . Patients were assessed objectively by the polysomnography and was used pre and post program to evaluate Apnea hypopnea index changes and Oxygen saturation. Also patients were assessed subjectively by Epworth sleepiness scale to evaluate the excessive daytime sleepiness in different situation and by Berlin questionnaire. The treatment program was three months of endurance exercises for tongue muscle which was applied six days per week was divided into three days under supervision of physical therapist and the other days as home program and the time of session was 40 min . The results showed that the tongue exercises has an effect on patients with moderate obstructive sleep apnea in the form of improvement of Apnea hypopnea index ,Oxygen saturation, excessive daytime sleepiness on the Epworth sleepiness scale and snoring on Berlin questionnaire. It is concluded that endurance exercise for tongue muscle showed significant improvement in Apnea hypopnea index ,Oxygen saturation, on the Epworth sleepiness scale and snoring on Berlin questionnaire.
Key words	:	Endurance exercise.
	:	Obstructive sleep apnea.
	:	Upper airway muscles.
	:	sleep apnea.
	:	tongue exercises.
Arabic Title Page	:	أثر تمارينات اللسان على انقطاع التنفس الإنسدادي المتوسط أثناء النوم.
Library register number	:	2699-2700.

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Author	:	Ali Mohamed Hassan.
Title	:	Efficacy of Secondary Prevention on Quality of Life in Patients After Coronary Artery Bypass Graft.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zahra Mohamed Hassan Serry.
	:	Abd Elghany Mohamed Abd Elghany.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>The aim of this study was to determine the efficacy of secondary prevention on quality of life (QoL) for patients after coronary artery bypass graft surgery (CABG). Forty male patients had done (CABG) surgery participated in this study. Their ages were ranged from 45-60 years old. They were divided into 2 equal groups. The first group (control group): twenty male patients had been subjected just to chest physiotherapy and instructions about routine post operative care. The second group (study group): twenty male patients that had been subjected to secondary prevention program according to the guidelines of American heart association and American college of cardiology (AHA/ACC) in addition to routine chest physical therapy. The measurement of QoL that was applied through part one NHP questionnaire, and assessments of cardiovascular risk factors were done before surgery and after three and six months of hospital discharge. The data obtained in the present investigation indicated that, there were statistical significant differences of part I Nottingham Health Profile variables (pain, sleep, energy, social isolation, emotional and physical ability) between study and control groups. Also there were significant improvements in cardiovascular risk factors control in the study group. It was concluded from this study the effectiveness of secondary prevention in controlling the cardiovascular risk factors and improvement of quality of life after CABG surgery.</p>		
Key words	:	Secondary prevention.
	:	Quality of life.
	:	Coronary artery bypass graft surgery.
	:	cardiovascular risk factors.
Arabic Title Page	:	تأثير الوقاية الثانوية على جودة الحياة في مرضى ما بعد عمليات ترقيع الشرايين التاجية.
Library register number	:	2573-2574.

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Author	:	Amira Mohie Abo Elyazed.
Title	:	Efficacy of strengthening exercises on insulin resistance associated with hypothyroidism.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Awny Fouad Rahmy.
	:	Hanaa Mohammad Gameel.
	:	Hany Ezzat Obaya.
Degree	:	Master.
Year	:	2011.
Abstract	:	<p>Purpose: This study was conducted to investigate the effect of strengthening exercises on insulin resistance associated with hypothyroidism. Materials and methods: Forty female patients their age ranged from 20 to 40 years old selected from El- Mataria Teaching Hospital, divided into two equal groups. They were all primary hypothyroid for at least five years, their body mass index (BMI) ranged from (30 to 34.9kg/m²). twenty patients perform resistance exercises for thirty minutes twice weekly for fourteen successive weeks. The intensity of exercise for each muscle group was determined after the assessment of the load that the individual can lift only one time i.e. One Repetition Maximum (1-RM). Moderate exercise using 40-60% of 1-RM was used, 1 set of 10 repetitions for each exercise. 1-RM was re-evaluated every 2 weeks and after 4 weeks the load was increased to 2 sets of 10 repetitions. Patients received 2 sessions per week, for 14 weeks. BMI, thyroid stimulating hormone(TSH), free thyroxine (FT₄), fasting glucose(FG) level, after 2hour post-prandial glucose (2hppG) level , fasting insulin (FI), insulin resistance(IR), lean body mass(LBM), fat body mass(FBM), and percentage body fat(PBF) were evaluated before starting the program and after the last session of the exercise for both groups. Results: The results of this study showed that there was significant decrease in insulin resistance, fasting glucose level, (2hpp) glucose level, fasting insulin, fat body mass, and percentage body fat while there was significant increase in lean body mass in group (A), while there was nonsignificant increase in FT₄ and decrease in TSH in group (A). There was nonsignificant change in all parameters in group (B). Conclusion: Strength exercise has a positive effect on insulin resistance. In other words, Strength exercise greatly affects the insulin resistance, blood glucose and body composition. Improve the function and responsiveness of skeletal muscles to insulin.</p>
Key words	:	Hypothyroidism.
	:	Insulin resistance
	:	Strength exercise.
Arabic Title Page	:	تأثير تمارينات التقوية على مقاومة الأنسولين المصاحبة لنقص إفراز الغدة الدرقية.
Library register number	:	2347-2348.

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Author	: Ashraf Helal Farag.
Title	: Effect of Inspiratory Muscle Training On Maximum Inspiratory Pressure For Patients Undergoing Pulmonary Resection .
Dept.	: Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	: Awny Rahmy.
	: Magdy Gomaa.
	: Sherine Hassan.
Degree	: Master.
Year	: 2011.
Abstract	: <p>Back ground and purpose: The aim of this study was to determine the effect of inspiratory muscle training on maximal inspiratory pressure for patients undergoing single Lobectomy. Subjects : Thirty male patients were randomly divided into 15 patients in control group and 15 patients in study group. Methodology: Control group received usual chest physiotherapy and study group received inspiratory muscle training pre operative for 1week and postoperative for 2week starting training by 30-40% from MIP, in addition to usual chest physiotherapy. Results: there was significant increase in maximum inspiratory pressure in both group ,but the increase in study group(39.68%) was more than that of control group(14.36%) this different between(pre test) and (post operative after 2 week) of training . Conclusion: threshold inspiratory muscle training revealed an improvement in maximal inspiratory pressure within patients undergoing lobectomy.</p>
Key words	: Inspiratory Muscle Training.
	: Maximal inspiratory pressure
	: Lobectomy.
	: Pulmonary Resection.
	: Muscle Training.
Arabic Title Page	: تأثير تدريب عضلة الشهيق علي ضغط الشهيق الأقصى لدى مرضى الاستئصال الرئوى.
Library register number	: 2533-2534.

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Author	:	Badr Al-Amir Hassan.
Title	:	Effect of manual hyperinflation on static lung compliance for mechanically ventilated patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Azza Abdel-Aziz Abdel-Hady.
	:	Emad Abdel-Hamid Shaaban.
	:	Nesreen Ghareeb Mohamed El-Nahas.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Purpose of the study: This study was conducted to document the changes in static compliance after manual hyperinflation in mechanically ventilated patients. Study design: Forty five mechanically ventilated patients (29 males and 16 females), age ranging from (30-85) years. They have received manual hyperinflation for 20 minutes once. All patients were evaluated before, immediately after, 15 min. ,30 min. and 1hour after the manual hyperinflation. Results: There was a significant difference in lung compliance between before MHI and immediately after MHI ($P<0.001$), there was significant difference in lung compliance between before MHI and 15 min after MHI ($P<0.05$), there was non significant difference in lung compliance between before MHI and 30 min after MHI ($P>0.05$), and there was non significant difference in lung compliance between before MHI and 1 hour after MHI ($P>0.05$). Conclusion: From results of this study concluded, MHI performed in the stable ventilated patient significantly increased CL and the improvement remained above the baseline for 60 minutes (although non-significant). It was considered having therapeutic value on mechanically ventilated patient's outcome.</p>		
Key words	:	Manual hyperinflation.
	:	Static compliance.
	:	Mechanical ventilation.
	:	lung compliance.
Arabic Title Page	:	تأثير التنفيخ اليدوي على استجابة الرئة في المرضى على جهاز التنفس الصناعي.
Library register number	:	2389-2390.

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Author	: Emam Khadragy Abdelmoniem.
Title	: Weight regain phenomenon after weight loss program termination (A literature review).
Dept.	: Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	: Zahra M. Hassan Serry.
	: Nesreen Ghareeb M. El-Nahas.
Degree	: Master.
Year	: 2011.
Abstract	: <p>Weight regain after weight loss program termination became more prominent and much more widely dispread problem all over the world , this review was to provide evidence based practice about this phenomena .Medical libraries were searched using a variety of Keywords. Search results were presented in 3 main sections (predictors of weight regain, modifiable factors and weight regain, and prevention of weight regain) the levels of evidence "the Scottish intercollegiate guidelines network" (SIGN) were used to detect the level of evidence behind each section for the purpose of comparison and discussion. From this review a series of clinical and research recommendations were driven to decrease the appearance of this phenomenon. The last search was on December, 2009. Review methodology was divided into the following steps:</p> <ul style="list-style-type: none"> Data search. Formation of results database Articles selection. The appraisal process. Expanding search results. Data extraction and synthesis.
Key words	: Obesity.
	: Adipose tissue.
	: Regain.
	: literature review.
	: Metabolic efficiency point.
	: Weight loss plateau.
	: Relapse.
	: National Weight Control Registry.
: Appetite.	

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	:	Satiety.
	:	Energy expenditure.
	:	Metabolic syndrome.
	:	Body composition.
	:	Maintenance.
Arabic Title Page	:	ظاهرة استعادة الوزن بعد انتهاء برنامج إنقاص الوزن (دراسة مرجعية).
Library register number	:	2363-2364.

Author	:	Eman El-Sayed Hassan Fayed.
Title	:	Efficacy of early aerobic training on ventilatory function and walking speed in stroke patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Akram Abdel Aziz Sayed.
	:	Abdel Moez Abdel Aziz.
	:	Nesreen Ghareeb Mohamed El-Nahas.
Degree	:	Master.
Year	:	2011.
Abstract	:	

Background: Physical inactivity propagates disability after stroke through physical deconditioning and learned nonuse. As a result, ambulatory performance capacity (including walking speed) is typically diminished beside impairment in ventilatory function. Objectives of this study were to determine the influence of early intervention of aerobic training on ventilatory functions and walking speed, functional mobility in Stroke Patients. **Methods:** Thirty stroke patients participated in this study. The patients were assigned into two equal groups. Each group included 15 patients. The duration of illness in first group (Gr₁) and the second group (Gr₂) was 6-12 months and 13-24 months respectively. The patients in both groups were matched in age and body mass index. The patients in Gr₁ and Gr₂ received a conventional physical therapy program in addition to a moderate aerobic training program for six weeks, three days per week. A Cardiopulmonary exercise test unit was used for measuring the ventilatory functions. Six minutes walk test, and Rivermead mobility index was used for assessing the walking speed, and functional performance after a treadmill aerobic training respectively. **Results:** The obtained data revealed a statistically significant improvement in ventilatory functions, six minutes walk test and Rivermead index in “Gr₁” than in “Gr₂” after treatment (P<0.05) **Conclusion:** Early treadmill training in addition to a conventional physiotherapy programs may be valuable to improve ventilatory functions and functional capacity including ambulation and walking speed.

Key words	:	Stroke.
	:	walking speed.

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	:	Ventilatory functions.
	:	Aerobic training.
	:	Treadmill.
Arabic Title Page	:	تأثير التمرينات الهوائية المبكرة علي التهوية الرئوية وسرعة المشى لدى مرضى السكتة الدماغية.
Library register number	:	2419-2420.

Author	:	Eman Mohamed Mahmoud Abd El-Halim.
Title	:	Effect of preoperative inspiratory muscles training on pulmonary complications after mitral valve replacement.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zeinab Mohammed Helmy.
	:	Abd Elghany M. Abd Elghany.
Degree	:	Master.
Year	:	2011.
Abstract	:	

The aim of this study was to investigate the effect of preoperative inspiratory muscle training (IMT) on the incidence of the postoperative pulmonary complications (PPCs), on the recovery of the pulmonary functions and on the postoperative hospitalization period in high risk patients for PPCs undergoing mitral valve replacement (MVR). Forty eight high risk patients for PPCs awaiting elective MVR with age range (25-35) years participated in this study; they were divided into two groups, the control group (group I) and the study group (group II). Pulmonary function test was conducted for all patients before starting the study. Patients in the control group received only the usual care in the day before the surgery. This usual care consisted of brief explanation of the procedure of the operation, its expected benefits, hazardous and complications ,especially the pulmonary complications, the role of physiotherapy in prevention of these complications, the postoperative chest physiotherapy modalities including (deep breathing exercises – incentive spirometer– coughing mechanism– bed mobility and ambulation). While the study group was trained preoperatively by threshold inspiratory muscle trainer (TIMT) for 20 minutes (seven cycles of two minute inspiration and one minute rest) twice daily for at least one week before the surgery in addition to the usual care given to the control group. Postoperatively, all patients undergone same physiotherapy program and were closely observed and monitored daily until subsidence of the PPCs to record their grade of PPCs daily using the pulmonary risk scoring system. All patients undergone pulmonary function test on discharge. Also the mechanical ventilation time, ICU stay time, in ward stay time and total postoperative hospitalization period was recorded. The results of the current study revealed that preoperative IMT resulted in significant decrease in the incidence of PPCs in

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high risk patients for PPCs subjected to MVR. Also it revealed a significant higher reduction in postoperative pulmonary functions in the control group comparing them to the study group. Also that preoperative IMT resulted in reduction in mechanical ventilation time, intensive care unit (ICU) staying time, inward staying time and total postoperative hospitalization time. It was concluded that preoperative IMT had a proflacting effect in high risk patients for pulmonary complications after MVR that is, reduce the incidence of PPCs, enhance early recovery of pulmonary functions after MVR and reduce the total postoperative hospitalization period.	
Key words	: Preoperative inspiratory muscle training. : postoperative pulmonary complications. : mitral valve replacement.
Arabic Title Page	: تأثير تدريب عضلات الشهيق قبل العملية على المضاعفات الرئوية بعد تغيير الصمام الميترالى.
Library register number	: 2527-2528.

Author	: Eslam Hamdy Abd el-Rhman.
Title	: Effect of Different Body Positions on Mean Arterial Blood Pressure and Oxygen Saturation in Stroke Patients in Intensive Care Unit "Icu"
Dept.	: Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	: Awny Fouad Rahmy. : sherin Hassan Mohamed.
Degree	: Master.
Year	: 2011.
Abstract	:

Background and Purpose: The purpose of this study was to compare between the therapeutic effect of different body positions on mean arterial pressure (MAP) and oxygen saturation (SpO₂) in stroke patients in intensive care unit. **Methods:** Forty stroke patients were submitted in ICU, from Benha University Hospital with mean age 62.5 ±5.5 years participated in this study. Three reading of MAP and SpO₂ for each patient was taken from the monitor at base line supine position, at head elevation at 30 degree position and at prone position, with interval of 20 minutes between each reading. Physical therapy program was performed to the patient at each position including limb exercises, respiratory exercises, Percussion, vibrations, continuous rotational therapy and mobilization. **Results:** The results showed that there was highly significant decline of MAP at head elevation at 30 degree position with statistically significant differences between supine lying position and head elevation at 30 degree position and significant differences between prone position and head elevation at 30 degree position. And the results also showed statistically significant differences of SpO₂% between supine lying position and head elevation at 30 degree position and prone position with the higher increase in supine lying position. **Conclusions:** supine lying position may represent beneficial therapeutic position to allow greater perfusion pressure (greater MAP) and oxygenation in stroke

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patients in intensive care unit.	
Key words	: Body position.
	: Mean Arterial Blood Pressure
	: Oxygen Saturation.
	: Stroke
	: Intensive Care Unit.
Arabic Title Page	: تأثير أوضاع الجسم المختلفة على ضغط الدم الشرياني المتوسطي ونسبة تشبع الدم بالأكسجين لدى مرضى السكتة الدماغية في الرعاية المركزة.
Library register number	: 2345-2346.

Author	: Faten El-Tohamy Megahed Ali.
Title	: Effect of designed physical therapy program on pulmonary functions in obese asthmatics.
Dept.	: Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	: Azza Abdel-Aziz Abdel-Hady.
	: Yussry Mohamed Akl.
	: Nesreen Ghareeb Mohamed El-Nahas.
Degree	: Master.
Year	: 2011.
Abstract	: Objective: this study aimed to study the effect of designed physical therapy program including weight reduction program and interferential current therapy on pulmonary functions in obese asthmatics. Study design: Forty obese female Patients their age were ranged 35-45 years and with body mass index BMI (30 to40) kg/m ² , They were divided in to two groups: Group A: twenty obese patients with bronchial asthma were given treatment in the form of walking 6 meters and Group B: twenty obese patients with bronchial asthma were given treatment in the form of walking 6 meters, weight reduction program and interferential current therapy for 6 days/ week for 24 sessions (one month). Pulmonary functions and Body Mass Index were assessed for both groups before and after treatment. Results: there were significant increases in the pulmonary functions in group (B) after treatment program [MVV was increased by 34.73%, PEF by 25.34%, FVC by 22.78%, FEV1 by 28.63% and FEV1/FVC by 12.75%] when BMI decreased by 5.6%. Conclusion: Results indicated that weight reduction program and the application of IFT improve the pulmonary functions in obese asthmatics.
Key words	: Obesity.
	: pulmonary functions.

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	:	IFT.
	:	Asthmatics.
	:	Physical Therapy.
Arabic Title Page	:	تأثير برنامج علاج طبيعي مصمم لمرضى الربو الشعبي البدناء علي وظائف الرئة لديهم.
Library register number	:	2411-2412.

Author	:	Fatma Al Zahraa Mohammad Hassan.
Title	:	Effect of acquired kyphosis on ventilatory function in chronic obstructive pulmonary disease patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Azza A. Abdel Hady.
	:	Sahar Mohamed El Gaafary.
	:	Fatma Aboel-magd M. Hamid.
Degree	:	Master.
Year	:	2011.
Abstract	:	

COPD continues to be an important cause of morbidity, mortality, and health-care costs worldwide. It is a global health issue, with cigarette smoking being an important risk factor universally, as the global population ages, the burden of COPD will increase in years to come. Thoracic kyphosis is one of the most common postural abnormalities that may cause restriction of respiratory function; therefore the aim of this study was to investigate the effect of acquired kyphosis on ventilatory function in chronic obstructive pulmonary disease (COPD) patients. This study was conducted in Chest Diseases Abbassia Hospital. One hundred COPD patients of both gender (33 women and 67 men) aging from forty to fifty years old participated in the study. They were divided according to Cobb's angle into two groups of equal numbers; study and control group. The study group was kyphotic COPD patients while the control group was non kyphotic COPD patients. Ventilatory function test and lateral chest X-ray were performed for all the patients. The results of the study showed decline in ventilatory function in both groups. However, a significant decline was noticed in the study group when the Cobb's angle exceeds 55°.

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Key words	:	Acquired kyphosis.
	:	Ventilatory function.
	:	Chronic Obstructive Pulmonary Disease.
Arabic Title Page	:	تأثير الحذب المكتسب على الوظائف التنفسية في مرضى السدة الرئوية المزمنة.
Library register number	:	2621-2622.

Author	:	George Samir Anis Sawires.
Title	:	Response of atherosclerosis to low level laser blood irradiation.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zahra M. H. Serry.
	:	Adel Zaki Abd El Sayed.
	:	Nesreen Ghareb Mohamed EL-Nahas.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Purpose of the study: This study was conducted to evaluate the effect of adding blue Laser (405nm) blood irradiation therapy to Statins therapy in managing hyperlipidemia in atherosclerotic patients. Study design: Forty patients were assigned randomly to two equal groups (22 males and 18 females), age ranging from (50-60) years. The control group received only Statins therapy (10mg/day), while the study group received twelve intranasal blue laser irradiation sessions, 30 minutes each, besides Statins therapy. All patients adhered to low-fat diet program. Lipid profiles for all patients were screened before, and immediately after one month of treatment. Results: there was a significant improvement in lipid profile before and after treatment for each group, but there was no significant difference ($p > .015$) between the study group and the control group. Conclusion: Intranasal blue laser blood irradiation (405nm, 5mw, 30 minutes, 12 sessions) adds no extra benefits other than those gained by Statins therapy, while managing lipid profile in atherosclerotic patients.</p>		
Key words	:	Blue laser blood irradiation.

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	:	Intranasal.
	:	Atherosclerosis.
	:	low level laser.
Arabic Title Page	:	إستجابة تصلب الشرايين لإشعاع الليزر منخفض الشدة.
Library register number	:	2571-2572.

Author	:	Hadeer Abd El Hay Abd El Hameed.
Title	:	Effect of Treadmill Exercise on Leptin in Obese Hypertensive Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Naguib Mohamed Aly Salem.
	:	Enas Hamdy Mahmoud.
	:	Nesreen Ghareeb Mohamed Elnhas.
Degree	:	Master.
Year	:	2011.
Abstract	:	

Objective: This study aimed to study the effect of treadmill exercises program on leptin level in obese Hypertensive patients. **Study design:** Forty obese female patients their age ranged 30-40 years and with body mass index BMI (weight in kilogram divided by the height in Squared meter) (30 to40) BMI, They were divided in to two groups: Group A twenty obese patients with mild hypertension(140 to 159 / 90 to 99 mm Hg) and Group B twenty obese normotensives participated in an aerobic exercise (on treadmill at 60%–70% of maximal heart rate, with 40-50 min including warm up and cool down 3 repetitions in week, for 6 weeks). Blood samples were collected before and after 6 week exercises, blood pressure and Body Mass Index were also evaluated before, after exercise program. No dietary advice was prescribed. **Results:** there were significant decrease of leptin

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hormone in both groups after 6weeks exercise (p- value for leptin was 0.03 in group A and 0.01 in group B). There were also non significant decrease in body weight and non significant difference in blood pressure in obese hypertensive patients. We can conclude that 6week aerobic exercise has a major role in reducing BMI and decreasing serum leptin level in obese person, it also play a role in reducing Blood Pressure in hypertensive obese patients.	
Key words	: Obesity.
	: Hypertension.
	: Leptin.
	: Aerobic Exercise.
	: Treadmill Exercise.
Arabic Title Page	: تأثير تمارين المشي على هرمون اللبتين في مرضى ضغط الدم البدينات.
Library register number	: 2373-2374.

Author	: Heba Mohamed Sayed Abdo.
Title	: Efficacy of laser puncture on C-reactive protein level in community acquired pneumonia.
Dept.	: Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	: Nagwa Mohamed Badr.
	: Enayyat Ezzat Osman.
Degree	: Master.
Year	: 2011.
Abstract	:

Purpose: To evaluate the efficacy of laser puncture on C-reactive protein level in community acquired pneumonia. **Method of evaluation** (Complete Blood Count and Semiquantitative test to determine the CRP level). **Method:-** Forty male patients with community acquired pneumonia and elevated CRP level were randomly divided into two groups. Group (A) received laser puncture with the traditional medical and physiotherapy treatment. Group (B) received the traditional medical and physiotherapy treatment only without laser puncture therapy. **Duration of the treatment** was one minute for each lung acupuncture point, three times per week, for three weeks. **Results:** The results showed marked lowering in the CRP level in group (A) from the first week application of laser

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puncture therapy compared with group (B) which didn't receive laser puncture therapy. Conclusion: laser puncture is effective in lowering the CRP level and thus controlling the inflammatory process in patients with community acquired pneumonia.

Key words	:	Laser puncture.
	:	C-reactive protein.
	:	Community acquired pneumonia.
	:	Lasers.
Arabic Title Page	:	كفاءة استخدام الليزر على نقاط الوخز بالإبر الصينية في حالات الالتهاب الرئوى المكتسب من المجتمع.
Library register number	:	2385-2386.

PHYSICAL THERAPY

Author	:	Heba Tallah Anwar Saad.
Title	:	Aerobic exercise training effect on basal metabolic rate in normal versus obese adult women.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zahra Mohamed Hassan Serry.
	:	Fatma Aboel-magd M. Hamid.
Degree	:	Master.
Year	:	2011.
Abstract	:	

Background and purpose: Obese women are advised to participate in physical activity. The purpose of this study was to compare the effect of aerobic exercise training on basal metabolic rate between normal weight and adult obese women. **Methods and Results:** Sixty obese women from the out clinic of Armed Forces Rehabilitation Centre were divided into two groups of equal number, group (A) of normal weight & group (B) of class I obesity. Both groups performed a six weeks exercise program in the form of moderate treadmill walking at a maximum heart rate predicted 50-70%. The results

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showed that women with class I obesity have shown a significant improvement in response to aerobic training. Conclusion: The study concluded that aerobic exercise training has a significant effect on basal metabolic rate, body mass index & weight in both groups. Recommendations are made to obese women to participate in regular aerobic activity to improve their basal metabolic rate.

Key words	:	Aerobic Training.
	:	Obesity.
	:	Body Mass Index.
	:	Basal Metabolic Rate.
	:	exercise training.
Arabic Title Page	:	تأثير التمرينات الهوائية على الأيض بين ذوات الأوزان الطبيعية والبدنيات.
Library register number	:	2679-2680.

PHYSICAL THERAPY LIBRARY THESES 2011

Author	:	Hebat-Allah Mohamed Abdallah.
Title	:	Effect of Aerobic Exercise On Nitric Oxide In Diabetic Hypertensive Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Naguib Mohamed Salem.
	:	Hanaa Mohamed Gamil.
	:	Aisha Abd El-Monem.
Degree	:	Master.
Year	:	2011.
Abstract	:	
Background: Nitric Oxide is an endothelium dependent vasodilator. Aerobic exercise enhances endothelium-dependent vasodilation in type 2 diabetic and mild hypertensive patients through NO		

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release. Methods and Results: Forty five patients participated in the study, their age ranged from 35 to 55 years. They were divided into two groups. The first group (study) performed a supervised aerobic exercise program on treadmill for 30 minutes, 3 sessions per week for 8 weeks in addition to oral drugs. The second group (control) received only the oral drugs. Nitric oxide was measured at the beginning and after 8 weeks for both groups. Conclusion: There was a significant increase in the NO level only after the treadmill exercise group. So it is recommended that type 2 diabetic and mild hypertensive patients participate treadmill exercise to increase the NO level and improve vascular endothelial function.

Key words	:	Aerobic exercise.
	:	Diabetes.
	:	Nitric Oxide.
	:	Endothelium
	:	Hypertension.
Arabic Title Page	:	تأثير التمرينات الهوائية علي أكسيد النيتريك فى مرضى البوال السكرى مع ارتفاع ضغط الدم.
Library register number	:	2377-2378.

PHYSICAL THERAPY LIBRARY THESES 2011

Author	:	Hend Salem Ahmed.
Title	:	Effect of Incentive Spirometer on Diaphragmatic Excursion after Mitral Valve Replacement.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zeinab Mohamed Helmy.
	:	Abd Elghany M. Abd Elghany.
Degree	:	Master.
Year	:	2011.
Abstract	:	
The aim of this study was to investigate the effect of Incentive Spirometry (I.S) on diaphragmatic		

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excursion (D.E) after mitral valve replacement (MVR) and to determine the cause of increased lung volume during I.S maneuver, if it was attributed to chest wall expansion or to D.E. Thirty male patients had been operated upon for elective MVR with mean age (24.9±3.12) years participated in this study; All of them were trained to use I.S in order to facilitate deep breathing maneuver. D.E. during quiet and deep breathing were assessed by Ultra-Sonography (U.S.) before surgery and at fifth day after Intensive care discharge, also maximal inspiratory volume during I.S. maneuver was recorded for all patients. The results of the current study revealed that the I.S maneuver resulted in significant increase in D.E. during deep breathing. Pre-operatively D.E. was correlated non significantly with the increased inspired volume created by deep breathing. While it correlated significantly after operation. It was concluded that I.S enhance the D.E; also D.E. contributed mainly to deep breathing maneuver post-operatively.

Key words	:	incentive spirometer.
	:	diaphragmatic excursion.
	:	mitral valve replacement.
Arabic Title Page	:	تأثير جهاز الحافز التنفسي على تمدد عضلة الحجاب الحاجز بعد استبدال الصمام الميترالي.
Library register number	:	2351-2352.

PHYSICAL THERAPY LIBRARY THESES 2011

Author	:	Lamis Ahmed Osama Ghaly.
Title	:	Reference Values of Respiratory Muscles Strength in Healthy Adult Egyptian Population.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Azza A. Abdel Hady.
	:	Nesreen Ghareb Elnahas.
	:	Khaled Taha Yassin Turkey.
Degree	:	Master.
Year	:	2011.

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Abstract	:	
<p>Background: 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 have provided reference values for such tests using a healthy, randomly selected sample of the adult Egyptian. Objectives: to establish a set of predictive values of maximal inspiratory pressure and maximal expiratory pressure for a randomized sample of adult Egyptian to report inspiratory muscle strength and expiratory muscles strength in large groups of healthy adult Egyptian to be used as references values among those populations. Methods: 1000 volunteers from staff and students in faculty of physical therapy October 6 University; 388 female and 612 male. Their age was ranging between 20 and 25 years, with normal body mass index (20-24) Kg/m². 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 value of three from seven repetitions that vary by less than 20% was recorded. The results: there were significant statistical differences between normal values of adults Egyptians and other international published values. Conclusion: the set of predicted values of respiratory muscles strength in healthy adult Egyptian are differed (more or less) from international published values.</p>		
Key words	:	Respiratory muscles strength.
	:	reference values.
	:	muscles strength.
	:	Healthy Adult Egyptian Population.
Arabic Title Page	:	قيم معيارية لقياس قوة عضلات التنفس لدي المصريين البالغين الأصحاء.
Library register number	:	2405-2406.

PHYSICAL THERAPY LIBRARY THESES 2011

Author	:	Lobna Ali Ali.
Title	:	Effect of Aerobic Training on Anemic Young Females.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zahra Mohamed Hassan Serry.
	:	Fatma Aboel-Magd Mohamed Hamid.
Degree	:	Master.
Year	:	2011.

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Abstract	:	
<p>Background and purpose: Although patients with anemia are advised to participate in physical activities, their response to physical activity has not been studied thoroughly. Complete blood count is essential to determine the level of anemia especially hemoglobin percentage. The purpose of the study was to measure the effect of aerobic training on anemic young females subjects. Methods and results: the study was conducted to measure the effect of aerobic training on blood hemoglobin percentage, RBCs count, and MCV in anemic young females compared with untrained subjects. Thirty subjects were divided equally into study group and control group. Subjects of both groups suffered from mild anemia with hemoglobin percentage ranging from (9.5-11 gm/dl). Patients in study group received aerobic training on treadmill for 3 months 3 times/week, with an intensity of 65-75 % maximum heart rate. Results: there was significant improvement in the values of RBCs count and MCV values in the study group. Conclusion: The study concluded that aerobic training has a significant effect on RBCs count and MCV measures compared to control group. While there was a significant difference within the study group in the measures of hemoglobin percentage and RBCs count. Recommendations are made to anemic females to participate in a regular aerobic activity to improve their anemic measures.</p>		
Key words	:	Aerobic training.
	:	Anemia.
	:	Hemoglobin.
	:	Young Females.
Arabic Title Page	:	تأثير التمرينات الهوائية على فقر الدم في الإناث صغار السن.
Library register number	:	2525-2526.

**PHYSICAL THERAPY
LIBRARY
THESES 2011**

Author	:	Maha Samir Younis.
Title	:	Interval training versus circuit weight training on selected parameters in gynoid obesity.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zainab Mohammed Helmy.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

	:	Mohamed Aboulghate.
	:	Sherin Hassan Mohamed.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Background & Purpose: Overweight and obesity is a world epidemic problem, exercise is one of the main cornerstones in managing obesity problem. Many types of exercises was recommended as non invasive way to get rid of extra weight, this study was to compare between the effect of aerobic training versus circuit training on selected parameters including anthropometric parameters, fat percentage, lean percentage and lipoprotein lipase enzyme in gynoid obesity .Subjects: Thirty overweight females with age ranged from 25-35 years, their body mass indices ranged between 25-30 kg/m². Methods: Subjects were randomly assigned to two equal groups, aerobic training group and circuit weight training group. Both groups trained 30-40 min 3 times per week for 12 weeks. The aerobic training was in the form of interval training at 75-85 % of predicted heart rate. Subjects exercised using the stepper at 70% of maximum predicted heart rate as a low intensity exercise for two minutes followed by using the airwalker at 85% of maximum predicted heart rate as a high intensity exercise for two minutes , and the circuit weight training composed of 3 stations of resistive exercises performed at 70-80% one repetition maximum with 2 minutes rest in between. The subjects of both groups underwent measurement of waist/hip ratio, fat percentage, lean percentage and lipoprotein lipase level before and after training program. Results: For both aerobic training group and circuit weight training group, all of waist/hip ratio, fat percentage, lean percentage and lipoprotein lipase have been improved significantly after training. Regarding comparison between the two groups, the results showed that there was no significant difference between the improvement of waist/hip ratio, fat percentage and lean percentage in both groups of exercise However, the change of lipoprotein lipase enzyme for the aerobic training group was significantly higher than that of resistive training group. This change of LPL enzyme level was explained by the raise of insulin level which in respond decrease level of released LPL from adipocytes and skeletal muscles. Conclusion: Both aerobic training and circuit weight training are effective interventions to improve waist/hip ratio, fat percentage, lean percentage and lipoprotein lipase enzyme level in females with gynoid obesity. However the aerobic training is more effective in improving the lipoprotein lipase enzyme level in females with gynoid obesity.</p>		
Key words	:	Aerobic exercise.
	:	Circuit weight training.
	:	Gynoid obesity.
	:	Lipoprotein lipase.
	:	Interval training.
Arabic Title Page	:	التدريب التزامني مقابل حلقة التدريب بالاوزان على بعض المعايير المختاره في حالات السمنة النسائية.
Library register number	:	2545-2546.

Author	:	Mahasen Abbas Saad.
Title	:	Impact of Aerobic Exercises Training and Weight Loss on Serum Leptin in Obese Bronchial Asthmatic Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

		Geriatrics and its Surgery.
Supervisors	:	Awny Fouad Rahmy.
	:	Mostafa Mahmoud Shahin.
	:	Sherin Hassan Mohammed.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Objective: This study aimed to study the effect of aerobic exercises and weight loss on serum leptin level in obese bronchial asthmatic patients. Study design: Forty five obese asthmatic female patients their age ranged 19-45 years and with body mass index (BMI) 30 to 45 kg/m², They were divided into three equal groups: Group (A) who participated in a program of moderate intensity aerobic exercise (on treadmill at 60%–75% of maximal heart rate), Group (B) who participated in a program of mild intensity aerobic exercise (50% to 60% of the maximum heart rate), with 40-50 min including warm up and cool down three time / week, for 12 weeks for both groups). And Group (C) 15 obese asthmatic patients had only a dietary intervention. Blood samples were collected at the beginning and after the treatment program for all patients of the three groups; predicted FEV1%, predicted FVC%, and Body Mass Index were also evaluated before and after exercise program. Results: there was a significant decrease of leptin hormone and a significant increase of predicted FEV1 % and predicted FVC% in all groups after 12 weeks of aerobic exercises with the best percentage of improvement in all was for regular moderate aerobic exercise intensity in combination with diet control. We can conclude that moderate and mild aerobic exercises combined with dietary intervention have a major role in reducing BMI and decreasing serum leptin level in obese women, they also play a role in improving lung function and respiratory symptoms in obese bronchial asthmatic women.</p>		
Key words	:	Obesity.
	:	Asthma.
	:	Leptin.
	:	aerobic exercise.
	:	diet.
	:	Exercises Training.
Arabic Title Page	:	تأثير التمرينات الهوائية وفقد الوزن على هرمون الليبتين لدى مرضى الربو الشعبي البدناء.
Library register number	:	2707-2708.

Author	:	Mai Abd El Naby Mohamed.
Title	:	Conventional versus Acupuncture Transcutaneous Electrical

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

	:	Nerve Stimulation on Quality of Life in Refractory Anginal Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zeinab Mohamed Helmy.
	:	Mohamed Osama Taha Hussein.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>The aim of this study was to investigate and compare the effect of conventional TENS and acupuncture-like TENS on quality of life and the physical work in refractory angina. Forty male patients, who were complaining from chronic refractory angina, were participated in this study. Their ages ranged between 45 to 60 years old. They were divided into two groups equal in number. The first group: consisted of 20 patients and had been received conventional TENS for thirty minutes, six days per week for one month. The second group: had been subjected to acupuncture-like TENS (Acupoints: Neiguan P6, Shenmen H7, Shaohai H3) six days per week for one month; the duration of application was thirty minutes for each acupuncture point. All patients have received their optimum medications as prescribed by their cardiologist. All patients were evaluated by the Seattle Angina Questionnaire (SAQ) and the six-minute walk test (physical work capacity) before the study, and repeated after one month. The data obtained in the present investigation indicated that there were statistical significant changes of the Seattle Angina Questionnaire variables (physical limitation, anginal stability, anginal frequency, treatment satisfaction, and disease perception) and the distance of six-minute walk test in both groups. However, there was no significant difference in all variables between both groups except in treatment satisfaction domain as there was significant difference between both groups, as patients received acupuncture-like TENS have a better improvement. In addition, there were statistical changes in distance of six-minute walk test in both groups without significant difference between both groups.</p>		
Key words	:	TENS (Transcutaneous Electrical Nerve Stimulation)
	:	Quality of life.
	:	Refractory angina.
Arabic Title Page	:	التنبيه الكهربائي التقليدي للعصب عبر الجلد مقابل تنبيه نقاط الوخز بالأبر علي مقياس جودة الحياة في مرضى الذبحة الصدرية المقاومة.
Library register number	:	2353-2354.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Makram Ebeid Kamel Guirguis.
Title	:	Treadmill versus cycling in glyceimic control of non-insulin dependent diabetes mellitus.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zahra M. H. Serry.
	:	Adel Zaki Abd El Sayed.
	:	Fatma Aboel-magd Mohamed Hamid.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Purpose of the study: This study was conducted to compare between cycling exercises and treadmill exercises in glyceimic control of Non Insulin Dependent Diabetes Mellitus (NIDDM). Study design: Forty patients from both sexes (22 males and 18 females) divided randomly into two groups of equal numbers, their age ranging from (40-50) years; group (A) performed treadmill exercises, while group (B) performed cycling exercises. The exercise program consisted of 3 sessions weekly, for 12 weeks. Glycosylated hemoglobin for all patients was screened before, and immediately after 3 months of treatment. Results: there was significant improvement in glycosylated hemoglobin before and after treatment for patients in each group, but there was no significant difference between the group (1) and the group (2). Conclusion: No preference between treadmill and cycling exercises in reducing glycosylated hemoglobin in NIDDM.</p>		
Key words	:	NIDDM
	:	treadmill
	:	cycling
	:	glyceimic control.
	:	non-insulin dependent diabetes mellitus.
Arabic Title Page	:	جهاز الجرى مقابل العجلة الثابتة فى التحكم فى سكرالدم لمرضى السكرى الغير معتمد على الأنسولين.
Library register number	:	2651-2652.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Manar Mohamed Badawy Mohamed.
Title	:	Effect of low frequency ultrasound plus lymphatic drainage technique on body composition in obese patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zahra Mohamed Serry.
	:	Nesreen Ghareeb Mohamed Elnaha.
	:	Yaser Mohamed Abd Elhamid.
Degree	:	Master.
Year	:	2011.
Abstract	:	<p>Purpose : The aim of this study was to evaluate the effect of low frequency ultrasound plus lymphatic drainage techniques on different body compositions(body fat mass, body fat free mass, body water composition)in obese patient with cardiac conditions. Methods: sixty obese females patients with age ranged between(30-40)years divided into 3groups according to the body mass index(BMI),first group 20 patients (class I) obesity with BMI ranged between(30.00-34.9)Kg/m2,second group20 patients (class II) obesity with BMI ranged between(35.00-39.9)Kg/m2,third group 20 patients (class III) obesity with BMI (≥ 40) Kg/m2,Each patient in the study groups received both low frequency ultrasound plus lymphatic drainage technique with frequency of 3 sessions per week, for four successive week without any medical treatment for obesity or exercise training programs also no restricted chemical or caloric dietary regimen in order to exclude any other factors that may interfere with the treatment programe, pre and post study of three elements (body fat mass, body fat free mass, body water composition), Assessment was done for each patients by Body Composition Analyzer Machine to detect the effect of the treatment by comparing the values obtained from the printout results before and after the treatment program. Results: The result of this study revealed statistically significant improvement of the three body composition tested for all patients before and after the treatment and to determine which group got more response to the treatment program compared to other groups. Conclusion: low frequency ultrasound technique plus lymphatic drainage technique improve body composition of obese cardiac patient.</p>
Key words	:	Low frequency ultrasound.
	:	lymphatic drainage technique.
	:	body compositions.
	:	Obesity.
Arabic Title Page	:	تأثير تقنيه الموجات الفوق صوتيه منخفضة التردد مع التصريف الليمفاوي علي مكونات الجسم بمرضي السمنة.
Library register number	:	2661-2662.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mervat El-Sayed Mohamed Abd El-Aal.
Title	:	Effect of Incentive Spirometer Training On Ventilatory Functions and Arterial Blood Gases In Military Traffic Exposed To Automobile Exhaust.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zeinab Helmy.
	:	Ibrahim El IBrashy.
	:	Sherin Hassan Mohamed.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Background: Lung function decline and respiratory diseases are associated with exposure to traffic-related air pollution. Spirometric training promotes a more efficient breathing pattern, improvement in ventilation and rate of diffusion. Objective: to investigate the effect of spirometric training on ventilatory functions and arterial blood gases in traffic policemen exposed to automobile exhaust. Subjects and methods: Thirty traffic policemen were participated in the study. Their ages ranged between 19-25 years. They were randomly divided into two equal groups. The Study group comprised of 15 subjects who received incentive spirometer training three times per week for two months while the Control group received no training. Results: there was a significant increase in FVC, FEV₁, VC, PEF, FEV₁/ FVC% ratio about 32.9%, 46.44%, 33.38%, 15.02% and 12.05% respectively as well as pH, PaO₂ and SaO₂ was increased about 0.42% , 12.39% and 12.62% respectively, with significant decrease in PaCO₂ and HCO₃ about 17.2% and 6.5% respectively in the Study group as compared to the control group. Conclusion: it can be concluded that incentive spirometry training improves ventilation and oxygenation in traffic policemen.</p>		
Key words	:	automobile exhaust.
	:	incentive spirometer.
	:	ventilatory function.
	:	arterial blood gases.
	:	traffic policemen.
Arabic Title Page	:	تأثير جهاز الحافز التنفسي على وظائف التهوية وغازات الدم الشرياني في عسكري المرور المتعرض لعوادم السيارات.
Library register number	:	2565-2566.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mohamed Ahmad Mohamed Mohamed.
Title	:	Reflexology and its relation to ventilatory function tests in patients with chronic obstructive pulmonary disease.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zahra M. H. Serry.
	:	Randa Salah El-Din Mohamed.
	:	Nesreen Ghareb Mohamed El-nahas.
Degree	:	Master.
Year	:	2011.
Abstract	:	<p>Background: Chronic obstructive pulmonary disease is a chronic airflow that causing shortness of breathing. Reflexology may help interrupt this pattern, by addressing the causes and symptoms of dysfunctional breathing. Reflexology may help to resume normal, functional breathing, while offering benefits such as stress reduction, release of muscle tension, improved circulation and digestion, and increased feelings of well-being. The purpose: To evaluate the relationship between reflexology and ventilatory function tests in patients with chronic obstructive pulmonary disease. Subjects: Twenty men clinically diagnosed chronic obstructive pulmonary disease patients were selected from "Beni –suef University Hospital" with age ranged between 41 to 70 years. All patients underwent evaluation steps as body mass index and spirometry parameters (FEV1, FVC, FEV1\FVC, PEF, FEF25%, FEF75%, FEF 25%-75%) before and after foot reflexology sessions, in which the program lasted for two months with rate three times / week. Results: Statistical analysis of data showed non significant difference of spirometry results before and after foot reflexology application except for FEF75%, because the patients involved in this study were mild COPD. Those patients had narrowing in small airways not in large airways and the results showed significance of FEF75% that means there was improvement of small airways not in large airways.</p>
Key words	:	Reflexology.
	:	COPD (Chronic obstructive pulmonary disease).
	:	Ventilatory function tests.
Arabic Title Page	:	علاقة الرفلكسولوجى على التهوية الرئوية لمرضى السدة الرئوية.
Library register number	:	2673-2674.

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Author	:	Mohamed Ibrahim Ahmed Ibrahim.
Title	:	Efficacy of shock wave therapy on microcirculation in patients with diabetic peripheral Neuropathy.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Nagwa Mohamed Badr.
	:	Alaa Mahmoud Abd El Hamed.
	:	Hatem Abd El-Rahman Ahmed.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>The purpose: of this study was to examine the effect of shock wave therapy on microcirculation in patients with diabetic peripheral neuropathy (type 2). Thirty patients participated in the study, their age ranges from 40 to 55 years. They were divided into two equal groups. Subjects: The studied group (fifteen patients), received shock wave (swt) program (3000 shock, 1000/session, 3 sessions, 2 weeks a part, 0.32mJ/mm²) in addition to oral hypoglycemic drugs. The control group (fifteen patients) received only the oral hypoglycemic drugs. Methods: Patients were randomly distributed into two equal groups. The first group consisted of 15 patients with a mean age of 50.37 (\pm 3.61) received shockwave therapy (3000 shock, 1000/session, 3 sessions, 2 weeks a part, 0.32mJ/mm²) years. The second group consisted of 15 patients with a mean age of 51.73(\pm 4.21). Maximum skin blood perfusion, minimum skin blood perfusion, and basal mean changes of perfusion of the legs were measured by Laser Doppler Flowmetry (LDF) at the beginning and after four weeks for both groups. Results: Patients of treatment group showed significant improvement in all the measured variables. Shock wave group showed a significant improvement in increasing blood perfusion. The control group showed nonsignificant improvement in other variables. Conclusion: shock wave therapy had a significant effect on increasing blood perfusion and microcirculation in patient with diabetic peripheral neuropathy.</p>		
Key words	:	Shockwave therapy.
	:	diabetic peripheral neuropathy.
	:	microcirculation.
Arabic Title Page	:	تأثير العلاج بالموجات التصادمية على التروية الدموية في مرضى السكري المصابين باعتلال الأعصاب الطرفية.
Library register number	:	2477-2478.

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

Author	:	Mohamed Mohamed Tharwat Mohamed.
Title	:	Eeffect of exercise training on peak aerobic capacity and muscle Strength among elderly: systematic review.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Nagwa Mohamed Hamed Badr.
	:	Sherin Hassan Mohamed.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Background: Physical therapy modalities for elderly people had been conducted using aerobic exercise training with or without strengthening exercise training and other physical modalities as a method of managing geriatrics for improving peak aerobic capacity, muscle strength and quality of life. Purpose of the study: The purpose of this systematic review was to review all available evidence on the effectiveness of exercise training on peak aerobic capacity and muscle strength among elderly, as primary outcomes were investigated by one-repetition maximum (1RM) test, sub-maximal graded bench stepping test , Arm curl test , Bruce treadmill protocol, Walking performance test. So this study was a design to provide guidelines about the role of exercise training therapy in the improvement of peak aerobic capacity and muscle strengthening among elderly. Methods: The search was done by the Cairo university digital library: [Egyptian universities library]: Science direct, Ovid, Interscience, ProQuest, Springer link, EBSCO host, Medline and the last search was done on March 2011, also hand searched relevant conference proceedings, screened reference lists and contacted trial- lists to identify further trails. Selection Criteria: Randomized controlled trials intervention studies and examples for Effect of different modes of exercise training programs on peak aerobic capacity (Vo₂ max) and muscle Strength among elderly and prospective cohort studies. Results: Ten researches involved with Resistance exercise training physical training, nine researches involved with aerobic exercise training, three researches involved with home based exercise program, one research involved with whole body vibration, two research involved with tai chi (TC) exercises. Conclusion: There were ten randomized controlled trials (RCT) discussed the effect of Resistance exercise training on muscle strength in elderly , nine randomized controlled trials discussed the effect of aerobic exercise training, three randomized controlled trials discussed the effect of home based exercise program, one randomized controlled trial discussed the effect of whole body vibration, two randomized controlled trials discussed the effect of tai chi (TC) exercises. All of them suggested that exercises improved peak aerobic capacity, muscle strength and quality of life.</p>		
Key words	:	Agging.
	:	aerobic training.
	:	strengthening training.
	:	peak aerobic capacity.
	:	muscle strength.
	:	multi-modal exercise.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

	:	systematic review.
Arabic Title Page	:	تأثير التدريب بالتمريعات على السعة الهوائية القصوى وقوة العضلات بين المسنين (دراسة مرجعية).
Library register number	:	2649-2650.

Author	:	Nada Esmat Fawzy Gergis.
Title	:	Physical therapy intervention of Alzheimer's disease (Systematic review study).
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Nagwa Mohamed Hamed Badr.
	:	Sherin Hassan Mohamed.
Degree	:	Master.
Year	:	2011.
Abstract	:	

Background: Physical therapy management of Alzheimer's disease (AD) had been conducted using physical activity with or without nutritional supplement and electrical therapy as a method of managing geriatrics after being affected by Alzheimer's disease. **Purpose of the study:** The purpose of this systematic review was to review all available evidence on the effectiveness of physical therapy intervention (non pharmacological treatment) in primary and secondary management for AD patient, as primary outcomes were investigated by questionnaire, functional capacity and electroencephalograph so this study was a design to provide guidelines about the role of exercise therapy in the enhancement of the cognitive function in AD in combination with/without nutrition and electrical therapy. **Methods:** The search done by the Cairo university digital library: [Egyptian universities library]: Science direct, Ovid, Interscience, ProQuest, Springer link, EBSCO host, Medline and the last search was on JUNE 2010, also hand searched relevant conference proceedings, screened reference lists and contacted trial- lists to identify further trails. **Selection Criteria:** Randomized controlled trails and intervention studies and examples for physical activity effects individually or in combination with other intervention, also electrical therapy by means of transcutaneous electrical nerve stimulation (TENS) in management of Alzheimer's disease and prospective cohort studies. **Results:** 16 researches involved with physical training, five researches involved with TENS, Five researches involved with rats and monkeys, one research don't have results. **Conclusion:** There were seven randomized controlled trails (RCT) discussed the effect of exercise training on Alzheimer's disease, one research discussed the effect of tai chi (TC) exercises which appeared to improve ambulation which is affected by (AD), five researches discussed the effect of routine exercise program. Also there were five (RCT) discussed the effect of TENS on memory and cognition. All of them suggested that exercise improved cognition and quality of life.

Key words	:	Alzheimer's disease (AD).
	:	TENS (Transcutaneous Electrical Nerve Stimulation)
	:	exercise training.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

	:	cognitive function.
	:	Geriatrics.
Arabic Title Page	:	تدخل العلاج الطبيعي في مرض الزهايمر (دراسة مرجعية) / ندا عصمت فوزى جرجس.
Library register number	:	2355-2356.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Nesreen Hamdi Mohammed Zahran.
Title	:	Effect of exercise program on natural killer cells in young elderly.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Azza Abd El-aziz Abd EI-Hady.
	:	Sherin Hassan Mohamed.
	:	Fatemah Ali El-shabacy.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Back ground Ageing in humans refers to a multidimensional process of physical, psychological, social change, and deterioration of body functions. Civilization increased a proportion of slowing the aging process. Also, exercise in advanced age still offer a lot of health benefits. While deterioration of body functions is inevitable, proper exercise slows down the aging process. The purpose of this study was to detenlline the effect of exercise training program on the immune system mainly natural killer (NK) cells in young healthy elderly and to compare between males and females regard in the effect of exercise training program on CDl6 percentage of natural killer cells. Subjects and methods, Eighty healthy elderly subject were selected for this study, 40 subject (group A) were exercise group, and 40 subject (group B) matched in age were also included as a control group. Their ages ranged from 60 to 70 years. CD 16 percentage of natural killer cells was evaluated using flow- cytometry for both groups and the exercise group underwent moderate intensity exercise program on the treadmill for twelve sessions for 30-45 minutes/ session. The results of study revealed that moderate intensity exercise training program, 60-85% of maximum heart rate, for elderly subjects produced a significant improvement in natural killer cell percentage in comparison with the control group and there was no statistical significant difference between males and females in regard to the effect of exercise training on CDl6 percentage of natural killer cells. In conclusion: The exercise program had an effect on natural killer cells in young elderly.</p>		
Key words	:	Exercise Program.
	:	Natural Killer Cells.
	:	Young Elderly.
Arabic Title Page	:	تأثير برنامج التمرينات علي الخلايا الطبيعه القاتله في المسنين.
Library register number	:	2561-2562.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Neveen Makrm Abd El-Rahman.
Title	:	Effect of Reflexology on Essential Hypertension.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zahra Mohamed Hassan Serry.
	:	Yasser Abd El hameid.
	:	Nesreeng hareeb Elnahas.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Back ground: It had been found that health care professionals and patients with chronic disease had increased their use of complementary therapies to help relieve uncomfortable symptoms and suffering. Reflexology is a well-known complementary therapy which claimed to help the body achieve homeostasis It is believed that pressing specific areas on the feet related to specific glands or organs of the body can help these glands and organs to function at their peak, allowing the body to heal itself. Purpose of study: This study was to deuced the effect of reflexology on hypertensive women Methods: one hundred women were selected for study with mild hypertension their age ranged between 40-50 years Were assigned into 2 equal groups hand reflexology were applied for group I and foot reflexology were applied for group II. the level of blood systolic and diastolic were measured before and after using reflexology techniques, times of reflexology was 30 minutes Results: result showed that the systolic blood pressure decre3ased after hand reflexology by (3.6 mmHg) while for foot reflexology program decreased by (4.8mmHg) and Diastolic blood pressure was decreased after hand reflexology by (1.7 mmHg) while for foot reflexology group decreased by (2.0 mmHg). Conclusions: It was concluded that reflexology was certain benefit to decrease the level of mild hypertension in women patients.</p>		
Key words	:	Reflexology.
	:	Hypertension.
	:	Systolic.
	:	Diastolic.
Arabic Title Page	:	تأثير الريفلكسولوجى على ضغط الدم المرتفع.
Library register number	:	2633-2634.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Neveen Mohamed Mohamed Abd El Meguid.
Title	:	Efficacy Of Lipomassage In Reduction Of Secondary Lymphedema.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Azza Abdel-Aziz Abdel-Hady.
	:	Fatma Abo El Magd Mohamed.
	:	Hossam Abol Atta.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>The aim of this study was to determine the Efficacy of lipomassage in reduction of secondary lymphedema in the upper limb. This study was conducted on forty female patients with secondary lymphedema post mastectomy who were assigned for the study, their ages were ranged from 30 to 50 years, all patients have signs of secondary lymphedema which is swelling of the affected limb and all the patients received compression bandage. Patients were divided into two groups. Group A twenty subjects included in this group and have been received LPG sessions two days per week with duration of twenty minutes for four weeks with compression bandage. Group B twenty subjects received compression bandage only for four weeks. Circumferential measurements at metacarpalphalangeal joint, wrist joint, 10 cm distal and 15 cm proximal to the lateral epicondyle were taken before and after the study in all patients participated in the study. The results showed that the swelling accompanied with secondary lymphedema post mastectomy was significantly decreased at the four levels of measurements in group (A) more than group (B). Group (A) conferred additional benefits in terms of a significant improvement in reported arm range of movement and decrease of accompanied pain.</p>		
Key words	:	Lipomassage.
	:	secondary lymphedema.
	:	Mastectomy.
	:	elastic bandage.
Arabic Title Page	:	تأثير تقنية الاندرمولوجي علي تقليل الورم الليمفاوي الثانوي.
Library register number	:	2487-2488.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Rania Mohamed Abd - Elmohsen El – Mahy.
Title	:	Response of hypertension to laser acupuncture in hypertensive obese patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Azza A.Abd El-Hady.
	:	Yossef Salah Swify Ali.
	:	Fatma Aboel-magd Mohamed Hamid.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Background: hypertension had a very high occurrence. Purpose: To investigate the effect of laser applied on acupuncture points on hypertension in obese patients. Methodology: Forty patient from both genders (16men &24women) aged between 40-50 years were assigned into two equal groups. Group (A): received a program of aerobic exercises and laser on acupuncture points 16J / point and group B: received a program of aerobic exercises and sham laser on acupuncture points. The program was 2 times\week for 8weeks. Blood pressure measurement was taken before & after the program for patients in both groups. Result: laser acupuncture had highly significant effect in reducing hypertension (P<0.001) in obese patients. Conclusion: Using laser acupuncture is effective treatment for hypertension.</p>		
Key words	:	Hypertension.
	:	Laser.
	:	acupuncture.
	:	Obesity.
Arabic Title Page	:	استجابة ضغط الدم المرتفع للعلاج بالليزر الوخزى فى البدناء.
Library register number	:	2687-2688.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Sally Mohamed Abou El-Fetouh.
Title	:	Effect of Reflexology on Blood Glucose Level in Obese Non-Insulin Dependent Diabetic Females.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zahra Mohamed Hassan Serry.
	:	Nesreen Gharib.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Background: Blood glucose level increases in non-insulin dependent diabetic patients' especially in these patients who considered being obese. Objectives of this study were to determine the effect of reflexology on blood glucose level in obese non-insulin dependent diabetic women. Methods: Thirty obese diabetic women aged from 45-55 years old participated in this study. The patients were assigned into two equal groups. Each group included 15 patients. The patients in both groups were matched in age and body mass index. The patients in Group A and Group B received their regular medications according to their physicians. For group.A, foot reflexology was added to the program for a month with frequency 3 times/week. Fasting blood glucose level and 2hours postprandial blood glucose level were used to measure glucose level pre and post treatment. Results: The obtained data revealed a statistically significant decrease in blood glucose level in group. A than in group. B after treatment ($P<0.05$). Conclusion: Foot reflexology in addition to regular medications may be valuable to decrease blood glucose level than regular medications only.</p>		
Key words	:	Reflexology.
	:	blood glucose level.
	:	diabetic.
	:	Non-Insulin Dependent Diabetic Females.
	:	Obese Non-Insulin Level.
Arabic Title Page	:	تأثير الريفلوكسولوجى على نسبة السكر فى الدم فى البوال السكرى لدى النساء البدينات.
Library register number	:	2529-2530.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Salwa Abdullah Mohamed Nasrat.
Title	:	Efficacy of Threshold Inspiratory Muscle Training device of Patients after Pulmonary Lobectomy.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Azza A. Abd El-Hady.
	:	Ahmed Taha Said.
	:	Fatma Aboel-magd Mohamed Hamid.
Degree	:	Master.
Year	:	2011.
Abstract	:	<p>Pulmonary lobectomy is a great surgery that has serious pulmonary complications. Purpose: to determine the efficacy of inspiratory muscle training device on improving the ventilatory function in patients underwent pulmonary lobectomy. Method: Thirty patients underwent pulmonary lobectomy for different causes participated in this study. They were divided into two groups: The group A is the study group who received inspiratory muscle training by using threshold inspiratory muscle trainer device in addition to traditional medical and physical therapy program. The group B is the control group who received the traditional medical and physiotherapy treatment only. The treatment program was three times per week for six weeks each session of IMT device lasted from ten to fifteen minutes, pulmonary function tests was performed in all patients in both groups before and after finishing the treatment program (six weeks apart). Results: The results showed marked improvement in the PFTs in the study group (A) who received IMT compared with the control group (B). Conclusion: threshold inspiratory muscle trainer device can be introduced as a method of treatment for patients underwent pulmonary lobectomy to improve the pulmonary functions, inspiratory muscle strength and endurance for reducing the risk of pulmonary complications.</p>
Key words	:	Inspiratory Muscle Training (IMT).
	:	Pulmonary Function Tests (PFTS)
	:	Pulmonary Lobectomy.
	:	Threshold Inspiratory Muscle Training Device.
Arabic Title Page	:	فعالية جهاز تقوية عضلات التنفس لدى المرضى بعد استئصال فص من الرئة.
Library register number	:	2497-2498.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Sarah Medhat Mohamed.
Title	:	Effect of inspiratory muscle training on pulmonary function after mitral valve replacement.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Zeinab Mohamed Helmy.
	:	Abd Elghany Mohamed Abd Elghany.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Background: The heart surgery predisposes to changes in respiratory mechanics, lung volumes and gas exchange, and can cause postoperative respiratory complications. Inspiratory muscle training (IMT) was used as a technique for prophylaxis and treatment of respiratory complications. Aim of the study: to determine the efficacy of inspiratory muscle training on pulmonary function after mitral valve surgery. Methods: patients undergoing mitral valve replacement surgery(n=30) were received traditional physical therapy and inspiratory muscle training by using inspiratory muscle trainer for at least seven days post operatively, two times a day, for (15-20) minutes .patients was assessed by cardiopulmonary exercise testing. Results: There was statistical significant improvement in pulmonary function after the using of the inspiratory muscle trainer postoperatively in patients with open heart surgery. Conclusion: this study was concluded that inspiratory muscle training postoperatively has a significant positive effects in improving pulmonary function and restoring inspiratory muscle strength in patients who are subjected to mitral valve replacement through open heart surgery.</p>		
Key words	:	Inspiratory Muscle Training.
	:	Pulmonary Function.
	:	Mitral valve replacement.
	:	muscle training.
Arabic Title Page	:	تأثير تدريبات عضلات الشهيق على الوظائف الرئوية بعد استبدال الصمام الميترالى.
Library register number	:	2689-2690.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Sara Kotb Ahmed Tolba.
Title	:	Effect of Lung Impairment on quality of life in pulmonary tuberculosis patient.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Azza A. Abd-El Hady.
	:	Ahmed Mahmoud Abd-Elhafiz.
	:	Fatma Aboel-magd Mohamed Hamid.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>Introduction: Pulmonary tuberculosis (PTB) can result in anatomic and functional changes that are associated with pulmonary impairment which varies in severity. The purpose of this study was to determine the impact of lung impairment on patient's quality of life. Methods: 40 patients with pulmonary tuberculosis who had completed at least 22 weeks of therapy, evaluation included pulmonary function test and completed SGRQ HRQOL questionnaires. Results: The mean SGRQ scores for symptom, activity and impact including overall scores were high (increased impairment) among this group of patients as compared to that of general population. Impairment was present in 57% of tuberculosis subjects. FVC, FEV₁, FEV₁/FVC ratio, were significantly lower in the treated pulmonary tuberculosis patients as compared with general population. Also there were strong significant correlation between PFTs and SGRQ score. Conclusions: These findings indicated that pulmonary impairment after tuberculosis is associated with disability and indicate also that TB has a substantial impact on human health.</p>		
Key words	:	health-related quality of life.
	:	Impairment.
	:	pulmonary tuberculosis.
	:	Lung Impairment.
	:	tuberculosis patient.
Arabic Title Page	:	تأثير أعتلال الرئة علي جودة الحياة لدي مرضى الدرن الرئوى .
Library register number	:	2493-2494.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Sherif Nasser Eldeen Mohammed Al Ashkar.
Title	:	Effect of aerobic exercise and controlled diet on obese adults with down syndrome.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	:	Azza Abdel-Aziz Abdel-Hady.
	:	Nagwa Abd El-Meguid Mohamed.
	:	Gehan Hassan El-Meniawy.
Degree	:	Master.
Year	:	2011.
Abstract	:	
<p>The purpose of this study was to assess the effect of diet control and/or aerobic exercise training on limiting the risk of obesity development in obese Down syndrome adults. Many adults with Down's syndrome develop obesity due to malnutrition and sedentary life style. Thirty Down's syndrome adults (17 males and 13 females) aged from 20 to 30 years participated in this study. They were classified randomly into 2 groups of equal number. Weight and Height Scale was used to evaluate Body Mass Index (BMI) and a flexible plastic tape with a sprung handle used to evaluate Waist-to-Hip Ratio (WHR) and Waist Circumference (WC). These variables were measured before and after three successive months of treatment. The results of this study after the treatment period revealed significant improvement in the measurement variables of the two groups when comparing their pre and post-treatment values. Significant difference was observed when comparing the post-treatment results of the two groups in favour of the study group.</p>		
Key words	:	Down's syndrome.
	:	Obesity.
	:	aerobic exercise.
	:	low caloric diet..
Arabic Title Page	:	تأثير التمارين الهوائية والنظام الغذائي على السمنة لدى البالغين المصابين بمتلازمة داون.
Library register number	:	2459-2460.

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ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	: Zainab Seed Aly.
Title	: Blood cholesterol response to aerobic exercise and natural extract.
Dept.	: Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	: Zahra M.H.Serry.
	: Nagwa Mohamed Ammar.
	: Nesreen Ghareeb Mohamed El Nahas.
Degree	: Master.
Year	: 2011.
Abstract	: <p>The aim of this study was to assess the blood cholesterol response to aerobic exercise when combined with the water extract of the dried green tea leaves as a natural extract. Forty five patients of both sex with hypercholesterolemia participated in this study, their ages ranged between 50 to 60 years. They were divided into three equal groups. Group (A) who participated in a program of aerobic exercise and drank 5 cups of the water extract of the green tea leaves daily, group (B) who participated in the same program of aerobic exercise as group (A) but without drinking green tea, and group (C) who drank the same green tea extract in the same manner as group (A) but without application of any aerobic exercise. The treatment program continued for 6 weeks (4 sessions of exercise per week and 5 cups of the water extract of the dried green tea leaves daily). Blood lipid profile for the total cholesterol, low density lipoprotein cholesterol and high density lipoprotein cholesterol was applied at the beginning and after the treatment program for all patients of the three groups. The results of this study revealed a significant decrease in the total blood cholesterol and LDL-C with a significant increase in HDL-C in the three groups with the best percentage of improvement in the total blood cholesterol was for group (A) followed by group(B) then group(C), the best percentage of improvement in the LDL-C was for group(A) followed by group(C) then group(B) and the best percentage of improvement in the HDL-C was for group(A) followed by group(C) then group (B). It can be concluded that aerobic exercise when combined with the green tea water extract can produce a significant improvement for patients with hypercholesterolemia.</p>
Key words	: Blood cholesterol.
	: Aerobic exercise.
	: Green tea.
	: natural extract.
Arabic Title Page	: إستجابة كوليسترول الدم للتمارين الهوائية مع أحد المشتقات الطبيعية.
Library register number	: 2365-2366.

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