

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT FOR CARDIOPULMONARY DISORDER AND
GERIATRICS AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED
Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and Its
Surgery
Master Degree**

2016

Author	:	Ahmad Mohammad Omran
Title	:	Impact Of Different Aerobic Exercise Intensities On Serum Cortisol Level In Overweight Adult
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Farag Abd El-Moniem Ali
	2.	Mariem El-Sayed Mohamed
	3.	Walaa Arafa Keshak
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Exercise intensity has a significant impact on the levels of several hormones such as testesteron, adrenalin and cortisol. Purpose: to compere between the effect of different intensities of aerobic training on serum cortisol level among overweight adults. Methods: thirty-two overweight adult subjects were selected from Outpatient clinic of Faculty of Physical Therapy Cairo University, their ages ranged between 20- 30 years old. Subjects were assigned into three groups for three different exercise intensities. Serum Cortisol level was assessed before the study and after the training program. All participants performed three sessions/week for four weeks. Group A 12 overweight adult subjects who performed aerobic training at intensity 60% to 65% of their heart rate reserve Group B 10 overweight adult subjects who performed aerobic training at intensity 65% to 75% of their heart rate reserve Group C 10 overweight adult subjects who performed aerobic training at intensity 75% to 85% of their heart rate reserve Results: Serum Cortisol level after training in comparison to before training significantly decreased in Group A and significantly increased in Group B and C . There was no significant difference in post training serum cortisol level between all groups. Conclusion: Moderate and high intensity exercise cause significant increase in Serum Cortisol level while low intensity exercise causes significant decrease in Serum Cortisol level.</p>		
Key words	1.	Serum Cortisol level
	2.	overweight
	3.	exercise intensity
	4.	Aerobic Exercise Intensities
Classification number	:	000.000.
Pagination	:	73 p.
Arabic Title Page	:	تأثير التمرينات الهوائية مختلفة الشدة على هرمون الكورتيزول في البالغين ذوي الوزن الزائد.
Library register number	:	4925-4926.

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Author	:	Ahmed Basyouny Sayed Hassan
Title	:	Acute Effect of Transcutaneous Electrical Diaphragmatic Stimulation on Ventilatory Functions in Chronic Obstructive Pulmonary Disease
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Hala Mohamed Ezz-Eldein,
	2.	Heba Allah Ahmed Mousa
	3.	Mohamed Abd El-Haleem Mohamed Shendy
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>The purpose of this study: The purpose was to determine the acute effect of transcutaneous electrical diaphragmatic stimulation (TEDS) on ventilatory variables in patients with chronic obstructive pulmonary disease (COPD). Subjects and methods: 70 male subjects participated in this study; they were assigned to two groups: Group (A) -study group- included 50 patients with age ranging from 45 to 55, and were diagnosed as having chronic obstructive pulmonary disease. They were chosen from Banha Chest diseases hospital and were receiving medical therapy. Group (B) -control group- included 20 healthy subjects with age ranging from 45 to 55. Both groups had received one TED's session. The electrical current was pulsed, biphasic, and symmetric. The intensity of the current was the minimum necessary to obtain diaphragm muscle contraction and gave the subjects a pleasant sensation. . The assessment concerned with the ventilatory functions included, forced expiratory volume in first second (FEV1), forced vital capacity (FVC), the ratio between forced expiratory volume in one second to forced vital capacity (FEV1/FVC) and maximum voluntary ventilation (MVV) were measured before and after the session. Results: This study demonstrated that using TEDS for one session caused a significant improvement in COPD patients and less improvement in healthy subjects as follows: increased FEV1 range of (20.83%) and (10.63%) respectively, increased FVC of (4.46%) and (6.54%) respectively, increased FEV1/FVC ratio of (12.17%) and (3.65%) respectively and increased MVV of (20.80%) and (10.63%) respectively. Conclusion: using transcutaneous electrical diaphragmatic stimulation (TEDS) improves ventilatory functions for patients with COPD.</p>		
Key words	1.	Chronic obstructive pulmonary disease
	2.	transcutaneous electrical diaphragmatic stimulation
	3.	Ventilatory functions
Classification number	:	000.000.
Pagination	:	74 p.
Arabic Title Page	:	التأثير الحاد للتنبيه الكهربى للحجاب عبر الجلد على متغيرات التنفس فى مرضى الإنسداد المزمن.
Library register number	:	4735-4736.

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Author	:	Ahmed Gamal Abd El-Monaim
Title	:	Aerobic exercises versus reflexology on plasma proteins' levels in chronic kidney disease patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Manal Ahmed Mohamed
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Objective: To evaluate the effect of aerobic exercises versus reflexology on plasma proteins' levels in chronic kidney disease patients with secondary hypertension. Materials and Methods: Forty adult patients selected from Al-Badrashin hospital Giza, Egypt from both sexes (21 men and 19 women) participated in the study (20 were applied Foot Reflexology 12 men and 8 woman and 20 were applied aerobic exercise 9 men and 11 woman). Their age ranged from 40 to 55 years. Patients were diagnosed as chronic kidney disease stage 2 with secondary hypertension. Albumin, globulin, total proteins and albumin/globulin ratio were measured pre and post management. Aerobic exercise was conducted using treadmill from light to moderate intensity (30-40 of max HR). Results: : Post treatment results showed that there were significant increase in Albumin, Globulin, total proteins levels and A/G ratio in the aerobic group with a percentage of improvement 19.95, 21.74, 21.15 and 11.95% respectively. While there were statistical insignificance increase in Albumin level and A/G ratio in the reflexology group with a percentage of 1.82 and 10.67% respectively. Conclusion: aerobic exercise in the form of treadmill training had a higher effect on plasma protein components as reflected in increase albumin, globulin and total proteins than reflexology, but at the same time an improvement in the reflexology group for the albumin level and for the A/G ratio were seen.</p>		
Key words	1.	aerobic exercise
	2.	plasma proteins
	3.	Chronic Kidney Disease
	4.	reflexology
	5.	kidney disease
Classification number	:	000.000.
Pagination	:	101 p.
Arabic Title Page	:	التمارين الهوائية مقابل علم الريفلكسولوجى على مستوى بروتينات البلازما في مرضى الكلى المزمنة.
Library register number	:	5167-5168.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Amera Soliman Ali Yousef Younes
Title	:	Frolov Training versus Pursed Lip Breathing Exercise on Ventilatory Functions in Patients with Bronchial Asthma
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nessrin Ghareb Mohamed
	2.	Heba Ahmed Ali Abdeen
	3.	Maryam Ali Abd El-Kader
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Purpose: To compare between the effects of frolove device versus pursed lip breathing exercises on ventilatory functions in patients with bronchial asthma. Methods: thirty six women presented with moderately persistent bronchial asthma were selected from chest department, El Sahel teaching hospital and Egypt air hospital with age ranged from 35- 50 years old. Patients were assigned to two groups equal in number Group A: Received Frolov device, in addition to medical treatment and once daily for three times/week for 8 weeks. Group B: Received medical treatment and pursed lip breathing exercises for 8 weeks. Results: There was significant statistical increase in post treatment mean values in FEV1 (30.85%) and FVC of predicted (26.08%) and FEV1/FVC (3.92%) and MVV (30%) and ACT (26.09%) between 2 groups. Conclusion: Frolov device is effective in improving the ventilatory parameters and ACT of predicted in bronchial asthma patients.</p>		
Key words	1.	Frolov device
	2.	pursed lip
	3.	Ventilatory functions
	4.	Bronchial asthma
	5.	Breathing Exercise
Classification number	:	000.000.
Pagination	:	124 p.
Arabic Title Page	:	تدريب الفرولوف مقابل تمارين تنفس الشفاه الطاردة على وظائف التهوية الرئوية في مرضى الربو الشعبي.
Library register number	:	5041-5042.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Aya Hesham Abd El-Aziz
Title	:	Passive Stretch Versus Active stretch on Intervertebral Movement in Non-Specific Neck Pain
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Ibrahim Moustafa Moustafa
	2.	Amr Abdallah Azzam
	3.	Doaa Ibrahim Amin
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Back ground: Neck pain is one of the most common and painful musculoskeletal conditions. Point prevalence ranges from 6% to 22% and up to 38% of the elderly population, while lifetime prevalence ranges from 14.2% to 71%. Up till now no randomized studies investigated the effect of active and passive stretch on intervertebral movement in non-specific neck pain. The purpose: the current study was investigate the effect of the passive stretch on intervertebral movement and the effect of active stretch on intervertebral movement in non-specific neck pain and comparing between active and passive stretch on pain. Material and methods: Forty five subjects from both sexes with age ranged from 18-30 years participated in this study and assigned in three groups, group I (15) received active stretch, ultrasound and TENS. Group II (15) received passive stretch, ultrasound and TENS. Group III (15) received ultrasound and TENS. The radiological assessment used to measure rotational and translational movement of intervertebral movement before and after treatment and using Visual Analogue Scale (VAS) to assess pain before and after treatment. Results: The between group analysis using “MANOVA” revealed a significant effect among the three groups in favor of the active stretch as P-value = 0.0001. Conclusion: active stretch had great effect in increasing intervertebral movement than passive stretch and no significant difference in pain between active and passive stretch.</p>		
Key words	1.	active stretch, passive stretch
	2.	intervertebral movement
	3.	non-specific neck pain
	4.	Neck Pain
Classification number	:	000.000.
Pagination	:	122 p.
Arabic Title Page	:	التمدد السلبي مقابل التمدد النشط في حركة ما بين الفقرات في آلام الرقبة الغير محددة.
Library register number	:	5241-5242.

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Author	:	Basma Fayeze Ahmed Abou Zeid;
Title	:	Effect of Upper versus Lower Limbs Exercises on Blood Glucose Level in Patients with Type 2 Diabetes
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abdel Aziz Abdel Hady
	2.	Gihan Samir Mohamed
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>The aim of this study: was to determine the efficacy of the upper versus lower limbs exercises on blood glucose level in patients with type 2 diabetes. Study design: One hundred diabetic women patients with type 2 diabetes selected from outpatient clinic of internal medicine department at health insurance hospital, Nasr city, Cairo Governorate, were divided into two groups of equal numbers. Their age ranged from (40-50) years; group (A) performed upper limbs exercises using shoulder wheel, group (B) performed lower limbs exercises using bicycle ergometer each group performed exercise for 30 minutes. Blood glucose level was measured before, immediately after and after half an hour. Results: There was significant improvement in blood glucose level before and after treatment of patients of each group, 17.05%↓ improvement for group (A) and 13.08% ↓ improvement for group (B), but there was no statistical significance difference between both groups immediately post exercise in favor group (A), also there was no statistical significance difference between both groups after half an hour exercise, in favor group (A). Conclusion: upper limbs exercises controls blood glucose level more than lower limbs exercises in diabetic women type 2.</p>		
Key words	1.	upper limbs exercise
	2.	lower limbs exercise
	3.	blood glucose level
	4.	Type 2 Diabetes
Classification number	:	000.000.
Pagination	:	87 p.
Arabic Title Page	:	تأثير التدريبات البدنية للطرف العلوي مقابل التدريبات البدنية للطرف السفلي في مرضى السكري 2.
Library register number	:	4731-4732.

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Author	:	Dina Reda Ali Hassan
Title	:	Efficacy Of Inspiratory Trainer On Blood Gases And Brain Natriuretic Peptide Among Patients With Heart Failure
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Farag Abd El monem Aly
	2.	Bassem S. Ibrahim
	3.	Heba Ahmed Ali Abdeen
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Purpose: To determine the efficacy of Inspiratory muscle trainer on arterial blood gases and the Brain Natriuretic Peptide in patients with decompensated heart failure. Methods: Forty-one men presented with decompensated heart failure were selected from the heart failure intensive care unit at National Heart Institute with age ranged from 45-55years old. Patients were randomly assigned into two groups study Group A: 21 patient in this group received the inspiratory muscle training using the inspiratory muscle trainer , traditional physical therapy circulatory and breathing exercise , in addition to medical treatment twice daily for 10 days only. Control Group B: 20 patients in this group received a traditional physical therapy circulatory and breathing exercise, in addition to medical treatment twice daily for 10 days. Results: there was a significant statistical improvement in post treatment values of BNP with 29.84%, PaO2 with 53% and a non-significant statistical improvement in post treatment PaCO2 with 7.22% in the study group (A) compared to control group (B). Conclusion: inspiratory muscle trainer is effective in improving the brain natriuretic peptide and the arterial blood gases among patients with decompensated heart failure.</p>		
Key words	1.	inspiratory muscle trainer (IMT)
	2.	heart failure HF
	3.	Brain Natriuretic Peptide BNP
	4.	dyspnea
	5.	Blood Gases
Classification number	:	000.000.
Pagination	:	86 p.
Arabic Title Page	:	تأثير تدريبات التنفس علي غازات الدم و هرمون الناتيوريك الببتيدي الدماغي لدي مرضي فشل عضلة القلب .
Library register number	:	5117-5118.

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Author	:	Doaa Attia Abd El Hameed Hekal
Title	:	Effect of Lifestyle Program on Lipids in Fatty Liver Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El Aziz Abd El Hady
	2.	Mahmoud Abd El Aziz Koura
	3.	Mariem El Sayed Mohammed
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Nonalcoholic fatty liver disease is closely associated with central adiposity, type 2 diabetes mellitus, dyslipidemia, and insulin resistance, all of which are components of metabolic syndrome. The goal of treatment has shifted from simply trying to clear fat from the liver to address and treat the metabolic risk factors for fatty liver. Treatment with a combination of lifestyle modification plus pharmacological therapy if necessary in order to reduce cardiovascular risk is necessary. Subjects and methods: Forty fatty liver patients 15 men and 25 women participated in the study, their ages ranged from 40 to 50 years, Egypt. They were randomly divided into two groups; each group 20 patients. Group of the study received a lifestyle program of (treadmill training for half hour, bicycling for half hour) at moderate intensity, three times a week for six weeks combined with diet restriction beside their medications. Control group received only their medications. Results: Study group had highly significant improvement in blood lipid levels when compared to the control group. The percentage of improvement was 24.36 % for TGs ↓, 13.76 % for LDL ↓ and 28.3 % for HDL cholesterol ↑. Also BMI ↓ improved by 10.41 %. Conclusion: lifestyle modifications combining exercise with diet restriction are effective in improving blood lipids in fatty liver patients.</p>		
Key words	1.	NAFLD
	2.	Lipids
	3.	Lifestyle
	4.	Fatty Liver Patients
Classification number	:	000.000.
Pagination	:	128 p.
Arabic Title Page	:	تأثير برنامج علاجي للحياة اليومية على الدهون في مرضى الكبد الدهنى.
Library register number	:	4737-4738.

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Author	:	Ebtehal Atef Afya
Title	:	Non-surgical management for class ii obesity in adult people(systematic review)
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Hany Farid Eid Morsy Elsis
	3.	Osama Fekry
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Physical therapist do effort to determine the best interventions suitable for treatment of class II obesity. This systematic review is a compilation of like studies to address a specific clinical question using a detailed , comprehensive search strategy and rigorous appraisal methods for the purpose of summarizing , appraising , and communicating the results and implications of all the research available on clinical question. This review put the hand on the best methods for solving the problem of class II obesity depending on comparative system between medical researches that discussed this subject and its controlled trials. Medical libraries were searched using variety of keywords. Search results were presented in different types of interventions of treatment of class II obesity" behavioral therapy", " physical activity", "dietary therapy" and "pharmacotherapy". From this review a serious of recommendations and results were driven to optimize classII obesity management .</p>		
Key words	1.	Behavioral Therapy
	2.	Physical Therapy ,Dietary Therapy
	3.	class II Obesity
	4.	adult people
	5.	Non-surgical class ii obesity in
	6.	systematic review.
Classification number	:	000.000.
Pagination	:	154 p.
Arabic Title Page	:	التدخل الغير جراحى فى الفئة الثانية من السمنة لدى الاشخاص البالغين " دراسة مرجعية".
Library register number	:	5129-5130.

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

Author	:	Eman Embaby Ibraheem Korim
Title	:	Response Of Breathslim Training On Blood Gases In Hypoventilation Syndrome
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd Elaziz Abd Elhady
	2.	Nesreen Ghareeb Mohammed Elnahas
	3.	Sally Adel Hakim
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Hypoventilation syndrome arises from a complex interaction between sleep-disordered breathing, diminished respiratory drive, and obesity-related respiratory impairment. Treatment by using positive pressure therapy, weight loss, and pharmacological management. Using Breathslim improves lung ventilation and lymph circulation, which is responsible for removing toxins from our body and improves breathing. Methods: Forty patients of both sexes as 20 men and 20 women their age ranged from 55-65years with hypoventilation syndrome were recruited from inpatient departments of El Ahrar hospital at zagazig. The practical work continued for 6 months. patients were assigned into 2groups equal in number(A&B) .parameters measured from both groups regarding body weight, body mass index (BMI), waist circumference, hip circumference, waist/hip ratio (WHR), atrial partial pressure of oxygen (PaO₂), atrial partial pressure of carbon dioxide (PaCO₂), and level of bicarbonate (HCO₃⁻), also apnea hypo apnea index (AHI) was used to evaluate number of times the patient had obstructive sleep apnea during sleeping hours, these parameters were statistically analyzed and compared before initiation and following the treatment program. Group (A) 20 patients (11women and 9 men) were included in this group that received traditional diaphragmatic breathing exercise, diet (1296-1620 cal/day) and breathslim training3 times per w for 12 w. Their mean ± SE age, weight, height, and BMI were 59.3 ± 2.83 years, 116.1 ± 8.19 kg, 168.6 ± 3.11 cm, and 40.88 ± 3.13 kg/m² respectively. Group (B) 20 patients as (9 women and11 men) were included in this group that received traditional diaphragmatic breathing exercise and diet(1296-1620 cal/day). Their mean ± SE age, weight, height, and BMI were 59.55 ± 3.01 years, 118.4 ± 9.24 kg, 169 ± 3.92 cm, and 41.4 ± 2.13 kg/m² respectively. Results: The percent of improvement of body weight, body mass index,paO₂,pCO₂ and Hco₃ for group (A) was 10.59%↓,10.61%↓,54.04%↑,22%↓ and 12.44%↓ and for group(B) was 4.13%↓, 4.17↓ ,15.36%↑ , 6.48%↓ and 3.28%↓ respectively. Conclusion: using breathslim for 10-20min 3 times per week for 3 months for hypoventilation patients modulates blood gases parameters as well as restores sleep quality and daytime vigilance.</p>		
Key words	1.	Blood gases
	2.	Hypoventilation Syndrome
	3.	Breathslim
Classification number	:	000.000.
Pagination	:	107 p.
Arabic Title Page	:	تأثير جهاز البريزسليم على غازات الدم في متلازمه نقص التهويه.
Library register number	:	5151-5152.

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Author	:	Eman Hamdy Abd-Elazeem Elshepoly
Title	:	Impact of exercise training on the complement system in patients with bronchial asthma.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Nagwa Mohamed Hamed Ba
	2.	Sherin Hassan Mohamed.
	3.	Mohamed Hesham Mohamed Mahfouz.
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Asthma is a chronic inflammatory disease of the bronchi arising because of inappropriate immunological responses to common environmental antigens in genetically susceptible individuals. Purpose: The purpose of this study was to determine the effect of aerobic exercise training on the complement system as a vital part of the immune system in patients with bronchial asthma. Patients and Methodology: According to the inclusion and exclusion criteria, thirty asthmatic female patients with mild asthma were selected for this study from the outpatient clinic of Menouf Chest Hospital. Their age ranged between 35 and 45 years old. They were assigned randomly into two groups; each group consisted of fifteen patients. group (A) performed Buteyko breathing exercise while group (B) performed Buteyko breathing exercise in addition to aerobic exercise training on a treadmill (at 65%–75% of the maximum heart rate). C3, C4, FEV₁ and FVC were measured at the beginning and after 12 weeks. Results: there were significant decrease in the level of C3 and C4 and significant increase in the value of % FEV₁ of predicted and % FVC of predicted in both groups, but group (B) results showed more significant difference. Conclusion: Exercise training has a major role in improving complement system activity and pulmonary functions in patients with bronchial asthma.</p>		
Key words	1.	Bronchial Asthma.
	2.	Complement System.
	3.	Exercise Training.
Classification number	:	000.000.
Pagination	:	82 pages.
Arabic Title Page	:	تأثير التمرينات على الجهاز التكميلي لدى مرضى الربو الشعبي .
Library register number	:	4819-4820.

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

Author	:	Engi Mikhail Demetry Mikhail
Title	:	Effect of aerobic exercises versus infrared on obese elderly
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El aziz
	2.	Ahmed Abd El Twab
	3.	Gehan Samir Mohamed
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background:Obesity is an important and growing public health problem around the world. Obesity and its cardiovascular complications are extremely common medical problems.Purpose: to determine the effect of aerobic exercises versus infrared on elderly obese. Method:Forty elderly obese patients of both sexes (20 women and 20 men) first and second class of obesity were selected randomly from Egyptian Military Hospitals in Aswan between February 2014 and April 2014limb with age ranged from 60 to 70 years old participated in this study. They were assigned into two groups equal in number: Group A receivedaerobic exercises for 3sessions/weeks for 12 weeks and received also a low calories diet. Group B received patients received infrared for 3 sessions/weeks and received also a low calories diet. Cholesterol, High density lipoproteins (HDL), Low density lipoprotein (LDL) and C-reactive protein (CRP) were assessed before and after treatment.Results:Statistical analysis revealed a significantimprovement percentage of abdominal circumference was (↓7.59%) in men and abdominal circumference was (7.66%) in women and improvement percentage of HDL was (↑9.08%) in womenand in men is (↑8.94%),of LDL was (↓8.78%) in men and was (8.64%),cholesterol was (↓4.52%) in men and (↓4.51%) in women,CRP was (↓17.62%) in men and (↓18.13%) in womenConclusion: Aerobic exercises and infrared should be recommended for obesity.</p>		
Key words	1.	aerobic exercises
	2.	Infrared
	3.	obesity
Classification number	:	000.000.
Pagination	:	111 p.
Arabic Title Page	:	تأثير التمرينات الهوائية مقابل الأشعة تحت الحمراء على المسنين البدناء.
Library register number	:	4697-4698.

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

Author	:	Eslam Anter Abd-Elgahaffar
Title	:	Effect of High Intensity Interval Training on Adiponectin Hormone in Women with Diabetes
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Abd El-Aziz Abd El-Hady
	2.	Waleed Ahmed Taha
	3.	Mohamed abdel-Halim Shendy
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>The aim of this study was to find out the effect of high intensity interval training on adiponectin hormone, fasting plasma glucose (FPG) and body mass index in women with diabetes. Forty diabetic obese women participated in the study ,They were selected from Helwan General Hospital, they came for the obesity clinic, their ages ranged from 40-50 years and their BMI ranged from 30-34.9 kg/m². They were divided into two groups equal (in number) with no significant difference between the two groups at the start of research. Group A (study group): This group received low-calorie diet (1200 Kcal/ day) and high intensity interval training sessions for 3 sessions per week for twelve weeks. Group B (control group): This group received low-calorie diet (1200 Kcal/ day) only for twelve weeks. The study was performed from (August 2015 to April 2016). The BMI, Adiponectin hormone and fasting blood glucose were measured before and after the program .The results of this study showed significant improvement for group (A) and (B) in adiponectin (54.97 % ↑, 20.27 % ↑), BMI (11.2 % ↓, 6.3 % ↓), FPG (19.95 % ↓, 12.64 % ↓) respectively. All of These findings suggest that High Intensity Interval Training is an effective tool to decrease insulin resistance and BMI and this effect may be mediated, in part, by the increase in adiponectin hormone. All findings represent the effective role of exercise to increase the adiponectin hormone in women with diabetes wich consequently helps in the treatment of diabetes.</p>		
Key words	1.	High intensity interval training
	2.	Adiponectin hormone
	3.	Diabetes
	4.	Women
Classification number	:	000.000.
Pagination	:	91 p.
Arabic Title Page	:	تأثير التمرينات العالية الشدة المتقطعة على هرمون الاديونكتين في مريضات السكري البدينات.
Library register number	:	5197-5198.

**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	:	Faten Mohamed Hassan Ali
Title	:	Gaze Stability versus Trunk Rotation Exercises on Balance in Elderly
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Akram Abd-Elaziz
	2.	Mohamed Abd-Elfatah
	3.	Samah Mahmoud Ismail
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Imbalance is a common and often devastating problem among older people, leading to a reduction in activity levels, followed by strength reduction leading to increasing risk of future falls. It is therefore evident that falls are frequently, costly and potentially debilitating both physically and psychologically in the aging population. The disparity in research and the necessity to add to the existing literature base led to the development of this study. Purpose: To find out the efficacy of Gaze stability exercises versus trunk rotation exercises on balance in elderly. Methods: sixty elderly patients of both sexes(33male and 27female) their age ranged from 65 to 75 years old were selected from orthopedic out patient clinic of Faculty of Physical Therapy. The sixty patients were divided into three groups; each group consisted of twenty patients. Group (A) performed a program of balance exercises in addition to gaze stability exercises 2times/week. Group (B) performed a program of balance exercises in addition to trunk rotation exercise 2times/week and group (C) control group. The balance was assessed at the beginning of the study and after the study (twelve weeks). Results: showed that there is a significant difference ($p<0.05$) in favor to group A as the post treatment mean values\pm SD of Tinetti scale for all groups (A, B and C) were 23.35 ± 3.33, 22.35 ± 2.76 and 19.6 ± 2.89 with % change (21.93%, 7.71%, 0.00%) respectively. Also there is a significant difference ($p<0.05$) in favor to group B as the post treatment mean values \pm SD of Berg balance scale for all groups (A, B and C) were 50.45 ± 4.78, 50.45 ± 4.29 and 46.1 ± 5.67 with % of change (8.6%, 3.49%, 0.00%) respectively. And there is no significant difference ($p>0.05$) as the post treatment mean values\pm SD of Biodex balance scores for all groups (A, B and C) were 4.32 ± 1.99, 4.37 ± 1.71 and 4.82 ± 1.86 with % of change (14.29%, 3.95%, 1.26%) respectively. conclusion: there is no significance difference between Gaze stability exercises and trunk rotation exercises in improving balance of elderly but gaze stability exercises better than trunk rotation exercise.</p>		
Key words	1.	Gaze stability
	2.	trunk rotation
	3.	exercise
	4.	Balance
	5.	Elderly
Classification number	:	000.000.
Pagination	:	102 p.
Arabic Title Page	:	تمريبات الجاز للثبات مقابل تمرينات استدارة الجذع على الاتزان في كبار السن .
Library register number	:	5169-5170.

**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	:	Lamia Fawzy Eid
Title	:	Efficacy of low frequency ultrasound in treating diabetic foot ulcer
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Basant El Refaey
	3.	Ahmed Mahmoud Abd El-Al
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background/aim: Diabetes mellitus (DM) is a metabolic disorder resulting from a defect in insulin secretion, insulin action, or both insulin deficiency in turn leads to chronic hyperglycemia with disturbances of carbohydrate, fat and protein metabolism. As the disease progresses tissue or vascular damage ensues leading to severe diabetic complications such as retinopathy, neuropathy, nephropathy, cardiovascular complications and ulceration. The aim of this study was to investigate the effect of low-frequency ultrasound in the treatment of diabetic foot ulcer. Subject and methods: Forty men and women (study group was 9 females and 11 males) and (control group was 6 females and 14 males) with diabetic foot ulcer were chosen from the inpatient department of vascular and general surgery of Omm El-Masriyen hospital, their ages ranged between 40-60 years. Assessment was done before treatment and after 15, 30, 45, 60 days for a total treatment period 8 weeks to assessment wound surface area by using computer analysis program (image j version) and assessment ulcer volume which was using a syringe filled with normal saline and also assessment the ulcers by photographic camera at the beginning and at the end of the study. Patients were divided into two equal groups in numbers. Group A was the study group and was treated through conservative treatment of wound care with ultraviolet c radiation therapy and low frequency ultrasound therapy, group B was the control group and was treated through conservative treatment of wound care with ultraviolet c radiation therapy 3 times/weeks for 8 weeks of both groups. Results: The results of the present study revealed that low frequency US significantly improved ulcer healing favor to study group, significant reduced of ulcers to the study group at post 15 days, post 30 days, post 45 days and post 60 days the percentage of improvement in wound surface area was 63.3% after 60 days of LFU treatment (Post-treatment) of study group when compared with before LFU treatment (pre-treatment). While, the percentage of improvement in wound surface area was 13.3 % after 60 days of conservative treatment (Post-treatment) of control group when compared with before conservative treatment (pre-treatment). Additionally, the percentage of improvement in ulcer volume was 81.4% after 60 days of LFU treatment (Post-treatment) of study group when compared with before LFU treatment (pre-treatment). While, the percentage of improvement in ulcer volume was 29.8 % after 60 days of conservative treatment (Post-treatment) of control group when compared with before conservative treatment (pre-treatment). The recovery period from ulcers (surface area, ulcer volume) reduced by LFU. Healing of wounds occurred during treatment period was faster in the study group than the control group. Conclusion: It is suggested that low frequency ultrasound with 30 khz had a significant effect of promoting the healing rate of ulcers, reducing the ulcer surface area and ulcer volume of patients with diabetic foot ulcers.</p>		
Key words	1.	Diabetes mellitus
	2.	Foot ulcer
	3.	Low frequency ultrasound
	4.	Ultraviolet Light
Classification number	:	000.000.
Pagination	:	82 p.
Arabic Title Page	:	تأثير الموجات فوق الصوتية المنخفضة الشدة على علاج قرحة القدم السكري .
Library register number	:	5189-5190.

**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	:	Lamyaa Abd EL-Khalek Farahat
Title	:	Response of mechanically ventilated patients to bronchial hygiene.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Gehan Samir Mohamed
	3.	Mostafa Abd El Hafez Zedian
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p><i>Purpose:</i> This study was conducted to find out response of mechanically ventilated patients to bronchial hygiene. <i>Subjects:</i> Forty patients aged from 40-50 years from bothsex's15 women and 25 men divided into two groups with equal numbers.<i>Material:</i> studygroup received chest physiotherapy in form of postural drainage, percussion, vibration, manual assisted cough and suction from day one of mechanical ventilation until weaning from ventilation.While control group received chest physiotherapy in form ofpostural drainage, percussion, vibration and suction. Arterial blood gasses (PaO₂, PaCO₂, HCO₃, PH and SO₂) and blood pressure and heart ratewere taken pre-treatment and post-treatment.<i>Results:</i> There was significant difference between both groups post treatment in all variables. There wassignificant difference inPaO₂ (P<0.0001), SO₂ (P<0.0001), PaCO₂ (P<0.0001), HCO₃ (P<0.001),PH(P<0.0001),and HR (P<0.0001),but there was non-significant level in Blood Pressure (p=0.288)for the study group, While for the control group, there was non-significant difference in HR (P=0.757)<i>Conclusion:</i> There was response of mechanically ventilated patients to bronchial hygiene.</p>		
Key words	1.	Chest Physiotherapy
	2.	Manual Assisted Cough
	3.	Arterial Blood Gasses
	4.	Mechanical Ventilation
	5.	Bronchial Hygiene.
Classification number	:	000.000.
Pagination	:	88 p.
Arabic Title Page	:	استجابة مستخدمي جهاز التنفس الصناعي علي نقاء الشعب الهوائية .
Library register number	:	4755-4756.

**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 Makram Wahba
Title	:	Resistive training versus balance training on gait and quality of life in elderly
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Samah Mahmoued Ismail
	3.	Amira Gamil El-Taliawi
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Back ground: According to a report by the Central Agency for Public Mobilization and Statistics(CAPMAS) the number of older people in Egypt in 2013 reached 6,461078 persons, 7.8% of the total population. The Purpose: of this study was to investigate the effect of resistance training versus balance training on gait and quality of life in elderly. Subjects: Forty elderly subjects of 26 men and 14 women residents at Dar Siadat Misr elderly home , Misr El Gdida, Cairo, Egypt. They were assigned into two groups equal in number. Their ages ranged from 60 to 70 years. Group (A)with mean age (65.9±2.5) years and Group(B) with mean age (64.9±2.4) years .Methods: Group(A) performed resisted exercise using sand bags measured by one repetition maximum method that for 30 minute 3 times per week for 8 weeks .Group (B) performed balance and co ordination exercises 30 minute 3 times per week for 8 weeks. Foot print measurement (step , stride length ,cadence and speed) and six minute walk test were measured for both group before the study with no significant differences , both groups answered on quality of life questionnaire before and after the study. Results: There was significant difference between the two groups in their step length, stride length and cadence as the percentage of improvement in group (A) by 21.43%, 24 % and 3.7% respectively also in group (B) by 7.7 % , 5.9 % and 41.4 % respectively. While there were no significant differences between two groups in their speed. Also, there was significant increase in walk distance in group (A) and (B) by 25.84% and 39.5 % respectively. Also, quality of life results indicate that there was significant increase with difference between group (A) and (B) in favor to group (B) as percentage of increase was in group (A) 37.16% and group (B) 40.5 % .Conclusion: The resistive training and balance training had an effect on improving gait parameters except speed and increase walking distance as improved six minute walk test. Quality of life was improved in both groups after the study but with more significant increase in group (B).</p>		
Key words	1.	Resistance training
	2.	gait,
	3.	elderly
	4.	quality of life
	5.	balance training
Classification number	:	000.000.
Pagination	:	82 p.
Arabic Title Page	:	تمارين المقاومة مقابل تمارين الأتزان على المشى وجودة المعيشة لدى المسنين .
Library register number	:	5209-5210.

**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	:	Marihan Ashraf Mohamed
Title	:	Pulsed Electromagnetic Field versus Low Level Laser on Bone Mineral Density in Elderly
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azi z Guirguis Azi z
	2.	Rokia Abd El-Shafy Soliman El-Banna
	3.	Hany Farid Eid Morsy Elsisi
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Purpose: To compare between the effect of pulsed electromagnetic field and laser on bone mineral density (BMD) in elderly. Subjects and Methods: Forty elderly men with low BMD chosen from out clinic of Faculty of Physical Therapy, Cairo University participated in this study. Their age ranged from 55-65 years. They were assigned into two groups. Group (A) received pulsed electromagnetic field, 3time/week for 12 weeks. Group (B) received low level laser, 3time/week for 12 week between Mar and Aug 2015. The assessment of T-score was done before and after 12 weeks of treatment for both groups by using DEXA Results: showed significant increase BMD in the both groups although there was a significant difference between two groups, group (A) BMD increased by 49.09%, group (B) BMD increased 27.79% percentage of improvement. Conclusion: Pulsed electromagnetic field and Low level laser can be considered as an effective method to enhance the bone mineral density in elderly with a favour to Pulsed electromagnetic field.</p>		
Key words	1.	Pulsed electromagnetic filed
	2.	Lowe level laser
	3.	Bone mineral density
	4.	Elderly
	5.	DEXA
Classification number	:	000.000.
Pagination	:	88 p.
Arabic Title Page	:	المجال المناطيسي الكهربائي النابض مقابل الليزر منخفض الشدة على كثافة العظام لدى المسنين.
Library register number	:	5015-5016.

**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	:	Mark Monir Seddik
Title	:	Effect of pedaling versus walking on nitric oxide in type 2 diabetic patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Laila Ahmed Rashed
	3.	Gihan Samir Mohamed
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Purpose of the study: This study was conducted to compare between effect of pedaling exercises and walking on nitric oxide in type 2 diabetic patients. Study design: Fifty obese women patients divided randomly into two groups in equal numbers, they were selected from diabetic outpatient clinic Nasser General Hospital in Qaliubiya, their ages ranging from 40 to 50 years; group (A) performed pedaling exercises by cycle ergometer, while group (B) performed walking by motorised treadmill. The exercise program was in form of aerobic exercise which had moderate intensity (60_75%of maximum heart rate) and consisted of 3 sessions weekly, for 12 weeks. Nitric oxide for all patients was screened before and after 3 months of treatment. The improvement percentage in group (A) was (7.37 ±3.10) to (11.35 ±2.16) while the improvement percentage in group (B) was (6.12±1.24) to (10.66 ±2.66). Results: there was significant improvement in nitric oxide before and after treatment for patients in each group, but there was no significant difference between both groups. Conclusion: No preference between effect pedaling and walking on improving of nitric oxide in type 2 diabetic women patients.</p>		
Key words	1.	Type 2 diabetic patients
	2.	nitric oxide
	3.	pedaling
	4.	walking
Classification number	:	000.000.
Pagination	:	99 p.
Arabic Title Page	:	تأثير التبدیل مقابل المشي على أكسيد النيتريك في مرضي السكري (النوع الثاني).
Library register number	:	4683-4684.

**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	:	Mina Farid Henry
Title	:	Effect of partial body-weight treadmill training on patients with intermittent claudication
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	AkramAbd El Aziz Sayed
	2.	Mohamed YousriGamal El-Din
	3.	Samah Mahmoud Ismail
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Peripheral arterial disease (PAD) is a common circulatory problem. The most common presenting symptom of (PAD) is intermittent claudication which leads to reduced walking capacity. Objective: The purpose of this study is to find out the effect of partial body-weight supported treadmill training on patients with intermittent claudication. Methods: The study was conducted on thirty patients of both sexes, their age ranged from 45 to 55 years. They were divided randomly into two equal groups in number. The first group (Study) performed a training program on the anti gravity treadmill of moderate intensity for 50 minutes, 3 sessions per week for 12 weeks in addition to their traditional medical treatment. The second group (control) received their traditional medical treatment only. Ankle brachial pressure index, pain free walking distance and maximum walking distance were measured before and after the study for both groups. Results: statistical analysis showed a significant improvement (increase) in ankle brachial pressure index (ABI), pain free walking distance (PFWD), and maximum walking distance (MWD) by 6.06%, 25.32%, and 12.7% respectively in the study group compared to control group. Conclusion: It is recommended for patients with intermittent claudication to participate in partial body weight treadmill training to increase their walking parameters.</p>		
Key words	1.	Intermittent claudication
	2.	Anti gravity treadmill
	3.	Ankle brachial index
	4.	partial body-weight
	5.	treadmill training
Classification number	:	000.000.
Pagination	:	93 p.
Arabic Title Page	:	تأثير المشى على السير المتحرك مع التحميل الجزئى للوزن على مرضى العرج المتقطع.
Library register number	:	4979-4980.

**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	:	Minerva Yousry Mohamed
Title	:	Effect of Electro Acupuncture on Dyspnea In patients With Chronic obstructive Pulmonary disease
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Khaled Mahmoud Zamzam
	3.	Mahmoud Ahmed Labeib
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Purpose: The aim of the study is to explain the efficacy of Electro acupuncture on dyspnea in patients with COPD .Subjects and Methods: Forty male patients aged from 40to 50 years. The patients were assigned in two study groups: A (n=20),B(n=20). The treatment program was conducted six sessions per week for four weeks(one month)for both groups A&B. Group A is a study group and Group B is a control group. The program of treatment was composed of Electro acupuncture with medical and pulmonary rehabilitation treatment for group A, medical and pulmonary rehabilitation treatment only for group B, and both groups were assessed pre and post treatment program in the form of PFTs, MMRC and 6MWT. It was noticed in this study that main of age of the patients were (45.55 ± 3.43) years in group A and (44.9 ± 3.02) years in group B. The outcome measures were FVC, FEV1, FEV1/FVC, PEF, 6MWD and MMRC score using PFTs, 6MWT, MMRC. Treatment was conducted 6 sessions/week for one month about 24 sessions in both groups (A&B).Results: Patients received Electroacupuncture treatment with medical and pulmonary rehabilitation treatment showed a significant improvement in (PFTs as FEV1, FVC, FEV1/FVC, PEF, MMRC score, 6MWT score) than those received medical and pulmonary rehabilitation treatment only. The result of this study revealed a statistical significant improvement in group A before and after the study. FVC 33.76%↑, FEV1 39.98%↑, FEV1/FVC 21.05%↑, PEF 24.18%↑, MMRC 31.25%↑, 6MWT 36.9%↑. And there are a slight increase in variables in group B in the same group before and after the study. FVC 16.11%↑, FEV1 23.42%↑, FEV1/FVC 18.63%↑, PEF 20.98%↑, MMRC 21.42%↑, 6MWT 33.02%↑. And there are a significant difference between post treatment results between group A and group B. When comparing the 2 groups after 4 weeks of treatment which indicate a significant improvement in all variables in favour of group A which (MD of FVC=5.04) and % of improvement of FVC was 10.77%,(MD of FEV1=5.8) and % of improvement of FEV1 was 10,99%,(MD of FEV1/FVC=3.28) and% of improvement was 2.8%,(MD of PEF=2) and % of improvement of PEF was 4.16%,(MD of MMRC=.5) and % of improvement of MMRC was 33.33%,(MD of 6MWT=11.65) and % of improvement was 13.81%.Conclusion:Electroacupuncture is so beneficial for COPD patients and has a positive effect on COPD patients through decrease dyspnea.</p>		
Key words	1.	Electro acupuncture
	2.	Dyspnea
	3.	Chronic Obstructive Pulmonary Disease.
Classification number	:	000.000.
Pagination	:	82 p.
Arabic Title Page	:	تأثير العلاج بالوخز الكهربائي على النهجان لمرضى السدة الرئوية المزمنة.
Library register number	:	5211-5212.

**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 Mokhtar Abd Elmoneem
Title	:	Effect of Inspiratory Muscle Trainer on Arterial Blood Gases in Post Primary Tuberculosis Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Ehab Thabet Aziz
	3.	Nesreen Ghareeb Elnahas
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>This study was conducted to determine the effect of inspiratory muscle training on arterial blood gases in post primary tuberculosis patients. Forty post primary TB male patients, their ages ranged between 30 to 50 years old were selected from Torah prison TB clinic and Abbassia Chest hospital. They were assigned randomly into 2 groups A and B equal in numbers. Evaluation for all patients was done before starting and after 4 weeks of training through measuring levels of arterial blood gases (PH, PaO₂, SaO₂, PaCO₂, and HCO₃). Group (A) study group: received a program of inspiratory muscle training in addition to traditional medical treatment and traditional physical therapy treatment (diaphragmatic breathing exercises 3 sessions/ week) for 4 weeks, group (B) control group: they received aerobic exercise (in form of walking on treadmill 65-75% of maximum heart rate, 3sessions/week) in addition to traditional medical and physical therapy treatment (diaphragmatic breathing exercise). The results of this study showed a statistically significant increase in PH (0.22%), and PaO₂ (3.09%), and decrease in PaCO₂ (7.74%) in group (A) after 4 weeks of using IMT while there was no statistical significant in SaO₂, and HCO₃, while group (B) showed no statistical significance in arterial blood gases. Accordingly, it was concluded that a program of inspiratory muscle training improved the parameters in arterial blood gases in post primary tuberculosis patients rather than aerobic training.</p>		
Key words	1.	Inspiratory muscle training
	2.	Arterial blood gases
	3.	Post primary tuberculosis patients
Classification number	:	000.000.
Pagination	:	98 p.
Arabic Title Page	:	تأثير التدريب بجهاز تمرينات الشهيق على غازات الدم لمرضى ما بعد الدرن .
Library register number	:	4833-4834.

**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	:	Ola Mohamed Elsayed El Gohary
Title	:	Abdominal Exercises Versus Ultrasound Cavitation On Coronary Risk Profile In Obese Women
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Farag Abd- Elmoneim Aly
	2.	Aisha - Abdelmonem Hagag
	3.	Mohamed Said Sayed Shater
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Purpose of study: to compare the effect of abdominal exercises versus ultrasound cavitation on coronary risk profile in obese women. Methods: Forty obese women with abdominal obesity, their age ranged from (30-40) years, their BMI (30-34.9kg/m²), WHR ranged between (0.81to1.0) selected from Ibrahim Nada hospital, and divided into two equal groups. Group (A): received abdominal exercises in addition to diet regimen 1200 Cal for six weeks, two sessions per week. Group (B): received ultrasound cavitation in addition to the same regimen for six weeks, two sessions per week. Methods of evaluation (BMI, WHR, lipid profile, coronary risk ratio) were measured before and after the study period. Results:-the results showed statistical significant difference concerning, BMI, WHR, lipid profile and coronary risk ratio in both groups, However the results were in the favor of abdominal exercises group. Conclusion: It was concluded that both abdominal exercises and ultrasound cavitation were effective in reduction of BMI, WHR, lipid profile and coronary risk ratio, However the abdominal exercises cause much more improvement than ultrasound cavitation.</p>		
Key words	1.	abdominal obesity
	2.	abdominal exercises
	3.	ultrasound cavitation
	4.	coronary risk profile
	5.	Obese Women
Classification number	:	000.000.
Pagination	:	81 p.
Arabic Title Page	:	تأثير تمارينات البطن مقابل الموجات الصوتية التفرغية على مخاطر الشريان التاجي لدى النساء البدينات.
Library register number	:	5121-5122.

**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	:	Osama Ghazy Mohamed Ghazy
Title	:	Effect of Whole Body Vibration Training on Muscle Strength and Flexibility in Elderly
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Hany Farid Eid Morsy Elsis
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Sarcopenia, the associated decline in muscle strength that occurs during the normal aging process, contributes to elderly impairment of activities of daily living (ADLs) and overall independence. Previous research suggested resistance (RES) training, and more recently whole-body vibration (WBV) exercise, can help sarcopenia. While WBV exercise is now more prevalent in the literature, there is little known about its potential impact on elderly lower body strength and flexibility. Methods: Forty elderly men from Elmahalla Home Citizen .their age ranged from 60-70 years old, they were assigned into two groups equal in number. Group A :(control group) Twenty elderly men participated in normal strengthening and stretching exercises for both quadriceps muscles for 30 minutes once per day twice per week for 8 weeks with (1,2,3)kg sand bags weights and 10 minutes of stretching exercise for knee extensors .Group B:(study group) Twenty elderly men participated in a normal strengthening and stretching exercises for 30 minutes once per day twice per week for 8 weeks .with(1,2,3)kg sand bags weights followed by 5 minutes of whole body vibration training at frequency of (12-20) HZ in a vertical plan). Results: There was a significant effect inside groups (A or B),no significant effect between groups(A and B) for both muscle strength and flexibility as follows: Right Quadriceps force(A)8.84% as percentage of improvement. Right Quadriceps force (B):12.30% as percentage of improvement. left Quadriceps (A): 8.5% as percentage of improvement. Left Quadriceps (B): 12.24% as percentage of improvement of group B. Right Quadriceps flexibility (A): 14.7% as percentage of improvement. Right Quadriceps flexibility (B): 18.3% as percentage of improvement. left Quadriceps flexibility(A): 12.16% as percentage of improvement. left Quadriceps flexibility (B): 16.7% as percentage of improvement. Conclusion: 8 weeks of whole body vibration has no significant effect in increasing muscle force and flexibility for elderly subjects as short term effect.</p>		
Key words	1.	Whole body vibration
	2.	Muscle force
	3.	Muscle flexibility
	4.	Elderly
	5.	Flexibility
Classification number	:	000.000.
Pagination	:	85 p.
Arabic Title Page	:	تأثير تدريب الاهتزاز الكامل للجسم على قوة العضلات ومرونتها لدى كبار السن .
Library register number	:	5053-5054.

**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	:	Rahmatollah Mustafa Mohammed
Title	:	Effect of Resistive Exercise on Serum Cortisol Level in Elderly Subjects
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohammed Serry
	2.	Tamer Mohammed Farid
	3.	Mona Mohammed Taha
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Purpose: to find out the acute effect of three different intensities of resistance exercise on serum cortisol level in elderly subjects. Methods: 45 men and women (22 men and 23 women) elderly subjects (age: 60-70 years old) from normal subjects (patients' companions in El-Demerdash teaching hospital-Ain Shams University), from January 2015 till June 2015. They were divided into three groups. Group (A) was composed of 8 men and 7 women; they received one bout of low-intensity resistive exercise. Group (B) was composed of 6 men, and 9 women, they received one bout of moderate-intensity resistive exercise. Group (C) was composed of 8 men and 7 women, they received one bout of high-intensity resistive exercise; duration of the treatment was 45 minutes, starting from 9:00am till 9:45 am. The subjects' age, height, weight, and BMI were measured. Also, the serum cortisol level was measured just before the exercise session at 9:00 am and 5-minutes after the session. Results: the results showed that in group (A): the pre-cortisol value was 7.85 ± 3.92 and the post-cortisol value was 5.70 ± 2.03. In group (B) the pre-cortisol value was 7.11 ± 2.85 and the post-cortisol value was 5.41 ± 1.49. In group (C) the pre-cortisol value was 6.77 ± 2.76 and the post-cortisol value was 6.403 ± 2.572. There was a significant decrease (27.388%) in serum cortisol level after the low-intensity resisted exercise, and there was a significant decrease (23.909%) in serum cortisol level after the medium-intensity resistance exercise, and there was no significant change in the high-intensity resistance exercise in the elderly subjects, and the low-intensity (30% of 1-RM) was more fruitful and beneficial in decreasing the stress response manifested by the serum cortisol level in elderly subjects. Conclusion: the low-intensity (30% of 1-RM) is more advantageous on serum cortisol level than both the medium-intensity (50% of 1-RM) and high-intensity (80% of 1-RM) resistance exercise in elderly.</p>		
Key words	1.	acute resistive exercise
	2.	serum cortisol level
	3.	Elderly
Classification number	:	000.000.
Pagination	:	100 p.
Arabic Title Page	:	تأثير تمارين المقاومة على نسبة الكورتيزول في الدم في الأشخاص كبار السن .
Library register number	:	4733-4734.

**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	:	Rania Abdel Basit Abdel Moez
Title	:	Selected Adipokines Response To Aerobic Exercise In Obese Diabetic Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Akram Abdel Aziz Sayd
	2.	Laila Rashed
	3.	Samah Mahmoud Ismail
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>The aim of this study was to find out the effect of aerobic exercise on plasminogen activator inhibitor-1 (PAI-1) and visfatin (selected adipokines) in obese diabetic patients. Thirty patients participated in this study their ages ranged from 40 to 55 years old and their body mass index (BMI) ranged from 30-34.9 kg/m². They were divided randomly into two equal groups, fifteen each group. The study group ,performed aerobic exercise at moderate intensity (12-14) on a point rating of perceived exertion (RPE) using Borg scale (3 sessions / week, 40 minutes/ session for 10 weeks) in addition to their medical treatment, while The control group , taking their traditional medical treatment only. PAI-1, visfatin, BMI and waist hip ratio (WHR) were measured at the beginning and at the end of the study for both groups. The results showed a highly significant difference in the study Group (reduction) in PAI-1, visfatin, BMI and WHR with improvement percentage 41.48 %, 35.73%, 5.84% and 11.82% respectively in the study group comparing with the control group .These finding suggest that aerobic exercise may be an effective method to reduce complications in obese diabetic patients.</p>		
Key words	1.	Adipokines
	2.	obesity
	3.	aerobic exercise
	4.	Diabetes mellitus type II
Classification number	:	000.000.
Pagination	:	106 p.
Arabic Title Page	:	استجابة بعض الاديبيوكاينز للتمريبات الهوائية في مرضي السكري البدناء .
Library register number	:	4977-4978.

**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	:	Rowida Saber El-Saied Abd El-Hamid
Title	:	Effect of Aerobic Exercise on Immunity Indices in Patients with Chronic Hepatitis C
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Awny Fouad Rahmy
	2.	Abdel Fattah Ibrahim Hanafy
	3.	Mona Mohammed Taha
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Hepatitis C virus (HCV) affects more than 170 million people and causes an estimated 460,000 deaths per year. A small proportion of patients are able to clear this infection, but most become carriers and may eventually develop chronic liver diseases, including chronic hepatitis, liver cirrhosis, and hepatocellular carcinoma. Aim of study was to find out the effect of aerobic exercise on immunity indices in chronic HCV patients without any complains. Subjects and methods: 30 patients with chronic Hepatitis C, both sex (13 men and 17 women), were selected from the outpatient of liver Centre at Benha Fever Hospital. They were divided into two groups equal in number, group A (study group) received an aerobic exercise in form of walking on electronic treadmill three times per week for 3 months, in addition to their medical treatment. group B(control group) received their medical treatment only .Their mean age was (40-50 years old) .In the study ,using Flow cytometry "BD Facscalibur " two-coloure for measurement of natural killer cells for expression (CD₃⁺CD₅₆⁺) was used for all patients in both groups before and after the study. The results: There was statistical significant increase in natural killer cells (CD₃⁺,CD₅₆⁺) in study group after performing aerobic exercise for 3 months by 32.18% improvement compared with control group receiving medical treatment only. Conclusion: The outcomes of the present study emphasized that the use of aerobic exercise to improve immunity indices by increasing of natural killer cells in chronic HCV patients.</p>		
Key words	1.	Chronic Hepatitis C (HCV)
	2.	Aerobic exercise
	3.	Natural killer cells
	4.	Immunity Indices
Classification number	:	000.000.
Pagination	:	98 p.
Arabic Title Page	:	تأثير التمارين الهوائية على مؤشرات المناعة في المرضى الذين يعانون من التهاب الكبد ج المزمن.
Library register number	:	4725-4726.

**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	:	Sally Mohamed Abou El Fetouh Mohamed
Title	:	Effect of Laser versus Reflexology on Kidney Functions in Hypertensive Patients with Dash Diet
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Nesreen Ghareeb Mohamed Elnahas
	3.	Sally Adel Hakim
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Kidney functions increased in hypertensive patients. Objectives of this study were to determine the difference between effect of reflexology and laser on kidney functions and blood pressure. Methods: Sixty patients (48 women and 12 men) aged from 45-55 years old participated in this study with moderate essential hypertension ranged from 150/170 for systolic blood pressure and 90/110 for diastolic blood pressure. The patients were selected and the practical work was done at Al Agouza hospital. The patients were assigned into two equal groups in number. Group A received foot reflexology for twenty minutes while group B received laser on reflexology points for eight minutes. The management for groups done three times/week for eight weeks in association with DASH diet and their regular medications according to their physicians. Systolic and diastolic blood pressure was measured. Also, serum creatinine and serum electrolytes (sodium, potassium and calcium) were used to measure kidney functions pre and post management. Results: The obtained data revealed that in group A there was a statistically significant decrease in systolic blood pressure by 24.33% and in diastolic blood pressure by 21.55%. Also, there was a statistically significant decrease in serum creatinine by 12.82% while in group B there was a statistically significant decrease only in systolic blood pressure by 18.93% and diastolic blood pressure by 17.09% after treatment ($P < 0.05$). But, there was a statistically significant decrease in serum creatinine. Also, there was no statistical significant difference between levels of Na, K and Ca pre and post management in both groups. Conclusion: Foot reflexology in addition to regular medications may be valuable to decrease blood pressure and kidney functions more effectively than laser therapy.</p>		
Key words	1.	Laser
	2.	Reflexology
	3.	kidney functions
	4.	Hypertensive
	5.	Dash Diet
Classification number	:	000.000.
Pagination	:	105 p.
Arabic Title Page	:	تأثير الليزر مقابل الريفلكسولوجى على وظائف الكلى لمرضى ارتفاع ضغط الدم المتبعين لنظام غذائى داش.
Library register number	:	5039-5040.

**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	:	Salma Ibrahim Abdel-Mohsen Alghitany
Title	:	Effect of Resistive Exercise Training on Osteocalcin in Type II Diabetic Patient
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza Fekry Ismael
	2.	Tarek Mostafa Omran
	3.	Basant Hamdy El Refaey
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: The reciprocal relationship between bone and energy metabolism is mediated by osteocalcin (OC), a protein hormone produced by osteoblast. Most of OCs are found in bones, but some OCs are secreted into circulation and exert metabolic functions in either form of fully carboxylated OC (cOC) or undercarboxylated OC (ucOC) (Kim et al., 2015). Purpose: To assess the effect of resistive exercise training on osteocalcin in type 2 diabetic patients. Subjects and Methods: Forty type 2 diabetic women with age ranged between 40-50 years enrolled in that study, selected from outpatient clinics of Kafr Saad hospital and General Damietta hospital (Damietta). They were assigned into two groups equal in numbers: The study group Group (A) which consisted of 20 patients who received circuit weight training three time per week for 12 weeks plus their routine medications and the control group Group (B) which consisted of 20 patients who received their medications only . Both groups underwent measurement procedures at the beginning and after three months of the treatment for HBA1c, BMI and osteocalcin. Results: Statical analysis revealed a significant increase of osteocalcin and a significant decrease of HBA1c and BMI in the study and control groups. Upon comparison between both groups there was a significance difference between both groups in favor of the study group. Conclusion: It was concluded that resistive training improves osteocalcin level, decreases HBA1c and BMI in type 2 diabetic patients. The percentage of decrease of HBA1c was about 26.03% and 6.86% and that of BMI was about 7.89% and 1.35% while the percentage of increase of osteocalcin was about 43.6% and 10.78% for the study and control groups respectively.</p>		
Key words	1.	Resistive exercise training
	2.	Osteocalcin
	3.	Type II diabetes mellitus
Classification number	:	000.000.
Pagination	:	117 p.
Arabic Title Page	:	تأثير تمارينات المقاومة على هرمون الاوستيوكالسسين في مرضى النوع الثاني من البوال السكرى.
Library register number	:	4991-4992.

**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	:	Samuel Farid Henry Rezkallah
Title	:	Response of diaphragmatic excursion to inspiratory muscles training in elderly
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Azza A.Abdelhady
	2.	Fayez F. Botros
	3.	Assis. Fatma Aboelmagd M. Hamid
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: The proportion of the older population reached 8.5 percent of the total population around the world. Elderly people generally want to live independently as long as possible and practice their activities of daily living . Aim of the study: This study was designed to investigate the response of diaphragmatic excursion to inspiratory muscles training in elderly. Subjects and Methods: Forty elderly subjects(18 men-22women) were recruited from El- Ragaa retirement home in Cairo for this study. They were assigned into two groups equal in number ;study group who received training with threshold IMT and diaphragmatic breathing exercises ,and the control group who received diaphragmatic breathing exercises only. The training program for both groups was three times per week for 10 weeks ,diaphragmatic excursion during normal and deep breathing was measured by ultrasonography for all subjects before and after the study. Results: The analysis of the results of the current study showed that diaphragmatic excursion in elderly significantly improved post treatment in the study group by 25.6% in quiet breathing and by 15.6% in deep bteathing and P value 0.000 in both of them ,while improved to a lesser extent in the control group by 4.97% with P value 0.011 in quiet breathing and 5.04 % with P value 0.004 in deep breathing . Conclusion: Inspiratory muscle training improved the diaphragmatic excursion in elderly.</p>		
Key words	1.	Inspiratory muscle training
	2.	diaphragmatic excursion
	3.	elderly
Classification number	:	000.000.
Pagination	:	55 p.
Arabic Title Page	:	إستجابة إزاحة عضلة الحجاب الحاجز لتدريب عضلات الشهيق عند كبار السن.
Library register number	:	5249-5250.

**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	:	Sandra Aziz Guirguis
Title	:	Effect of acupressure on glycated Hemoglobin and lipids profile in Type 2 diabetic women
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Farag Abd El Menem Aly
	2.	Youssef Salah Sweify Aly
	3.	Hany Farid Eid Morsy Elsis
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Purpose: To determine the effect of application of acupressure on glycated hemoglobin (HbA_{1c}) and lipids profile levels in type 2 diabetic women. Subjects and Methods: Forty women with type 2 diabetes mellitus were selected from out patient clinic, in internal medicine department, El Sahel Teaching Hospital- Shoubra- Cairo-Egypt. Their age ranged from 35 to 50 years. They were assigned into two groups equal in number. Group (A): Received acupressure therapy (AT) on point (Sp-6), 3 minutes and repeated 3 times per session on both legs for three times per week, for 12 weeks, in addition to hypoglycemic drugs. Group (B): Did not received acupressure, but followed hypoglycemic drugs for 12 weeks. The study conducted from July 2015 till the end of April 2016. Assessment of HbA_{1c} and lipids profile measured before and after 12 weeks of completion of the study. Results: Group (A) showed significant decreased percentage of HbA_{1c} by 12%, (TC) by 7.78%, (TG) by 6.41%, (LDL) by 4.36%, and (RBG) by 28.2% and significant increased (HDL) by 14.15%. While Group (B) showed small significant decreases in HbA_{1c} by 3.62% and nonsignificant decrease in (TG) by 3.56% and increased in (TC) by 1.15%, and (LDL) by 0.59%, with non significant increase in (HDL) by 2.16%, combined with significant decreases in (RBG) by 2.46%. Conclusion: Application of acupressure therapy is adjuvent effective in decreasing HbA_{1c}, TC, TG, LDL, RBG, and improved HDL level in type 2 diabetic women.</p>		
Key words	1.	Acupressure
	2.	Glycated hemoglobin
	3.	lipids profile
	4.	type 2 diabetes
Classification number	:	000.000.
Pagination	:	91 p.
Arabic Title Page	:	تأثير الضغط الوخز على النقط الصينية على الهيموجلوبين السكرى وصورة الدهون فى السيدات المصابات بالسكرى النوع ٢.
Library register number	:	5091-5092.

**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 Ahmed Mohamed
Title	:	Measures of quality of life after using tens on acupuncture points post coronary artery bypass graft
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Hala Mohamed Ezz El-Dein
	2.	Yehyia Anwar Balbaa
	3.	Gihan Samier Mohamed
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>The aim of this study was to investigate the measures of quality of life using TENS on acupuncture points after coronary artery bypass graft. Thirty patients, who underwent coronary artery bypass graft, were participated in this study. Their ages ranged between 45 to 60 years old. They were divided into two groups equal in number. Method : The first group: consisted of 15 patients(9 males & 6 females) and had been subjected to acupuncture-like TENS (Acupoints: Neiguan P6, Shenmen H7, Shaohai H3) six days per week for one month with traditional physical therapy; the duration of application was thirty minutes for acupuncture points totally. The second group: consisted of 15 patients(8 males & 7 females) and had been received traditional physical therapy for six days per week for one month. Results: All patients have received their optimum medications as prescribed by their cardiologist. All patients were evaluated by the Seattle Angina Questionnaire (SAQ) and lung ventilation before the study, and repeated after one month. Conclusion: The data obtained in the present investigation indicated that there were statistical significant changes of the Seattle Angina Questionnaire variables (physical limitation, anginal stability, anginal frequency, treatment satisfaction, and disease perception) and the lung ventilation in both groups. However, there was a significant difference in all variables between both groups except in treatment satisfaction domain as patients received acupuncture-like TENS have a better improvement.</p>		
Key words	1.	Acupuncture like
	2.	TENS
	3.	coronary artery by pass graft
	4.	Quality of life
	5.	Measures of quality of life
Classification number	:	000.000.
Pagination	:	127 p.
Arabic Title Page	:	نتائج قياسات مدى جودة الحياة للتنبية الحسى لنقاط الابر الصينية بعد توصيل الشرايين التاجية.
Library register number	:	4983-4984.

**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 Elsayed Ahmed Mostafa
Title	:	Effect of aerobic exercise on dyslipidemia of metabolic syndrome in obese women
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra mohamed Hassan serry
	2.	Ahmed Mohamed Noweir
	3.	Mona mohamed Taha
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Obesity leads to a number of co-morbid conditions, and appears to be a major contributing factor to metabolic syndrome. An increase in age- related hormonal, metabolic and cardio- respiratory changes occur in older women, increasing the risk of coronary heart disease. <i>Purpose:</i> This study was conducted to determine the effect of different exercise duration combined with Mediterranean diet on improving dyslipidemia of the metabolic syndrome in obese women. <i>Subjects:</i> forty obese sedentary women considered as metabolic syndrome patients participated in this study, their ages ranged from 45-65 years old. They were divided into two groups, a study group which include 30 obese women who have been diagnosed as metabolic syndrome patients and was divided equally into 3 sub groups A, B & C. The study group received the therapeutic intervention which included Mediterranean diet & walking training program with different duration, study group A walked for 20 minutes, study group B walked for 30 minutes, and study group C walked for 40 minutes for 8 weeks at a frequency of 3 sessions per week, while the control group which include 10 obese women who have been diagnosed as metabolic syndrome patients and they followed Mediterranean diet only for 8 week. Both groups were assessed pre & post treatment for body weight, WHR, BMI, LDL, HDL, total cholesterol & triglycerides level. <i>Results:</i> There was significant difference between both groups as follow, There was a significant decrease in post treatment body weight by (7.34%), BMI by (7.36%), total cholesterol by (13.71%), triglycerides by (22.36%), LDL by (11.16%), WHR (7.34%) & increase in HDL (40.37%) respectively in study group A & in study group B there was a significant decrease in body weight by (13.52%), in BMI by (13.41%), in total cholesterol by (17.4%), in triglycerides by (34.67%), in LDL by (25.55%), in WHR by (9.41%), and increase in HDL by (40.37%), & while in study group C there was significant decrease in body weight by (15.07%), in BMI by (14.88%), in total cholesterol by (23.69%), in triglycerides by (39.57%), in LDL by (30.06%), in WHR by (8.43%), and increase in HDL by (65.37%) compared with control group body weight (3.74%), BMI (3.6%), total cholesterol (5.04%), triglycerides (5.42%), LDL (5.03%), WHR (2.35%), and HDL (7.08%) . <i>Conclusion:</i> it was concluded that the walking training program of higher duration (>30 minutes) combined with Mediterranean diet has significant effect on dyslipidemia in obese women with metabolic syndrome when compared to other study groups and the control group.</p>		
Key words	1.	Obesity.
	2.	Dyslipidemia.
	3.	Metabolic syndrome
	4.	Aerobic exercise
	5.	Mediterranean diet.
	6.	aerobic exercise
Classification number	:	000.000.
Pagination	:	114 p.
Arabic Title Page	:	تأثير التمرينات الهوائية علي اضطرابات دهون الدم المصاحب لمرض متلازمة الايض في السيدات اللاتي يعانون من السمنة.
Library register number	:	5219-5220.

**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	:	Shehab Sobhy Menshawy
Title	:	Impact of acupuncture points stimulation on constipation in hypertensive obese patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Akramabdel -azisayed
	2.	Mohamed Abdel Halim Shendy
	3.	Mahmoud Abd El – Aziz Qura
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background : Constipation is the common digestive complaint in the United State as per survey data.It's more common in women , the elderly and children.,it occurs more frequently in the elderly is felt to be due to an increasing number of health problems as human age and decrease physical activity purpose:The study was conducted to detect the impact of multiple points stimulation acupuncture on constipation for obese hypertensivepatients. participants :Sixty female patients were divided into two equal groups Group(A) : with mean age 59.8 ± 2.78 and the mean value of their body mass index 40.2 ± 4.2 Group (B) : with mean age 59.8 ± 2.78 with the mean value of their body mass index 40.2 ± 2.9(BMI) Methods:Constipated hypertensive obese female patients divided into two groups equal in number (A&B) Group (A) : 30 patients received medications alone (laxatives , anti- spasmodics and anti – depressants) Group (B) :30 patients received medications (laxatives , anti – spasmodics and anti-depressants) , in combination with multiple point stimulation acupuncture Results:The present study showed that heighly significant progressive improvement in the frequency of defecation/week after 6and 12weeks in group Bpvalue (highly significant) .After 6week in group B mean value 4.8 ± 0.55 more than group A mean value 4.03 ± 0.61. After 12 week in group B mean value 5.7 ± 0.6 more than group A mean value 4.37 ± 0.56 .As regard constiency of stool , the results showed that highly significant progressive improvementboth after 6 and 12 weeks in group B .In after 6 weeks group 2 about 73.3% more than group A about 20 % in grade 3 .After 12 weeks group B about 76.7 % more than group A twelve weeks group B showed improvement about 76.7 % more than group A which showed improvement about 13.3 % in Grade 2. Conclusion From the results of the present study . It Is concluded that; combined medical treatment and multiple points acupuncture stimulation has beneficial effects on constipation for hypertensive obese patients</p>		
Key words	1.	Body mass index
	2.	Hypertension
	3.	constipation
	4.	acupuncture stimulation
	5.	obese patients
Classification number	:	000.000.
Pagination	:	96 p.
Arabic Title Page	:	تأثير تحفيز نقاط الإبر الصينية علي الإمساك لمرضى إرتفاع ضغط الدم البدناء.
Library register number	:	5203-5204.

**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	:	Shrouk Ibrahim Salem
Title	:	Effect of aquatic exercise on balance in elderly women.
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zahra Mohamed Hassan Serry
	2.	Samah Mahmoud Ismail
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Aging has been shown to affect all of the systems causing poor balance in elderly subjects. Elderly subjects present serious problems due to poor balance such as falls and fractures which increase economical costs in health care. Aim of this study: was to find out the efficacy of aquatic exercises on balance in elderly women. Methods: Thirty elderly women participated in the study. Their age ranged from 60 to 70 years old and their body mass index ranged from 25 to 34.9. All the subjects performed aquatic exercises program which was divided into three phases: aquatic environment adaptation phase, stretching phase and a phase of static and dynamic exercises for balance under water for 45 minutes/session, 3times/week for six weeks. Each series was performed continuously and between each one there was a one-minute rest. Results: Statistical analysis showed that aquatic exercise program had significant positive effects on the results of berg balance scale and timed up and go test with percentage of improvement of 11.64% and 21.19% respectively. Conclusion:It was concluded that aquatic exercises can be used as safe, efficient, adjacent therapy to improve balance among elderly women.</p>		
Key words	1.	Aquatic exercises
	2.	Balance
	3.	Elderly
Classification number	:	000.000.
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Arabic Title Page	:	تأثير التمرينات المائية على التوازن عند النساء المسنات.
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**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 Ibrahim Badr El-Din Mossa
Title	:	Efficacy of Diaphragmatic Training on Heart Rate Variability in Congestive Heart Failure Patients
Dept.	:	Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.
Supervisors	1.	Zeinab Mohamed Helmy
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Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Background: Cardiac autonomic dysfunction is associated with risk of cardiovascular mortality in patients with congestive heart failure. Analysis of heart rate variability (HRV) is an important, widely used method for assessing cardiac autonomic regulation. Purpose: to find out whether the diaphragmatic training could induce change on heart rate variability in patients with congestive heart failure. Methods: Thirty male patients with congestive heart failure, their age ranged from 45 to 60 years, were assigned into two groups equal in number. First group (study): including 15 patients participated in a supervised diaphragmatic training program using inspiratory muscle trainer (IMT), 60 minutes, 3 sessions /week for 12 weeks in addition to their medical treatment. Second group (control) including 15 patients received their medical treatment only. Heart rate and heart rate variability were measured pre and post study using EGG. Results: statistical analysis revealed a significant improvement of heart rate mean difference for study group (6.66 ± 2.94) compared to control group (2.60 ± 3.29) and significant improvement (increase) in HRV (15.71 ± 1.06) in study group compared to control group (13.18 ± 0.87). Parasympathetically modulated HRV of the patients in study group increased significantly (17.94%; $P < 0.01$) compared to control group. Conclusion: diaphragmatic training using IMT could increase autonomic modulation of cardiac function in patients with congestive heart failure.</p>		
Key words	1.	Diaphragmatic training
	2.	Heart rate variability
	3.	Congestive Heart Failure
Classification number	:	000.000.
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