

**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
2014

Author	:	Abd Allah Hussein Abd El Fadil
Title	:	Efficacy Of Weight Reduction On Dyslipidemia In Different Classes Of Type 2 Diabetic Obese Women
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Mariam El Sayed Mohamed
	3.	Mohamed Abd El Hady Mashahit
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background & Purpose: Obesity increases cardiovascular risk through many risk factors, so people with type 2 diabetes should be encouraged to adopt a healthy lifestyle to lower their risk of CVD. This entails adopting healthy eating habits, achieving and maintaining a healthy weight, engaging in regular physical activity, and smoking cessation. Subjects: Forty volunteer type 2 diabetic women participated in this study. The subjects were in average age, weight, body mass index, waist circumference and cholesterol levels. Method: Subjects were assigned into 2 equal groups according to there BMI; class I and class II obesity, both groups are subjected to weight reduction as low caloric low fat diet (1200cal/day) & aerobic walking exercise was performed by using electric treadmill (3 times per week) for eight consecutive weeks. Weight & height scale was used to measure body weight & height, a tape measurement was used to determine the waist circumference. A blood sample was taken to determine blood sugar and blood cholesterol levels. All measurements were obtained in the first intervention session (pre-intervention) and after the last session (post-intervention). Results: A significant decrease in weight and waist circumference, which resulted in a significant decrease in blood sugar, total cholesterol ,LDL and Triglycerides and significant increase in HDL. There was no significant difference for the effect of weight reduction on dyslipidemia between class I and class II obesity groups, While there was a significant difference on the 2HPP blood sugar between class I and class II obesity. Conclusion: Diet regimen and exercise program had a significant decrease in weight and waist circumference, which resulted in a significant decrease in blood sugar and improve lipid profile.</p>		
Key words	1.	Diet
	2.	Exercise
	3.	Dyslipidemia
	4.	Obesity
	5.	type 2 diabetes
Classification number	:	
Arabic Title Page	:	تأثير إقاص الوزن على اضطراب دهون الدم لدى مريضات السكر في درجات السمنة المختلفة
Library register number	:	3833-3834.

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Author	:	Abeer Awad Mahmoud Awad.
Title	:	Effect of moderate aerobic exercises on kidney function in chronic kidney disease patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Adel Abd-Elmohsen Ghorab
	3.	Mariam El-Sayed Mohamed Abd El-Aal
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background: Chronic kidney disease is associated with considerable decline in kidney function; Physical exercise might be effective in slowing the rate or even reversing the kidney function decline. Objective: to investigate the effect of moderate aerobic exercise on kidney function using electronic treadmill in patients with chronic kidney disease stage III,IV. Subjects and methods: Fifty chronic kidney disease patients were participated in the study, their age ranged from 45 to 55 years. They were divided into two groups, The Study group(group B) comprised of thirty patients who received moderate aerobic exercises on treadmill three times /week for three months while the control group(group A)comprised of twenty patients received no training. Results: there was a significant decrease in creatinine by 11.45%, blood urea nitrogen by7.97% and a significant increase in estimated glomerular filtration rate by 17.47% in the Study group as compared to the control group. Conclusion: it can be concluded that moderate aerobic exercises improve kidney function.</p>		
Key words	1.	Chronic kidney disease
	2.	moderate aerobic exercises
	3.	kidney function
Classification number	:	616.61.AAE
Arabic Title Page	:	تأثير التمارين الرياضيه الهوائيه المتوسطة على وظائف الكلى لمرض ي الكلي المزمن.
Library register number	:	3657-3658.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Ahmed Mohamed Saad Ali
Title	:	Comprehensive Rehabilitation Program Versus Traditional Chest Physiotherapy for Weaning from Mechanical Ventilator
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Sherin Hassan Mohamed
	3.	Ahmed Zaghoul Fouad
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background: Patients needing prolonged mechanical ventilation have high resource utilization and relatively poor outcomes and are increasing in number. Objective: the purpose of this study was to compare between comprehensive rehabilitation program and traditional chest physiotherapy on weaning from mechanical ventilation, improvement of respiratory muscle strength, peripheral muscle strength and functional status. Patients and Methods: According to the including and excluding criteria, fifty mechanically ventilated general surgery patients from both sexes (men & women) with age from 40 to 50 years old participated in the present study. They had difficult and prolonged weaning. They were divided randomly into two groups , group(A) consisted of twenty four patients who received comprehensive rehabilitation program combined with inspiratory muscle training and group(B) consisted of twenty six patients who received traditional chest physical therapy combined with inspiratory muscle training. Four patients in the study group and six subjects in the control group died during the intervention period and thus their data were excluded from the final analysis. Maximal inspiratory pressure (MIP), peripheral muscle strength and Functional independence measure questionnaire were measured at the beginning of the study and at weaning from mechanical ventilator. Results revealed that there was a significant improvement in days to wean and peripheral muscle strength in difficult and prolonged weaning patients in group A compared with group B. There was a significant improvement in maximal inspiratory pressure (MIP) in both groups. In addition, there was a significant increase in the median values of functional independence measures in group A more than group B. Conclusion : Both physical therapy programs inspiratory muscle training and comprehensive rehabilitation and inspiratory muscle training and traditional chest physical therapy showed an increase in inspiratory muscle strength. On the other hand comprehensive program consisted of peripheral muscle training and functional training was more superior in decreasing days to wean and increasing peripheral muscle strength and functional independence measure score.</p>		
Key words	1.	Comprehensive rehabilitation
	2.	General surgery
	3.	Difficult weaning
	4.	Traditional chest physiotherapy
	5.	Chest Physiotherapy.
	6.	Weaning.
	7.	Mechanical Ventilator.
Classification number	:	616.2.AAC
Arabic Title Page	:	البرنامج التأهيلي الشامل مقابل العلاج الطبيعي التقليدي للصدر في الفطام من جهاز التنفس الصناعي
Library register number	:	3635-3636.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Al Shimaa Mokhtar Darwesh
Title	:	Effect of osteopathic techniques on chronic constipation
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Shawky Abd El-Hamid Fouad
	3.	Basant Hamdy El-Refay
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>The aim of this study was to determine the effect of osteopathic techniques on chronic constipation. Thirty patients with age ranged from 20 to 30 years old who were diagnosed as chronic constipation participated in this study. They were recruited from physical therapy students and post graduates. The study was conducted in clinic of faculty physical therapy, cairo university . They were assigned into two groups equal in number; Group A included 15 women who received osteopathic manipulative techniques one session per week for 6 weeks. Group B included 15 women who received laxative drugs only. Constipation scoring system was calculated before and after training program for both groups. Statistical analysis revealed that wilcoxon signed ranks test for comparison between pre and post treatment median values of constipation scoring system of the study group were 15 (16, 14) and 6 (7, 4) respectively with p value (p = 0.0001), wilcoxon signed ranks test for comparison between pre and post treatment median values of constipation scoring system of the control group were 15 (16,12) and 16 (21,13) respectively with p value (p = 0.19). The median (IQR) of total score of constipation scoring system in group A was [6 (7,4)] and the median (IQR) of total score of constipation scoring system in group B was [16 (21,13)] with p value (p = 0.0001) and the percentage of its improvement is 60 % so this show a significant improvement in constipation scoring system in study group (A) (increase frequency of bowel movements, decrease painful evacuation effort, decrease feeling incomplete evacuation, decrease abdominal pain, decrease minutes in lavatory per attempt, decrease type of assistance and decrease unsuccessful attempts for evacuation per 24 hours) after osteopathic manipulative techniques and revealed a non significant improvement in constipation scoring system group B . It was concluded that osteopathic treatment improves the severity, symptoms, frequency number of bowel movement per week in participants with chronic constipation over a six week period. Accordingly, patients with chronic constipation are advised to perform osteopathic manipulative techniques.</p>		
Key words	1.	Chronic constipation
	2.	Osteopathic techniques
Classification number	:	
Arabic Title Page	:	تأثير تقنيات الاستيوباثي على الامساك المزمن.
Library register number	:	3847-3848.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Ashraf Mohamed Ali Mohamed
Title	:	Effect Of Aerobic Exercise On White Blood Cells Count In Patients With Chronic Bronchitis
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Hoda Ibrahim Fahim
	3.	Gihan Samir Mohamed
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>The purpose of the study to assess the effect of aerobic exercise on white blood cells count in patients with chronic bronchitis. Subject and methods: Forty patients with age ranged from 50-60 years old participated in this study diagnosed as chronic bronchitis were selected from Shubra Hospital. The patients were divided into two groups equal in numbers. Group (A): (20 patients; 10men and 10 women) received active cycle of breathing exercise 3 times per week for 4 weeks. Group (B): (20 patients; 20men) received active cycle of breathing exercise plus aerobic exercise for 20 minutes such as walking on treadmill 3 times per week for 4 weeks. Laboratory investigation was done before the start of treatment to measure white blood cells counts in both group A and B. Results: showed that there was high statistical significant increase white blood cells within each group after 4 weeks, with a favorable in group B (received active cycle of breathing exercise plus aerobic exercise, walking on treadmill) than in group A (received active cycle of breathing exercise). The percentage of improvement (increase) in group A (1.59 %) and group B (6.96 %). Conclusion:Active cycle of breathing exercise in addition to aerobic exercise on a treadmill is recommended for chronic bronchitis patients than active cycle of breathing exercise only, due to the significant modification of white blood cells count.</p>		
Key words	1.	Chronic bronchitis
	2.	white blood cell,.
	3.	aerobic exercise.
Classification number	:	
Arabic Title Page	:	تأثير التمرينات الهوائية على عدد كرات الدم البيضاء في مرضى الالتهاب الشعبي المزمن
Library register number	:	3945-3946.

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Author	:	Asmaa Mohamed Mahmoud
Title	:	Effect of Buteyko technique versus diaphragmatic breathing exercises on asthmatic patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M.H.Serry.
	2.	Mona Mansour Ahmed
	3.	Gihan Samir Mohamed,
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>The aim of this study was to compare between the effect of Buteyko technique versus the diaphragmatic breathing exercises on asthmatic patients. Forty patients with bronchial asthma participated in this study, Patients were selected from El Fayoum chest hospital from outpatient clinic, their age ranged between 25 to 40 years. They were divided into two equal groups. Group (A) received Buteyko breathing technique (BBT), and the medications prescribed by the physician, while group (B) received diaphragmatic breathing exercise, and the medications prescribed by the physician. The program continued for 6 weeks (2 sessions per week except the 1st week was 4 sessions per week). Peak expiratory flow rate (PEF), FEV₁/FVC, control pause test, asthma control questionnaire were measured at the beginning and after the treatment program for both groups. The results of this study revealed a statistical significant improvement in all variables in group (A) asthma control) .In group (B) there ↑) and FEV₁/FVC (7.9% ↑) , PEF (22% ↑), control pause test (58% ↑ questionnaire (18%) ↑) and the control pause test(6.8% ↑ was a significant improvement in asthma control questionnaire(7.4%) . In group (A) ↑) and PEF (8.3% ↑ while there was a slight increase but not significant in FEV₁/FVC (5.2 % in men ↑ in women control pause 51% ↑ in men and 19.5% ↑ asthma control questionnaire improved 15.6% in men ↑ in women , the ratio of FEV1 to FVC 4.7% ↑ in men and 23.3% ↑ in women, PEF 20.7% ↑ and 65.4% ↑ in men and 7.3% ↑ in women. While in group (B) asthma control questionnaire improved 7.5% ↑ and 15.4% in women , the ↑ in men and 17.6% ↑ in women, PEF 0.26% ↑ in men and 8.8% ↑ in women, control pause 4.7% in women. It can be concluded that BBT produce a significant ↑ in men and 4.3% ↑ ratio of FEV1 to FVC 0.5% improvement for patients with bronchial asthma more than the diaphragmatic breathing exercises.</p>		
Key words	1.	Buteyko Breathing Technique.
	2.	Bronchial Asthma.
	3.	breathing exercises.
Classification number	:	
Arabic Title Page	:	تأثير برنامج باتيكو التنفسي مقابل تمارينات الحجاب الحاجز على مرضى الربو الشعبي.
Library register number	:	3997-3998.

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Author	:	Azza Elsayed Elsayed Mohamed
Title	:	Effect of Autogenic Drainage on Dyspnea in Acute Exacerbation OF COPD
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El Aziz Abd El hady
	2.	Mona Mansour Ahmed
	3.	Gihan Samir Mohamed
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>This study was conducted to find out the effect of autogenic drainage on dyspnea in acute exacerbation of COPD patients. SUBJECTS: Forty men hospitalized patients diagnosed as COPD in acute stage ranged from 60-70 years old were selected from inpatient clinic of chest hospital of kafr El-sheikh at Kafr El-sheikh governorate, Egypt. METHODS: They were divided into two groups equal in number; group (A) (20 men patients), they received Autogenic drainage with traditional chest physiotherapy and their prescribed medical treatment for 45 minutes / two times/ day for two weeks . Group (B) (20 men patients), they received traditional chest physiotherapy only and their prescribed medical treatment as group (A). Dyspnea scale and ventilatory functions were measured before and after two weeks. Results : showed that there was a statistical significant improvement (reduction) of dyspnea in both groups after two weeks. There were a statistical significant differences between both groups in dyspnea scale. Significant difference concerning dyspnea scale was seen between both groups in favor of group (A) by 50.20% but group (B) was 49.4%.Conclusion: Both AD and traditional chest physiotherapy have appositve effect on (dyspnea) in acute exacerbation COPD patients more than traditional chest physiotherapy alone.</p>		
Key words	1.	AD
	2.	Traditional chest physiotherapy
	3.	Dyspnea, COPD
Classification number	:	
Arabic Title Page	:	تأثير التصريف الذاتى على صعوبة التنفس لدى المرضى المصابين بنوبات حادة من السدة الرئوية المزمنة.
Library register number	:	4013-4014.

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Author	:	
Title	:	
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	
	2.	
	3.	
Degree	:	Master.
Year	:	2014.
Abstract	:	
Key words	1.	
	2.	
	3.	
Classification number	:	
Arabic Title Page	:	
Library register number	:	0.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Diaa Mohamad Al-Aswad
Title	:	Impact of laser puncture in patients with chronic kidney diseases.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Akram Abd El-Aziz sayed
	2.	Sahier Omar El-khashab
	3.	Hany Ezzat Obaya
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Purpose: To investigate the impact of laser puncture on management of symptoms (pain, fatigue, sleep quality) and urea reduction ratio (URR) in patients with chronic kidney disease (CKD). Methods:- forty patients who had chronic kidney diseases (CKD), were divided into two equal groups. Group (A) received laser puncture sessions plus their traditional medical treatment (medications and dialysis) .Group (B) received their traditional medical treatment only (medications and dialysis). Results: there was a significant decrease in group (A) in pain intensity (46.71%), fatigue level (22.70%) and sleep quality Index (52%), but there was a non- significant difference in the urea reduction ratio (URR) (8%) in response to the designed laser puncture program with percentages of improvement. Conclusion:-laser puncture had a significant effect to alleviate pain, fatigue and sleep quality in patient with CKD.</p>		
Key words	1.	chronic kidney diseases.
	2.	Pain.
	3.	urea reduction ratio.
	4.	sleep quality
	5.	Fatigue.
		laser puncture
Classification number	:	
Arabic Title Page	:	تأثير الوخز بالليزر على مرضى القصور الكلوي المزمن.
Library register number	:	3959-3960.

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

Author	:	Dina mofreh abbas
Title	:	The relationship between complicated chest diseases and uncontrolled blood glucose level in type 2 diabetes mellitus.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A. Abdel-Hady.
	2.	IbrahimEL-Ebrashy.
	3.	BasantHamdy El-Refay.
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>The purpose of this study was to determine the relationship between complicated chest diseases and uncontrolled blood glucose level in type 2 diabetes mellitus through measuring of ventilatory functions by using spirometer and determine the effect of inspiratory muscle training on ventilatory functions in diabetic patients. The study was carried out on forty diabetic women with the age of 45-55 years old. Patients were selected from 6th October Central Hospital out-patient clinic and were divided into two groups. Group (A) included twenty diabetic women patients (controlled blood glucose level) and group (B) included twenty diabetic women (uncontrolled blood glucose level). Group (A) (control group) mean glycated hemoglobin was (7.34±0.31). Group (B) (study group) mean glycated hemoglobin was (10.81±1.91). All subjects underwent ventilatory function testing by using spirometry at the lab of pulmonary function test (Kasr Al-Aini, Faculty of Medicine, Cairo university) before and after the period of the training program. In group A, there was a strong inverse significant correlation between glycated hemoglobin and forced vital capacity, forced expiratory volume in 1 second while there was a weak inverse non significant correlation between glycated hemoglobin and maximum inspiratory pressure. In group B, there was a strong inverse significant correlation between glycated hemoglobin and forced vital capacity, forced expiratory volume in 1 second while there was a weak inverse non significant correlation between glycated hemoglobin and maximum inspiratory pressure. Group (B) received a program of inspiratory muscle training by using inspiratory muscle trainer. The program consisted of 12 weeks of inspiratory muscle training for 3 sessions per week with inspiratory load 30% of maximum inspiratory pressure. The results showed a significant difference in forced vital capacity, forced expiratory volume in 1 second post treatment between both groups and there was no significant difference in MIP post treatment between both groups. Only group (B) revealed significant difference between pre and post measurement in forced vital capacity, forced expiratory volume in one second and in maximum inspiratory pressure. It is concluded that ventilatory functions of controlled diabetic patients are within normal range while ventilatory functions of uncontrolled diabetic patients show from moderate to severe airway limitations. Inspiratory muscle trainer improve ventilatory functions of uncontrolled diabetic patients.</p>		
Key words	1.	Chest diseases
	2.	Blood glucose
	3.	Type 2 diabetes mellitus
	4.	Ventilatory functions
	5.	Inspiratory muscle training
Classification number	:	616.46206.ADR
Arabic Title Page	:	العلاقة بين الأمراض الصدرية المعقدة وعدم التحكم في مستوى الجلوكوز في الدم في مرضى السكري النوع الثاني.
Library register number	:	3667-3668.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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GERIATRICS AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Dina Sameh Saad El Dien Shallaby.
Title	:	Effect of aerobic exercise on the interleukin 6 in obese women.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy.
	2.	Houda Ibrahim Fahim.
	3.	Gihan Samir Mohamed.
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Obesity is the most common metabolic disorder in human. It is recognized as a chronic disease and the second leading cause of preventable death. Purpose: to determine effect of aerobic exercise on the interleukin 6 in obese women. Method: Forty obese women with age ranged from 30 to 40 years old participated in this study. They were recruited from Egypt air hospital. They were assigned into two groups equal in number: Group A included 20 patients who received a controlled diet regimen and 6 minute walk 3 times per week for 12 week. Group B included 20 patients who received a controlled diet regimen, 6 minute walk and aerobic exercise on a bicycle 3 times per week for 12 week. Interleukin 6 was measured before and after training program. Results: Statistical analysis revealed a significant reduction in interleukin 6 in group B (10.67%) more than group A (6.29%) after aerobic exercise training. Conclusion: Regular aerobic exercise reduces levels of IL-6.Hence, it's recommended that this aerobic exercise is an effective low cost treatment of obese woman. Accordingly, obese woman are advised to perform regular aerobic activities.</p>		
Key words	1.	Aerobic exercise
	2.	interleukin 6
	3.	obese woman
Classification number	:	616.398.SDE
Arabic Title Page	:	تأثير التمرينات الهوائية على الأنترليوكين 6 في السيدات البدنيات.
Library register number	:	3681-3682.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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GERIATRICS AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Eman Ashraf Mohamed Taha
Title	:	The relation between blood glucose level and waist height ratio in women with abdominal obesity
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Hala Mohamed Ezz El Deen,
	2.	Nebal Abdel Rahman,
	3.	Mohamed Abd EI Haleem Shendy
Degree	:	Master.
Year	:	2014.
Abstract	:	<p>Objective: The aim of this study is to investigate the relation between waist height ratio and blood glucose level in women with abdominal obesity. Background: relation between obesity and diabetes mellitus and their incidence, waist height ratio <0.5 decrease the risk of type2 diabetes by three times . So, after following aerobic exercise and low caloric diet, reduction in waist height ratio improve blood glucose level in abdominal obese women .Reduction in waist height ratio in abdominal obese women is considered as preventive measure for type2 diabetes. Subjects and methods: Forty women with abdominal obesity , class I obesity ,with BMI 30-35 kg/m2, waist height ratio >0.5 cm , their ages ranged from 30-50 years old were included in the study , recruited from the department of physical therapy at Al Safwa hospital . They were referred from the physician and divided into two equal groups. Group (A) received aerobic exercise and followed a low caloric diet. Group B received only low caloric diet. The study was conducted for two months, the exercise was done three sessions per week , but, the diet was followed once per week . In both groups waist height ratio and blood glucose level were measured before and after the program. Results:The results of the study showed significant decrease in weight ,BMI,waist height ratio and waist circumference for each group individually . But analysis of both groups(A)&(B) after treatment program showed there was a significant differences regarding waist circumference and waist height ratio with favor of group(A) on group (B) .Although there was no significant difference regarding body weight,BMI,FBG and 2HRPP in both groups. In conclusion there was poor correlation between waist height ratio and blood glucose level.</p>
Key words	1.	abdominal obesity.
	2.	blood glucose level
	3.	aerobic exercise.
	4.	waist height ratio.
	5.	low caloric diet.
Classification number	:	
Arabic Title Page	:	العلاقة بين مقياس الخصر والطول ونسبة ارتفاع السكر بالدم في السيدات ذوات السمنة في منطقة البطن
Library register number	:	3971-3972.

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

Author	:	Gehad Ali Abd El Haseeb Glal.
Title	:	Response of ventilatory functions to Acapella device in patients with chronic obstructive lung diseases.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Hala Mohamed Ezz Eldin
	2.	Khalid Eid Sobhy
	3.	Nesreen Ghareeb Mohamed Elnahas
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Purpose: To assess the effect of Acapella device on ventilatory functions in patients with moderate to severe COPD. Method: Twenty eight men patients with moderate to severe COPD with age ranged 45-60 years enrolled in that study, selected from chest and medical out-patient clinic of Kasr –EL-Aini hospital and Embaba chest hospital. They were assigned into two: Group (A): The study group consisted of 18 patients who received Acapella device, medical treatment and traditional chest physical therapy program (Active cycle of breathing (ACBT), postural drainage, percussion and vibration). Group (B): The control group consisted of 10 patients who received medical treatment and traditional chest physical therapy program (Active cycle of breathing, (ACBT), postural drainage, percussion and vibration). Both groups underwent measurement procedures at the beginning and after one month of the treatment for FVC, FEV1and FEV1/FVC. Result: Statistical analysis revealed a significant increase of all ventilatory functions with study group when compared with control group. Conclusion: It was concluded that the Acapella device in combination with traditional chest physiotherapy had the effect of improving ventilatory functions in moderate to severe COPD men patients who had chronic sputum production. The percentage of increase of FEV1 was about 18.6% and 8.3% for the study and control groups respectively, and that of FVC was about 9.1% and 6.7% for the study and control groups respectively. While the FEV1/FVC ratio showed a percentage of increase about 9.2% for the study group and with no statistical significance for the control group with a percentage of change 1.6%.</p>		
Key words	1.	Acapella
	2.	Airway clearance
	3.	ventilatory functions
	4.	COPD
	5.	Lungs.
Classification number	:	616.24.GGR
Arabic Title Page	:	استجابة وظائف الرئة لجهاز الاكابيللا لمرضى السده الرئويه المزمنه.
Library register number	:	3773-3774.

**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**

Author	:	Haidy Edward Latif Nicola.
Title	:	Acute effect of upper limb resisted exercise on the main determinants of blood rheology.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	AzzaAbdel El Aziz Abd El Hady
	2.	NessrenGhareb Mohamed El Nahas
	3.	Bassem EL Zarif
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>The purpose of this study was to determine the acute effect of upper limb resisted exercise on the main determinants of blood rheology in healthy subjects. Methods: The study was carried out on 100 healthy participants of both Sexes (58 women and 42 men), their age ranged between 30-45 years, they were selected from the employees of Elkhezendara governmental hospital from the employees (who were of sedentary life style). They performed one session of resisted exercises in the form of (triceps curl, dumbbell lateral raise, dumbbell arm curl and flat chest presses) for 20 repetitions each exercise, at an intensity corresponding to 80% of maximum weight the subject could carry and repeat (one repetition maximum). With exercise duration of 35-40 minutes. Venous blood samples were obtained before exercise, and immediately after exercise, for red blood cell count, haematocrit and haemoglobin. Results: The results of this study showed that there was a significant increase with improvement 4.39%, 4.18% and 5.52 % in red blood cell count, haemoglobin and haematocrit; respectively after resisted exercises. Conclusion: it was concluded that using less ion of heavy resistance exercises performed by normal healthy subjects increases the measured blood rheological variables.</p>		
Key words	1.	Blood rheology.
	2.	Haematocrit.
	3.	Resistance exercises.
	4.	Blood--Diseases.
Classification number	:	616.15.NHA
Arabic Title Page	:	التأثير المباشر للمقاومة للأطراف العليا على المتطلبات الأساسية لريولوجيا الدم.
Library register number	:	3735-3736.

**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**

Author	:	Hanaa Elsaïd Elsaïd Mohamed
Title	:	Intradialytic Leg Pedaling Exercise Versus Faradic Stimulation on Blood Pressure during Hemodialysis
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	AzaaAbd EL-Aziz Abd El-Hady
	2.	Sahieer Omar El-Kachab
	3.	Gihan Samir Mohamed
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Objective: This study was performed to compare between the effects of intradialytic leg pedaling versus faradic stimulation on blood pressure in hemodialysis patients. Subject and methods Thirty chronic kidney disease patients (11men and 19 women) , age ranged from 40 to 50 years old , they were selected from EL-Kasr El-Aini Hospital (El malk Fahd hemodialysis unit) and they were divided into two groups 'Group (A)15 (men and women) patients participated in intradialyticleg pedaling exercise 15 minute three time per week for two months ,Group (B)15 patients received intradialyticlow frequency faradic stimulation for quadriceps and dorsiflexor muscles of both extremity for 15 minutes three times per week for two months. Blood pressure values were assessed before and after 2 months. Results; showed that there is statistical difference(decrease) between pre and post treatment Systolic blood pressure with percentage of improvement(9.61%↓) in group A and also there is statistical difference(decrease) between pre and post treatment diastolic blood pressurewith percentage ofimprovement(10.68%↓) in group A.The results showedastatistical difference (decrease) between pre and post treatment Systolic blood pressure with percentage of improvement (7.98%↓) in group B and also there was statistical difference (decrease) between pre and post treatment diastolic blood pressurewith percentage of improvement (8.55%↓) in group B.There is no significant difference between pre and post treatment Systolic, diastolic blood pressure between both groups.Conclusion: Intradialytic leg pedaling exercise is as effective as faradic stimulation in reducing BP in hemodialysis patient.</p>		
Key words	1.	Leg pedaling exercises
	2.	Faradic stimulation
	3.	Blood pressure
	4.	Hemodialysis.
Classification number	:	617.461059.MHI
Arabic Title Page	:	تأثير تمارينات الطرف السفلى بواسطة البدال مقابله التنبيه الكهربى أثناء جلسه الغسيل الكلوى على ضغط الدم.
Library register number	:	3637-3638.

**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**

Author	:	Hazem Mohamed Abd El Aziz
Title	:	Effect of Weight Bearing Exercise Versus Non Weight Bearing Exercise on Patients With Hypertension
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M. H. Serry
	2.	Hoda Fahim
	3.	Gihan Samir Mohamed
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Objective: This study was conducted to find out the effect of weight bearing exercise versus non weight bearing exercise on hypertensive patients. Subjects: Sixty hypertensive patients (44men and 16women) with age ranged from 50-60 years old; received from physiotherapy out clinic, Egypt Air Hospital, Almaza, Cairo Government. Method: they were divided into three groups; group (A) (20 patients; 12men and 8 women) they were instructed to perform weight bearing exercise in the form of treadmill exercise for 20minutes / three times/ week, group (B) (20 men patients) they were instructed to perform weight bearing exercise in the form of brisk walking exercise for 20 minutes, three times/ week, group (C) (20 patients; 12men and 8 women) they were instructed to perform non weight bearing exercise in the form of bicycle exercise for 20 minutes/ three times/ week. Systolic and diastolic blood pressure were measured pre treatment and then weekly for 4 successive weeks. Results: showed that there was high statistical significant reduction in systolic and diastolic blood pressure within each group before and after 4 weeks, with a favorable in groups A and B (received weight bearing exercise) than in group C (received non weight bearing exercise). The percentage of improvement (decrease) in systolic blood pressure in group (A) was 13.5% and group (B) was 15.23% and group (C) was 7.32%. The percentage of improvement (decrease) in diastolic blood pressure in group (A) was 14.4% and in group (B) was 16.31% and group (C) 8.6%.Conclusion: Both weight bearing and non eight bearing exercise are effective in reducing systolic and diastolic blood pressure in hypertensive patients but weight bearing exercise are more effective than non weight bearing exercise.</p>		
Key words	1.	weight bearing exercise
	2.	non weight bearing exercise
	3.	Hypertension.
Classification number	:	616.132.AHE
Arabic Title Page	:	تأثير تمارينات التحميل في مقابل تمارينات عدم التحميل على ضغط الدم في مرضى ذات الضغط المرتفع.
Library register number	:	3763-3764.

**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**

Author	:	Heba Mahmoud Taha Hussin Mady
Title	:	Correlation between different degrees of Anemia and physical activity in Elderly
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Hala Mohammed EzEldin Hamed
	2.	Shawky Abd Elhamed Fouad
	3.	Mona Mohamed Tahaa
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background and purpose: Anemia is a common condition at all ages, but this is especially among the older population. The aim of this study was to investigate the correlation between different degrees of anemia and physical activity in elderly. Subjects& procedures:Two hundred anemic elderies of both men and women were randomly selected from outpatient clinics(kerdasa hospital) and geriatrics clubs. Their age ranged from 60 to 70 years. Health-related quality of life and functional status were measured using the Short Form-36 Health Survey (SF-36) . Anemia evaluation performed bycomplete blood pictures(CBC)as hemoglobin < 13 g/dL for men or <12g/dL for women.Results:this study showed significance correlation betweendegree of anemia and physical functioning(R-0.45),role limitation due to physical health(R-0.23),emotional well-being(R-0.33),social functioning(R-0.34),pain(R-.037) and general health(R-0.42) and showed no significance correlation between degree of anemia and role limitation due to emotional problems(R-0.09)and fatigue/energy(R-0.07) .Conclusion: Anemia was associated with decreasing physical activity and general health ($P = 0.0001$),and associated with significant declines in quality of life among the elderly</p>		
Key words	1.	Anemia
	2.	Physical activity
	3.	Elderly
Classification number	:	616.1520846.MHC
Arabic Title Page	:	الارتباط بين درجات مرض فقر الدم المختلفة والنشاط البدني في كبار السن.
Library register number	:	3723-3724.

**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**

Author	:	Hisham Abd El Menem Abd El Wahaab
Title	:	Effect Of Different Intensity aerobic Exercises on serum uric acid in Hypertension
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Mohamed Lottfy Issa
	3.	Mona Mohammed Taha
Degree	:	Master.
Year	:	2014.
Abstract	:	<p>Background & purpose: Serum uric acid level has been implicated in the etiology and cardiovascular events risk factors in hypertension. Studies have reported significant benefit of exercise in the overall management of hypertension. However, studies on the effect of exercise on serum uric acid in the management of hypertension seem scanty. So the purpose of this study to detect the different effect between different intensity aerobic exercises on serum uric acid in hypertensive patients. Methods: Thirty hypertensive male (mild hypertension) participated in the study with age range (45 – 55years old), body mass index from 25 to 35kg/ m²(over weight and class1 obesity).The subjects were divided into group (1) and group (2) randomly. Group (1) performed high intensity(interval) exercise, while group(2) performed moderate intensity(continuous) aerobic exercise. Both groups performed the exercise on electrical treadmill for 30-40 min., 3 sessions per week for 8 consecutive weeks .laboratory investigation used for measuring serum uric acid, serum creatinine, urea pre and post study. Also measuring arterial blood pressure pre and post study. Results: Both high intensity interval and continuous moderate exercise had significant decreasing effect in serum uric acid and creatinine (p < .05) in favor of continuous moderate exercise by 17% improvement of serum uric acid and 28%improvement of creatinine compared with 7% improvement of serum uric acid and 19% improvement of creatinine with high intensity interval exercise. While there was no significance difference in improvement of arterial blood pressure and blood urea. Conclusion:There was significance difference between high intensity interval and moderate intensity continuous aerobic exercise in reduction of serum uric acid and creatinine in favor of moderate continuous while both of them had nearly the same effect in reduction of Bp(7% improvement in SBP. of group1 compared to8.5% in group2 and 4%improvement in DBP of group1compared with3.5% in group2),also nearly same effect in reduction of bl.urea (9% improvement in group1compared with 11% in group2)</p>
Key words	1.	Hypertension
	2.	serum uric acid
	3.	aerobic exercise
Classification number	:	
Arabic Title Page	:	تأثير التمرينات الهوائية مختلفة الشدة على حمض اليوريك في مرضى الضغط المرتفع.
Library register number	:	4003-4004.

**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**

Author	:	Ismail Hosni Ismail Mansour Sakna.
Title	:	Evaluation of ventilatory patterns in common rheumatic diseases.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A.Aziz A.Hady
	2.	Ragaa Ramadan Mohamed
	3.	Fatma Abo El Magd Mohamed
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background and Purpose: the respiratory involvement in autoimmune rheumatic diseases is frequent and easy to be detected by spirometer. The aim of the study was to evaluate the ventilatory patterns for the patients with rheumatic diseases. Subjects and Methodology: In addition to 20 normal subjects, 60 patients of both genders included in the study. Their ages ranged from 18:50 years divided into 4 groups: Group(A):Rheumatic arthritis (20 patients), Group(B): Systemic lupus erythematosus (20 patients), Group(C): Ankylosing spondylitis (20 patients) and the control group: (20 normal subjects). The pulmonary function test done for groups (patients and control group) using computerized spirometer.Results: there was significance between Group(A), Group(B), Group(C), in FVC (\uparrow12.1,\downarrow3.36, \uparrow14.7), FEV1 (\uparrow16.2, \downarrow8.020, \uparrow13.5), FEV1:FVC (\uparrow26.9, \uparrow16.6, \downarrow18.8), RV(\uparrow22.3, \uparrow23.1, \downarrow27.6), TLC (\uparrow22.5, \uparrow23.5, \downarrow13.7), TLC:RV (\downarrow1.21, \downarrow1.32, \uparrow3.2). Conclusion: Various autoimmune rheumatic diseases were evaluated for respiratory system involvement with simple clinical,functional methods. (73%) Of them at least had respiratory system involvement. Recommendations: Regular performed pulmonary functions tests are useful in early detection of respiratory manifestations & management of the diseases complications .</p>		
Key words	1.	EVALUATION OF VENTILATORY
	2.	RHEUMATIC DISEASES
	3.	Rheumatism.
Classification number	:	616.723.SIE
Arabic Title Page	:	تقييم الأنماط التنفسية في الأمراض الروماتيزمية الشائعة
Library register number	:	3771-3772.

**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**

Author	:	Mai Abdel Rehem Sayed Zeiza
Title	:	Effect of reflexology versus superficial massage on hypertension
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan
	2.	Gehan samir Mohamed
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Objective: This study was conducted to evaluate the effect of reflexology versus superficial massage on hypertension. Subjects: Forty women with mild hypertension (140-159) systolic (90-99) diastolic, with age ranged from 45 to 55 years, were selected from outpatient clinic of internal medicine of general hospital Qalioub, Egypt. Method: Forty women agreed to continue the treatment period of one month, they were divided randomly into two groups, Group (A): 20 patients, they received reflexology for 30 minutes for three times per week for one month. Group (B): 20 patients, they received superficial back massage for 30 minutes for three times per week for one month. Systolic and diastolic blood pressure were measured pre treatment and after one month. Results: Showed that there was statistical significance reduction in systolic and diastolic blood pressure within each group before and after one month. There was no statistical significance difference between both groups in systolic blood pressure reduced in group (A): (5.23↓) and in group (B) (4.71↓) and it was reduced in diastolic blood pressure by (5.79%↓) in group (A) and (4.71↓) in group (B) but in favor to group (A). Conclusion: Both reflexology and superficial back massage was effective in reducing systolic and diastolic blood pressure in mild hypertensive patients.</p>		
Key words	1.	Reflexolog
	2.	Superficial Massage
	3.	Hypertension.
Classification number	:	
Arabic Title Page	:	تأثير الريفلكسولوجي مقابل التدليك المسحي علي مرضي ضغط الهم المرتفع.
Library register number	:	3953-3954.

**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**

Author	:	Manal Mousa Mohamed
Title	:	Effect of Face Veil (Niqap) On Ventlatory Function
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abdel Aziz Abdel Hady
	2.	Aly Saad Rafea
	3.	Samah Mahmoud Ismail
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Objective: The use of face veil called “niqab” by women to cover their faces at public places is a common practice in some Muslim communities. The long-term effect of niqab use on ventilatory function (VF) has not previously been reported in Egypt. The aim of this research was to study the effect of facial veil on VF Methods of assessment: By comparing VF between niqab wearing and non-niqab wearing healthy Egyptian ladies. Subject: one hundred and sixty women participated in the study, selected from the outpatient clinics of the El-Mataria Teaching Hospital and Dar Al- Arkam institute for Islamic studies and theology. During the period from June to December 2013. Their age ranged from 30 to 45 years with BMI 25-34.9 kg/m². They were assigned into two equal groups (group A) 80 veiled women and (group B) 80 non veiled women. Measures: Forced vital capacity (FVC) ,Forced expiratory volume in the first second (FEV₁), Forced expiratory volume in the first second / Forced vital capacity ratio (FEV₁ / FVC %), Peak expiratory flow rate (PEF) and forced expiratory flow (FEF₂₅₋₇₅). Results: there was a significant difference between veiled (A1) and non veiled (B) women in FVC the % of difference was (18.9%), in FEV₁ the % of difference was (18.6%) ,in PEF the % of difference was (17.9%) and in FEF the % of difference was (16.3%) favor veiled women while there is no significant difference in FEV₁/FVC% measures, a significant difference between veiled (A2) and non veiled (B) women in FVC the % of difference was (19.5%), in FEV₁ the % of difference was (17.6%) favor veiled women while there is no significant difference in FEV₁/FVC% ,PEF and FEF measures and within veiled women raising veil is better than wearing it only inFEV₁/FVC%, PEF and FEF while there is no significant difference in FVC and FEV₁ measures conclusion: It was concluded that wearing the niqap has no side effect on Ventlatory functions.</p>		
Key words	1.	Face veil
	2.	Niqap.
	3.	Ventlatory functions,.
	4.	Egypt.
Classification number	:	
Arabic Title Page	:	تأثير ارتداء غطاء الوجه (النقاب) على وظائف التنفس.
Library register number	:	3951-3952.

**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**

Author	:	Mariam Nageeb Faiz
Title	:	Effect of weight reduction on mechanical low back pain in class I Obesity
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abdel El Aziz Abd El Hady
	2.	Emad Girgis Kamel
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>The purpose of this study was to determine the effect of weight reduction on mechanical low back pain in class I obesity. Methods: The study was carried out on 40 men patients who were classified as 1st class of obesity suffering from mechanical low back pain, with age ranged from 20-30 years, they were selected from the out-patient clinic in Elminya Health Insurance Hospital. The patients were assigned into 2 equal groups in number. Group (A) received weight reduction program in form of low carbohydrate-diet(contains about 1000 calories) and Pilates exercises for mechanical low back pain .Group (B)received Pilates exercises only for mechanical low back pain for fifty minutes 3 times per week for eight weeks.Results: The results of this study showed that there were statistically significant increase in group (A) pre and post treatment regarding lumbar flexion 20.9%, lumbar extension 27%, and concerning functional disability 49.1%. While group (B) showed slight increase but not with statistical significance regarding lumbar flexion 3.3%, lumbar extension 4.9%, and concerning functional disability 13.7%. Conclusion: it was concluded that application of weight reduction program with Pilates exercises reduce the mechanical back pain, than application of Pilates exercises only.</p>		
Key words	1.	Weight reduction
	2.	Mechanical low back pain
	3.	Class I obesity.
	4.	Pilates exercise
Classification number	:	
Arabic Title Page	:	تأثير انقاص الوزن علي الام الظهر الميكانيكية في مرض السمنة الفئة الاولى.
Library register number	:	3965-3966.

**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**

Author	:	Marian bekhet abd el said abo el yemen
Title	:	Effect of strengthening versus Aerobic exercises on liver Enzymes in obese Elderly
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Bassem El Zaref Fouad
	3.	Gihan Samir Mohamed
Degree	:	Master.
Year	:	2014.
Abstract	:	<p>Objective: to compare the effect of strengthening exercise training (weight machine, dumbbells) and aerobic exercise training (treadmill) on hepatic liver enzyme concentration (AST and ALT) in obese elderly (class I obesity). Methods of evaluation: measurement of liver enzymes (AST and ALT) were recorded at the beginning and after 4 weeks for both groups. Subject: Forty obese elderly (13 men, 27 women) participated in the study, selected from outpatient clinic of general hospital of Dar El-Salam city, their age ranged from 60 to 70 years with BMI 30-34.9 kg/m². They were assigned into two groups (group I) received strengthening exercises for duration 30 minutes every other day for 4 weeks and (group II) received aerobic exercises for duration 30 minutes, every other day for 4 weeks. Results: The results revealed that both types of exercises had a positive effect on liver enzymes but improvement in group II (aerobic exercises) was more than group I (strengthening exercises) as the mean percentage of improvement of AST and ALT in group I was (29.79%,31.3%) and in group II was (56.99%,68.77%). conclusion: It was concluded that aerobic exercises are more effective than strengthening exercises in decreasing liver enzymes in obese elderly.</p>
Key words	1.	strengthening exercise
	2.	aerobic exercise
	3.	liver enzymes
		obesity
		elderly
Classification number	:	
Arabic Title Page	:	تأثير تمارينات التقوية مقابل التمارينات الهوائية على إنزيمات الكبد لكبار السن ذوي السمنة
Library register number	:	3835-3836.

**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**

Author	:	Marwa Saber Wahba
Title	:	Comparative Study Between The Efficacies Of Diaphragmatic Breathing Versus Aerobic Exercise On Hypertensive Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M. H. Serry
	2.	Mohamed M. A. Mousa
Degree	:	Master.
Year	:	2014.
Abstract	:	<p>Background: An elevated arterial blood pressure is probably the most important public health problem in all countries. It is common, asymptomatic, readily detectable and easily treated if early diagnosed. Purpose of the study: to compare between the efficacy of diaphragmatic breathing exercise versus aerobic exercise on controlling hypertension. Subjects and Methods: forty hypertensive patients of both sex with age range from 40 to 50 years old participated in the study. They were divided into two groups equal in number (A &B). Procedures: group A 20 patients (9 female &11 male) received aerobic exercise; group B 20 patients (10 female &10 male) received diaphragmatic breathing exercise. The program for both groups was conducted three times per week for eight weeks and blood pressure was measured for all subjects at the beginning and at the end of the study. Results: There was a significant difference in the systolic blood pressure (mmHg) of group A pre (150.75 ± 7.48 mmHg), and post program (132.5 ± 6.38 mmHg) (p=0.0001), with reduction percentage 12.1% and for the diastolic blood pressure, similar results was obtained as regard pre (95.75 ± 3.72 mmHg), post study (85.25 ± 3.43 mmHg)(p=0.0001) and reduction percentage 10.96%, on the other hand results of group B were (151.25 ± 7.41) pre program level and a post program level (141.9 ± 8.27) for systolic blood pressure (mmHg). While the diastolic BP pre program level was (95.25 ± 4.12), post program level (90.45 ± 4.43) and percentage of decrease was 6.18% and 5.03% respectively. Finally, on comparison there was a significant difference in the post treatment values for the systolic blood pressure between groups. And there was also a significant difference in the post treatment values for the diastolic blood pressure for both groups with superiority of group A. Conclusion: aerobic exercise training has more favorable effect in reducing elevated blood pressure than diaphragmatic breathing in hypertensive patients.</p>
Key words	1.	Hypertension
	2.	Blood pressure
	3.	Systolic blood pressure
Classification number	:	
Arabic Title Page	:	مقارنة بين تأثير تمارينات التنفس والتمارين الهوائية على مرضى ضغط الدم المرتفع
Library register number	:	3957-3958.

**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**

Author	:	Mohamed Lotfy Mohamed Atia Mwafi
Title	:	Effect of Ultrasound Cavitation on liver enzymes in fatty liver patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Rashed Mohamed Hassan
	3.	Shereen Hamed El Sayed
Degree	:	Master.
Year	:	2014.
Abstract	:	<p>Introduction: Non-alcoholic fatty liver disease is the most common cause of elevated liver enzymes and also one of the most common forms of liver disease in the world. Purpose: Aerobic Exercise combined with Ultrasound Cavitation was applied to treat Non alcoholic obese fatty liver patients. Methods: Forty obese fatty liver patients of both sex (20 male & 20 female) with age ranged from 30 to 40 years old selected from Zagazig University hospital. They were divided to equal two groups, Group (A) received moderate intensity aerobic training program 3 sessions / week for 2 months, Group (B) received ultrasound Cavitation 1 session / week for 2 months followed by moderate intensity aerobic training program. Results: The results of group (A) showed a significant improvement (decrease) on Body weight, BMI, liver enzymes (S.G.P.T,S.G.O.T), Waist circumference, Ultrasound, their percentages of improvement were 7.79%, 8.11%, (37.18%, 27.83%), 10.92%, 55.55% respectively. The results of group (B) showed a significant improvement (decrease) on Body weight, BMI, liver enzymes (S.G.P.T,S.G.O.T), Waist circumference, Ultrasound, their percentages of improvement were 18.56%, 18.56%, (49.77%,50.4%), 22.29%, 83.78% respectively. There was no significant difference in pre treatment values where the t-value was (1.02) and p-value was (0.31). But there was a significant difference in the post treatment values (P<0.05) where the t-value was (7.37) and p-value was (0.0001) with group (B) showed significant improvement than group (A). Conclusion: Ultrasound cavitation has a positive effect on liver enzymes level measures in obese fatty liver patients. This study suggests the use of ultrasound Cavitation with moderate intensity aerobic exercise as an effective intervention in the treatment of obese fatty liver patients.</p>
Key words	1.	Fatty liver
	2.	Liver Enzymes
	3.	Ultrasound Cavitation
	4.	Aerobic Exercise
	5.	Liver.
Classification number	:	616.362.MME
Arabic Title Page	:	تأثير الموجات فوق الصوتية علي إنزيمات الكبد في مرضي الكبد الدهني
Library register number	:	3781-3782.

**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**

Author	:	Mona Abd El Raouf Moursy Ghallab.
Title	:	Balance response to circuit weight training versus biodex balance system in type 2 diabetic polyneuropathy.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Aziz Guirguis Aziz.
	2.	Dalia Ahmed Mohamed.
	3.	HanyFaridEidMorsy.
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Objective: The purpose of this study was to compare between balance response to circuit weight training versus biodex balance system in type 2 diabetic polyneuropathy. Background: Exercise is often recommended for patients with type 2 diabetes to improve physical conditioning and glycemic control so, improving neuropathic symptoms, also biodex balance system is recommended to improve balance of diabetic patients. This study compare between the effect of 4 weeks of circuit weight training and the effect of 4 weeks training by biodex balance system on balance in patients with type 2 diabetic polyneuropathy. Subjects and methods:Forty type 2 diabetic patients participated in the study, their ages ranged from 50-60 years. They were divided randomly into two groups; each group 20 patients. Group (A) received circuit weight training 30min for 4 weeks, 3 sessions per week and with 30-60% of 1RM. Group (B) received training by biodex balance system for 4 weeks, 3 sessions per week. Pre and post 4 weeks, balance index were taken (Antroposterior stability index and mediolateral stability index) from all subjects. Data was statistically described in terms of mean \pm standard deviation (\pm SD). Using t- test. Results: Both Circuit weight training and training by Biodex Balance System had highly significant improvement in balance of diabetic neuropathic patients but training by biodex balance system more than circuit weight training. Conclusions: It was concluded that Biodex Balance System had highly significant improvement in balance so this study supports the value of Biodex Balance System in the management of balance disorders in type 2 diabetic polyneuropathy.</p>		
Key words	1.	Type 2 diabetes mellitus.
	2.	Circuit weight training.
	3.	biodex balance system.
	4.	Balance.
	5.	Polyneuropathy- type 2 diabetic.
Classification number	:	616.46206.GMB
Arabic Title Page	:	إستجابة الإلتزان للتدريب بواسطة حلقة الأوزان مقابل منظومه بيودكس للإلتزان لدى مرضى إعتلال الأعصاب السكري.
Library register number	:	3599-3600.

**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

Author	:	Mona Ahmed Mohamed Abd El Wahab.
Title	:	Effect Of Electrical Stimulation Of Acupuncture Points In Mild Hypertensive Patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Aziz Guirguis Aziz
	2.	Shawky abd elhamid fouad
	3.	Mohammed abd alhaleem shendy
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Objective: The purpose of this study was to investigate the effects of electrical stimulation of acupuncture points on lowering blood pressure in mild hypertensive patients. Background: acupuncture effectively reduced BP in hypertensive patients, acupuncture produced a significant reduction in systolic and diastolic BP in mild hypertension .A number of acupoints found to be effective in reducing BP, including pericardium 5, 6 (P 5, 6), stomach 36 (ST 36), large intestine 4, 11 (LI 4, 11), bladder 18, 20 (BL 18, 20), and gallbladder 34 (GB 34). This study used (low frequency TENS) (1-15HZ) on 2 acupuncture points (large intestine 4, 11 (LI 4, 11) in mild hypertensive for 6 weeks Subjects and methods :This study was conducted on 40 hypertensive patients who were selected randomly, their age ranged from 40-50 years old . They were randomly assigned into two groups, each included 20 patients; the first was treated by (low frequency TENS) (Group A), the second was (Group B) received a sham treatment, for 15 min at each point (total time of treatment was 30 minutes), performed 3 times per week for 6 weeks, in addition to their pharmacotherapy. During each subject's visit, blood pressure was measured twice and a single average number was recorded, Pre and post program assessment was done for each patient of both groups for blood pressure lowering response (was conducted by a manually operated sphygmomanometer). Data was statistically described in terms of mean \pm standard deviation (\pm SD).Using t- test. Results: Results of this study concerning the blood pressure response proved that receiving (low frequency TENS) after 6th weeks significantly reduced blood pressure of mild hypertensive patients. Conclusion: It is concluded that electrical stimulation of acupuncture points is effective on lowering blood pressure in mild hypertensive patients and hence decrease the incidence of hypertension complications. The mechanisms underlying the beneficial effects of acupuncture are associated with modulation of sympathetic outflow and possibly the endocrine system. Electrical stimulation on acupuncture points inhibits the reflex-induced hypertension by modulating the activity of cardiovascular parasympathetic endocannabinoids in the brain all appear to participate in the TENS antihypertensive response</p>		
Key words	1.	Acupuncture
	2.	TENS
	3.	Mild Hypertension
	4.	Blood pressure
Classification number	:	تأثير التحفيز الكهربائي ل نقاط الوخز بالإبر في المرضى الذين يعانون من ارتفاع طفيف بضغط الدم.
Arabic Title Page	:	616.132.AME
Library register number	:	3725-3726.

**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**

Author	:	Mona El-Sawy Omran
Title	:	Response of static versus dynamic yoga on balance in elderly
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	AzzaAbd El Aziz Abd El Hady
	2.	Nesreen Ghareeb Mohamed
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background: - Decreased balance in elderly will increase the risk of falling and fractures, so improving balance of elderly by yoga need to be investigated. Purpose: - The purpose of this study was to assess effectiveness of static versus dynamic yoga on balance in elderly. Subjects: - Forty elderly subjects diagnosed as orthopedic cases(e.g.fingerstiffness,not advanced frozen shoulder) (11 women and 29 men) were included in this study. Their ages ranged from 65 to 83 years. They were randomly assigned into two equal groups in number. Procedure: - Group (A) (6 women and 14 men) received 8 weeks of static yoga in a form of Wind Relieving Position , Corpse Position , Standing Side Stretch Position and Seated Forward Bend for 30 minutes for two times per week. While group (B) (5 women and 15 man) received 8 weeks of dynamic yoga in a form of Locust Position , Cobra Position and Chair Position for 30 minutes for two times per week. The dynamic balance was measured for all patients by using biodex balance system just before the study then after 8 weeks of yoga. Results: - This study showed insignificant statistical difference in balance performance between the 2 groups. Overall stability index was insignificantly decreased with a percentage of change (2.68%) for group(A) and (17.2%) for group (B) and the balance performance were insignificantly improved in both groups with the dynamic group achieved more improvement than statistic yoga. Conclusion: - Both modalities of training either static or dynamic yoga had no effect on improving balance in elderly.</p>		
Key words	1.	Yoga
	2.	Balance
	3.	Biodex
	4.	Elderly
Classification number	:	
Arabic Title Page	:	الاستجابة لاوزاع مقابل تمارين اليوجا على اوزان المسنين.
Library register number	:	3961-3962.

**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**

Author	:	Nabil Talaat Fayade
Title	:	Effect of whole body vibration on insulin resistance in case of visceral obesity
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr
	2.	Zahra Mohamed Hassen Serry
	3.	Engy Abdel-Wahab Ibrahim
Degree	:	Master.
Year	:	2014.
Abstract	:	<p>Objectives: to determine the efficacy of whole body vibration on insulin resistance in visceral obese subjects. Methods of Evaluation:(measurement of body mass index, waist /hip ratio, lipid profile, fasting insulin, fasting glucose and visceral adiposity index) have been used .Subjects: twenty three obese men and twenty three obese women aged from 30 to 40 years has been divided into two groups. Group (A) received whole body vibration program plus diet program. Group B received diet program only. Results: The results suggested that the program of whole body vibration combined with diet program are effective in decreasing the waist circumference, fasting Serum insulin level, lipid profile, insulin resistance according to HOMA-IR and visceral adiposity index in visceral obese subjects .Conclusion: the study showed the efficacy of whole body vibration and diet program in decreasing insulin resistance by 24.9 % and improving lipid profile in visceral obese subjects</p>
Key words	1.	visceral obesity
	2.	insulin resistance
	3.	HOMA IR
	4.	whole body vibration
	5.	waist circumference
Classification number	:	
Arabic Title Page	:	تأثير الاهتزاز الكلي للجسم على مقاومة الجسم للأنسولين في حالات السمنة المركزية.
Library register number	:	3831-3832.

**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**

Author	:	Omnia Saeed Mahmoud
Title	:	Effect of inspiratory trainer on diaphragmatic excursion prior hemodialysis session
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Abdel-Naser Abdel Monem
	3.	Nesreen Ghareeb El-Nahas
Degree	:	Master.
Year	:	2014.
Abstract	:	<p>Hemodialysis is a protien catabolic procedure that mainly causes skeletal muscle weakness including the diaphragm which is the main muscle of respiration. Purpose: to determine the effect of inspiratory trainer on diaphragmatic excursion (DE) prior hemodialysis session. Method: Thirty patients of both sexes (10men and 20women) with mean age 35.47(± 6.51), undergoing hemodialysis from at least 2 years had participated in this study. The practical work was recruited from nephrology department, dialysis unit At El Sahel Teaching hospital. They received inspiratory muscle training by using inspiratory muscle trainer for 20 minutes, 3 days per week for Three months. Ultrasonography was used to evaluate the changes in DE before and after training program. Results: Statistical analysis revealed a significant increase in DE in the study group (65.74%) after using inspiratory muscle trainer for 3 months prior hemodialysis session. The percentage of improvement in DE in men is 65.29% and in women is 66.08%. Conclusion: It is beneficial to use inspiratory muscle trainer as a method of to improve strength of inspiratory muscles mainly the diaphragm.</p>
Key words	1.	Inspiratory Muscle Trainer
	2.	Diaphragmatic Excursion
	3.	Hemodialysis
Classification number	:	
Arabic Title Page	:	تأثير جهاز تمرينات التنفس على إزاحة الحجاب الحاجز قبل جلسة الغسيل الكلوي.
Library register number	:	3981-3982.

**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**

Author	:	Rana Hesham Mohamed EL-Banna.
Title	:	Efficacy of Inspiratory muscle Trainer on functional ability and rate of perceived exertion in Elderly.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr
	2.	Sally Adel Hakim
	3.	Shereen Hamed El-sayed
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Physiological Function Capacity (PFC), which defined as the ability to perform the physical tasks of daily life and the ease with which these tasks can be performed, is known to decline with advancing age even in healthy adults. This eventually can result in increased incidence of morbidity and mortality, increased use of health care services, loss of independence, and reduced quality of life. Purpose: To detect the effect of using the Inspiratory muscle Trainer on functional ability and rate of perceived exertion in Elderly. Method: Thirty Elderly of both sexes (15men and 15 women) with age ranged from 60 to 70 years old had participated in this study. The practical work was recruited at Manshaat El Bakaary hospital and in the external clinic of the faculty of Physical Therapy, Cairo University. They all had received inspiratory muscle training program by using inspiratory muscle trainer device for (10 to 15 minutes) twice daily, 3 days per week for six weeks in the period from first of Jun to first of November 2013. Six minutes walking test was used to evaluate the functional ability of the elderly before and after training program. The modified Borg scale were also used to evaluate the rate of perceived exertion after performing the six minute walking test pre and post treatment program. Results: Statistical analysis revealed a significant increase in the distance covered by elderly in the six minute walking test and significant improvement in the dyspnea after using inspiratory muscle trainer device in the elderly subjects. Conclusion: It was concluded that usage of inspiratory muscle trainer device had a significant positive effect in improving functional abilities and improving dyspnea in the elderly subjects.</p>		
Key words	1.	Inspiratory Muscle Trainer
	2.	Functional ability
	3.	Rate of perceived exertion
	4.	Elderly
	5.	Muscles.
Classification number	:	612.74.ERE
Arabic Title Page	:	تأثير جهاز تقوية التنفس على وظيفة القدرة الفسيولوجية ومعدل ممارسة المجهود عند كبار السن.
Library register number	:	3767-3768.

**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**

Author	:	Sara Rabie Ahmed Soliman
Title	:	Impact of physical therapy program on quality of life in adolescents with type 1 diabetes
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr
	2.	Abla Mohamed Hamed
	3.	Yasser Mohamed AbdelHamid
Degree	:	Master.
Year	:	2014.
Abstract	:	<p>Purpose The purpose of this study was designed to determine the effect of physical therapy program on quality of life in adolescents with type 1 diabetes mellitus. Methods: The study was conducted in the physiological laboratory section at Faculty of Physical Therapy- Misr University for Science and Technology. It included 40 participants (22 males and 18 females). Their age ranged from 14 to 19 years old , The participants were distributed into two groups. Group (A) included 20 (13 males and 7 females) subjects considered as the study group. They received physical therapy program as three sessions per week for successive three months, their traditional medication and insulin. The session lasted for about forty minutes. Group B included 20 (11 females and 9 males) subjects considered as a control group and received traditional medication and insulin. Measurements of blood glucose level and quality of life were taken before and after treatment course for both groups. Results: The data obtained in this study revealed that, there was a significant improvement of blood glucose level following application of physical therapy program for three months by about 17.76%. There was also a significant improvement of quality of life in the physical, psychological, social and environmental domain by about 22.88%, 28.73%, 17.28 and 11.69% respectively. Conclusion: Physical therapy program had a beneficial effect on quality of life as well as on blood glucose level in adolescents with T1DM.</p>
Key words	1.	physical therapy program
	2.	quality of life
	3.	type 1 diabetes
Classification number	:	
Arabic Title Page	:	تأثير برنامج العلاج الطبيعي علي جودة الحياة لدي المراهقين من مرضي السكر النوع الاول.
Library register number	:	3837-3838.

**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**

Author	:	Shaimaa Yahia Zaki.
Title	:	Accelerating weaning by diaphragmatic breathing exercise in chronic obstructive pulmonary disease patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry.
	2.	Hanan Elsayed El-Mekrawy.
	3.	MOHAMED Abd EL-Latif Mohamed.
	4.	Fatma Aboel-magd Mohamed Hamid.
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background: Increase in diaphragmatic muscle strength can accelerate weaning from mechanical ventilation in chronic obstructive pulmonary disease. Purpose of the study: to determine the efficacy of the diaphragmatic breathing exercise on accelerate weaning in COPD patients on mechanical ventilator. Methods: Forty COPD patients 20 men and 20 women, aged from 40-60 years suffering from respiratory failure on mechanical ventilation were selected from the Military Production Specialized Centre. They were randomly divided into two groups of equal number: study group: included 10 men and 10 women who were treated with diaphragmatic breathing exercise and chest physical therapy 3 times for one week and control group: included 10 men and 10 women who were treated with chest physical therapy without diaphragmatic breathing exercise. All patients were evaluated daily before and after treatment by pulse oximetry, blood gas analyzer, ventilator system parameters and spontaneous breathing trials time. Results: There were showed highly significant decrease ($P<0.05$) in PCO_2, $PEEP$, HCO_3, and significant increase ($P<0.05$) in PO_2, O_2 saturation and SBTS within each group from pre to post treatment measurement and decrease in time needed for weaning in study group, however a significant difference was found at the end of the study in all parameters in favor of the study group. Conclusion: diaphragmatic breathing exercise can decrease post mechanical ventilation complications and accelerate weaning process of COPD patients on mechanical ventilation.</p>		
Key words	1.	Diaphragmatic breathing exercise.
	2.	Mechanical ventilation.
	3.	COPD.
	4.	Blood gas analyzer.
Classification number	:	616.24.ZSA
Arabic Title Page	:	تعزيز سحب التنفس الصناعي بتدريبات التنفس للحجاب الحاجز في مرضى السدة الرئوية المزمنة.
Library register number	:	3693-3694.

**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**

Author	:	Shimaa Sayed Mahmoud
Title	:	Effect of inspiratory trainer on respiratory muscles strength post liver transplantation
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Prof. Dr. Essam Anwar Morsy
	3.	Nesreen Ghareeb El-Nahas
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Purpose: This study was conducted to investigate the effect of inspiratory trainer on respiratory muscles strength post liver transplantation. Subjects: 40 men patients with mean age (41 ± 3.19) post liver transplantation surgery participated in this study, patients were assigned into two groups, equal in number, the first group was the control group (group A) who received traditional physical therapy program which include deep breathing exercise in form of diaphragmatic, apical and costal breathing, training about right way of cough and early ambulation from bed and the second group (group B) was the study group who received inspiratory muscle trainer IMT plus traditional physical therapy program 3times/ week, twice daily for 8weeks. Forced expiratory volume in the first second (FEV1) and maximum voluntary ventilation (MVV) were assessed before the treatment application (pre-treatment) and after 8 weeks of treatment application (post-treatment) for each patient in both groups of the study. Results: There was significant increase of FEV1 and MVV within the study group compared with that the control group, the percentage of improvement for the control group as regard FEV1 and MVV were respectively 22.22% and 22.89%, while the percentage of improvement for the study group as regard FEV1 and MVV respectively were 46.45% and 46.85%. Conclusion: The inspiratory muscle training is considered as an effective rehabilitation method that increases the respiratory muscles strength post liver transplantation.</p>		
Key words	1.	Liver transplantation
	2.	Respiratory muscles strength
	3.	Inspiratory trainer
Classification number	:	
Arabic Title Page	:	تأثير جهاز تمارينات التنفس على قوة عضلات التنفس بعد زراعة الكبد.
Library register number	:	3973-3974.

**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**

Author	:	Shiref Osama Abd-El Salam Mohamed El Abd
Title	:	Aerobic versus resistive exercise on modulating hemoglobin level in elderly women
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohammed Hassan Serry
	2.	Hoda Ibrahim Fahim
	3.	Nesreen Ghareb Mohamed El-Nahas
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Reduced capacity for physical work and physical inactivity, being more prone to injury related to falls and hospitalizations, making the low hemoglobin level an important health care concern in the old age. Purpose: To detect the effect of aerobic versus resistive exercise on modulating hemoglobin level in elderly women. Method: Forty women with age ranged from 65 to 75 years old had low level hemoglobin between 8.5-9.5mg/dl ,had participated in this study. The practical work was recruited at Manshaat El Bakaary hospital. They were submitted randomly into two equal groups in number (group A and group B). Group A underwent a program of aerobic exercise in form of treadmill training (65-75%HRMax) while group B underwent a program of resistive exercise in form of sand weight training for four months. Hemoglobin level was measured at the blood laboratory at Manshaat EL Bakary Hospital before and after the programs. Results: Statistical analysis revealed a significant increase in the hemoglobin level in both groups A and B .The percentage of improvement was 10.16% and 1.55% for group A and group B respectively. Conclusion: It was concluded that both aerobic and resistive exercise has a significant effect on modulating the hemoglobin level in elderly women but the aerobic exercise had a significant effect than the resistive exercise.</p>		
Key words	1.	Aerobic exercise
	2.	Hemoglobin level
	3.	Resistive exercise
	4.	Elderly women.
Classification number	:	
Arabic Title Page	:	تأثير التمرينات الهوائية مقارنة بتمرينات المقاومة على تعديل معدل الهيموجلوبين عند السيدات كبار السن.
Library register number	:	3931-3932.

**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**

Author	:	Talaat Abdallah Ali Ahmed
Title	:	Aerobic exercises versus natural extract on leptin level in obese women
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra M. H. SERRY
	2.	Nagwa Mohamed Ammar
	3.	Nesreen Ghareeb Mohamed Elnahas
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background: In clinical practice the prevalence of obesity and overweight is steadily increasing in most human populations, and because leptin play an important role in the regulation of energy intake and expenditure so, any change in its level can assist in regulation of body weight and obesity. So, this study was performed to assess the effect of aerobic exercises versus natural extract on leptin level in obese women. Methodology: Sixty obese women were included in this study. Their ages ranged from 30 to 40 years, and their BMI ranged from (30 - 39,9) kg/m², assigned into three groups: Group (A) They performed the designed program of aerobic exercise three times per week for 12 weeks duration, group (B) They performed the designed program of drinking green tea 3 cups (each cup about 150 ml of water) of green tea every day for 12 weeks, and group(C) They performed the same aerobic exercise program as the study group (A), plus drinking green tea as the study group (B), for period of 12 weeks. The measurements were done before the study, after 6 weeks of treatment, and after 12 weeks of treatment for each group by using serum leptin level, BMI, and body weight. Results: This study provides data showing that a 6-week and 12-week of green tea drinking, exercise training or a combination of green tea therapy plus exercise caused significant reductions in body weight, BMI, and serum leptin levels in obese women. Conclusion: Green tea drinking and aerobic exercises were found to decrease the elevated leptin level in obese women.</p>		
Key words	1.	Obesity
	2.	Leptin
	3.	aerobic exercises
	4.	green tea
Classification number	:	
Arabic Title Page	:	التمرينات الهوائية مقابل المشتقات الطبيعية على مستوى اللبتين لدى السيدات البدنيات.
Library register number	:	3813-3814.

**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**

Author	:	Tamer Ahmed EL Hady Mahmoud
Title	:	Effect of aerobic exercise and blood group (A) diet on weight reduction in obese women
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	AzzaAbd El Aziz Abd El Hady
	2.	Houda Ibrahim Fahim
	3.	NesreenGhareeb El-Nahas
Degree	:	Master.
Year	:	2014.
Abstract	:	<p>There is a large quantity of evidence on the effectiveness of dietary interventions for the treatment of obesity and overweight. Blood group A diet with moderate aerobic exercise has a beneficial effect on weight reduction. Purpose: to determine effect of aerobic exercise and blood group (A) diet on weight reduction in obese women. Method: Forty obese women their age ranged from 40 to 45 years old participated in this study. The practical work was recruited at outpatient clinic of Al-Agouza Police hospital. They were assigned into two groups equal in number: Group A (study group) received blood group A diet (1200 Kcal) and aerobic exercise for 3 sessions per week for 12 week. Group B (control group) received caloric diet (1200 Kcal) and aerobic exercise for 3 sessions per week for 12 week. Weight, BMI and waist circumference was measured before and after training program. Results: Statistical analysis revealed a significant decrease in Weight, BMI and waist circumference in group A (Blood group (A) diet and regular aerobic exercise group) (13.36%), (17.8%) and (9.58%) respectively statistically different than group B (caloric diet and aerobic exercise group) (9.43%), (9.36%) and (6.44%) respectively. Conclusion: Blood group (A) diet and regular aerobic exercise may help in decreasing body mass index of obese women and also decrease lectins which are a danger when consumed in their raw state, or by persons deficient in stomach acid causing protein loss and growth retardation and provoke numerous immune responses, including IgG and IgM</p>
Key words	1.	Aerobic exercise
	2.	Blood group (A) diet
	3.	obese woman
	4.	Obesity.
Classification number	:	616.398.MTE
Arabic Title Page	:	تأثير التمرينات الهوائية والنظام الغذائي لفصيلة الدم (A) على نقصان الوزن لدى السيدات البدنيات.
Library register number	:	3779-3780.

**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

Author	:	Tarek Abo Elmaged Mohammed.
Title	:	Exercise capacity response to acapella device in patients with chronic suppurative lung diseases.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Akram Abd El-Aziz.
	2.	Nesreen Ghareeb Mohamed Elnahas
	3.	Sabah Ahmed Mohamed.
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Purpose: To investigate the response of exercise capacity to acapella device in patients with chronic suppurative lung diseases (CSLD). Method: Thirty patients (17men- 13 women) with CSLD with age ranged 45-55 years enrolled in that study for 4 weeks selected from chest and chest IN-patient clinic of Kasr –EL-Aini hospital and Elagoza police hospital. They were assigned into two:Group (A): The study group consisted of fifteen patients (8 men, 7 women) who received Acapella device, medical treatment and aerobic exercise program (walking on treadmill and stretching exercise for upper and lower limbs). Group (B): The control group consisted of fifteen patients (9 men ,6 women) who received medical treatment and aerobic exercise program (walking on treadmill and stretching exercise for upper and lower limbs).Both groups underwent measurement procedures at the beginning and after four weeks for blood gases(PaO₂, PaCO₂, and SaO₂) and the functional capacity tests (6MWT and Borg scale). Results: Statistical analysis revealed a significant improvement of all blood gases and exercise capacity with study group when compared with control group. The percentage of decrease of PaCo₂ was17.7 %, Borg scale was 37.08%,also for systolic blood pressure was 6.28% and that of diastolic blood pressure was 5.94% and the percentage of increase of Pao₂ was 22.32% , SaO₂ was 10.72% and that of the six minute walk distance was 24.33% for the study and for the control group the percentage of decrease of PaCo₂ was 4.64%, Borg scale was 17.33% , also for systolic blood pressure was 4.29% and that of diastolic blood pressure was 4.23%, the percentage of increase of Pao₂ was 5.36% , SaO₂ was 3.19% ,and that of the six minute walk distance was 11.88% . Conclusion: It was concluded that the Acapella device with aerobic exercise improves all blood gases and exercise capacity in CSLD patients who had chronic sputum production.</p>		
Key words	1.	Acapella.
	2.	Airway clearance.
	3.	arterial blood gases.
		CSLD.
Classification number	:	
Arabic Title Page	:	استجابة قدرة التمارين لجهاز الاكابيلا لمرضى التقيح الرئوى المزمن.
Library register number	:	3901-3902.

**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**

Author	:	Walaa Abbas Soliman
Title	:	The effect of Inspiratory Muscle Training on Forced Expiratory Volume in 1st second (FEV1) after Cardiac Resynchronization Therapy In patients with Congestive Heart Failure
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	AkramAbd- Elaziz Said
	2.	Mohamed shrief Mokhtar
	3.	Abdu Mohamed El- Azab
Degree	:	Master.
Year	:	2014.
Abstract	:	It is well known that congestive heart failure (CHF) patients show reduced maximal inspiratory pressure (PImax) and limited endurance of inspiratory muscles which limit the exercise response otherwise; cardiac resynchronization therapy (CRT) has become an established adjunctive treatment to optimal pharmacologic therapy in patients with advanced CHF, diminished Left Ventricular function and intra-ventricular conduction delay. Although CRT has been shown to improve ventricular hemodynamics, quality of life and exercise capacity. As the inspiratory muscle training (IMT) improves exercise capacity and ventilatory responses to exercise in CHF patients with inspiratory muscle weakness we assess the effect of IMT on ventilator functions, ejection fraction, functional state and quality of life on patients with CHF and whom underwent to CRT and we concluded that the IMT improve the ventilator functions, functional state and quality of life in patients with CHF and whom underwent to CRT otherwise the ejection fraction not improved with IMT for CHF patients but, it had improved with IMT for CRT group .
Key words	1.	Congestive heart failure
	2.	Cardiac resynchronization therapy
	3.	Ejection fraction
	4.	Hemodynamics
	5.	Maximum inspiratory pressure
Classification number	:	
Arabic Title Page	:	اثرالتدريب العضلي لعضلات الشهيق علي حجم هواء الزفير بعد إعادة توافق الانقباض البطني لقصور القلب المحتقن.
Library register number	:	3903-3904.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Walaa Mohamed Mohamed Mohammed.
Title	:	Effect of Moderate Aerobic Exercises on lipid profile in chronic kidney disease patients.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Adel Abd EL-Mohsen Ghorab
	3.	Mariam El-Sayed Mohamed Abd El-Aal
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background: Chronic kidney disease is an important public health threat. Such patients present high morbidity and mortality due to cardiovascular disease. Objective: to investigate the effect of moderate aerobic exercise on lipid profile of chronic kidney disease patient stage (3, 4). Subjects and methods: Fifty patients were participated in the study, their age ranged from 45 to 55 years. They were randomly divided into two groups. The Study group(A) comprised of 30 patients who received treadmill walking exercise three times per week for three months while 20 patients the control group(B) received no training. Results: There was a significant decrease triglyceride level, cholesterol level, low density lipoprotein level. Significant increase in high density lipoprotein level in the Study group. Conclusion: It can be concluded that Moderate Aerobic exercises improves lipid profile in chronic kidney disease patients' stage (3, 4).</p>		
Key words	1.	Chronic kidney disease
	2.	Moderate Aerobic exercises
	3.	lipid profile
	4.	kidney disease.
Classification number	:	616.61.MWE
Arabic Title Page	:	تأثيرا لتمارين الرياضية الهوائية المتوسطة على نسبة الدهون لمرضى الكلى المزمن.
Library register number	:	3709-3710.

**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**

Author	:	Waleed Elsayed Hussin Ahmed Arafat.
Title	:	Resistive Exercise versus Aerobic Exercise on Antioxidant Enzymes in Adult Obese Participants.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Aziz Guirguis Aziz.
	2.	Mahmoud Abdou Ashour.
	3.	Mohammed Abd Al- Halim Mohammed Shendy.
Degree	:	Master.
Year	:	2014.
Abstract	:	<p>Background and purpose: Obesity can be described as the "New World Syndrome". Its prevalence is on continuous rise in all age groups of many of the developed countries in the world. The aim of this study was to investigate the effect of resistive exercise versus aerobic exercise on superoxide-dismutase enzyme (SOD) in adult obese participants. The study was conducted for 2 months, 3 sessions per week. Subjects and Methodology: 40 obese participants of both sexes their age ranged from 40 to 50 years were enrolled in study for 8 weeks. They were assigned into two groups equally in numbers: Group (A): received resistive exercise with diet regime. Group (B): received aerobic exercise with diet regime. SOD enzyme and body weight were measured before and after treatment. Results: For group (A) there was a significant increase in SOD enzyme after treatment ($t = 47.21$) and ($P=0.0001$). For group (B) there was a significant increase in SOD enzyme after treatment ($t = 15.91$) and ($P=0.0001$). There was a significant difference in the post treatment value between both groups in favor of group (A) ($t = 45.89$, $P = 0.0001$). For group (A) their was a significant decrease in body weight after treatment ($t = 7.51$) and ($P=0.0001$). For group (B) there was a significant decrease in body weight after treatment ($t = 34.0$) and ($P=0.0001$). There was a significant difference in the post treatment values between both groups in favor of group (B) ($t = 2.48$, $P = 0.01$). Conclusion: In the current study, it could be concluded that both resistive exercise and aerobic exercise has an effect on increasing antioxidant enzyme levels but resistive exercise is more significant in obese participants also aerobic exercise is preferable than resistive exercise in decreasing body weight in obese participants.</p>
Key words	1.	Exercises.
	2.	antioxidant enzyme.
	3.	Obesity
	4.	Aerobic Exercise.
Classification number	:	
Arabic Title Page	:	تأثير التمرينات المقاومة مقابل التمرينات الهوائية على الإنزيمات المضادة للأكسدة في الأشخاص البدناء.
Library register number	:	4049-4050.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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GERIATRICS AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Wesam Abdelftah Ismail Mohamed.
Title	:	Effect of aerobic exercises on lipids profile in women with dyslipidemia.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Badr.
	2.	Sahier Omar El-khashab.
	3.	Mohammed Abd El-halim Mohammed Shendy.
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background and purpose: Dyslipidemia is an abnormal amount of lipid in blood and an increasing health problem in Egypt and Worldwide. It is one of the major risk factors for heart disease and death in women. The aim of this study was to investigate the effect of aerobic exercises on lipids profile in women with dyslipidemia. Subjects and Methodology: 40 women with dyslipidemia their age ranged from (50 to 60) years were enrolled in that study for 12 weeks. They were assigned into two equal groups: Group (A): The control group received their routine pharmacological therapy alone. Group (B): The study group received the same routine pharmacological therapy in addition to aerobic exercises on electrical treadmill (30 minutes-3 sessions per week for 12 weeks. Lipids profile (TC, TG, LDL and HDL) were measured for both groups at the beginning of the study and after the end of 12 weeks. Results: There was a significant decrease of TC with percentage about 37.54%, 33.46% for study and control group respectively, there was a significant decrease of TG with percentage about 46.97%, 32.55% for study and control group respectively, There was a significant decrease of LDL with percentage about 39.07%, 26.76% for study and control group respectively, there was a significant increase of HDL with percentage about 42.95% for study and there was an increase with percentage about 10.19% for control group compared to the pretreatment values. On the other hand, there was a significant difference in TG, LDL and HDL post treatment values in favor of the study group when compared with the post treatment values of the control group and there was no significant difference in TC post treatment value of the study group when compared with the post treatment value the control group. Conclusion: It can be concluded that aerobic exercises in combination with routine pharmacological therapy have the effect of improving lipids profile in women with dyslipidemia.</p>		
Key words	1.	Aerobic exercises
	2.	lipids profile
	3.	women
	4.	dyslipidemia
Classification number	:	616.15.MWE
Arabic Title Page	:	تأثير التمرينات الهوائية على دهون الدم في السيدات.
Library register number	:	3673-3674.

**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**

Author	:	Zeezy Soliman Eraky
Title	:	Correlation between Clinical Risk Markers (Arizona Score) and Metabolic Equivalent in Risk Stratification of Myocardial Infarction Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Mohamed Helmy
	2.	Sherin H. M. Mehani
	3.	Abd Elgany Mohamed Abd Elgany
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background: the Arizona questionnaire is recently developed disease specific questionnaire for measuring the risk stratification in cardiac patients. Aims: To assess the correlation between the Arizona score and metabolic equivalent. Methodology: 30 patients with old myocardial infarction were collected from National Heart institute in embaba. The patients underwent stress test followed by Arizona questionnaire at the same day. The results showed high significant positive correlation between metabolic equivalent gained from exercise stress test and Arizona questionnaire score in assessing risk stratification for cardiac patients. Conclusion: The Arizona questionnaire can be used conjunction with metabolic equivalent in risk assessment and follow up of patients with old myocardial Infarction.</p>		
Key words	1.	Arizona scale
	2.	Exercise stress test
	3.	Myocardial infarction
Classification number	:	
Arabic Title Page	:	العلاقة بين مؤشرات الخطر الاكلينيكي (مقياس اريزونا) ومعدل الايض في تصنيف الخطر لمرضى احتشاء عضلة القلب.
Library register number	:	3849-3850.

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

Author	:	Zeinab Sami Ali Ahmed.
Title	:	Impact of circuit weight training on nitric oxide in type 2 diabetes.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Ibrahim Naguib Elebrashy
	3.	Hany Farid Eid Morsy
Degree	:	Master.
Year	:	2014.
Abstract	:	
<p>Background: Exercise is often recommended for patients with type 2 diabetes to improve physical conditioning and glycemic control. Objective: The purpose of this study was to evaluate the impact of circuit weight training on nitric oxide in type 2 diabetes mellitus. Subjects and methods: Forty type 2 diabetic women participated in the study, their ages ranged from 40-50 years. They were assigned randomly to two groups; 20 patient each: Group (A) received circuit weight training 20min and aerobic training 30min for 12 weeks, 3 sessions per week and with 30-60% of 1RM. Group (B) received aerobic training on treadmill 30min for 12 weeks, 3 sessions per week with moderate intensity using borg scale. Pre and post 12 weeks blood samples were taken from all subjects. Results: this study revealed significant increase in NO level, reduction in 2h post prandial Glucose and waist circumference after 12 weeks in group (A) but more than that occurred in group (B). Conclusions: It was concluded that circuit weight training had highly significant increase in NO level, reduction in 2HPP and waist circumference so this study supports the value of circuit weight training in the management of type 2 diabetes.</p>		
Key words	1.	Type 2 diabetes mellitus
	2.	circuit weight training
	3.	nitric oxide
Classification number	:	616.46206.AZI
Arabic Title Page	:	تأثير التدريب بحلقة الأوزان على أكسيد النيتريك في البوال السكري (النوع الثاني)،
Library register number	:	3687-3688.