

**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  
2017**

|                                |   |  |
|--------------------------------|---|--|
| <b>Author</b>                  | : | <b>Afnan Sedky Adly</b>  |
| <b>Title</b>                   | : | <b>Laser Therapy Versus Reflexology in Elderly with Rheumatoid Arthritis</b>   |
| <b>Dept.</b>                   | : | <b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>  |
| <b>Supervisors</b>             |   | <ol style="list-style-type: none"> <li>1. <b>Zahra Mohamed Hassan Serry</b></li> <li>2. <b>Mohamed Amr Hussein</b></li> <li>3. <b>Manal Ahmed Mohamed</b></li> </ol>   |
| <b>Degree</b>                  | : | <b>Master.</b>   |
| <b>Year</b>                    | : | <b>2017.</b>   |
| <b>Abstract</b>                | : | <p><b>Background:</b> Rheumatoid arthritis (RA) is highly prevalent and is one of the most frequently self reported autoimmune diseases. Due to the lack of high-quality evidence, the ideal physical therapy treatment/modalities for RA remain unclear. The disparity in research and the necessity to add to the existing literature base led to the development of this study. <b>Purpose:</b> To determine response of RA to laser therapy versus reflexology in elderly. <b>Methods:</b> Forty elderly women patients with RA aged between 65 and 75 years old, selected from outpatient clinic, Kasr Al-Ainy Medical School and National Institute of Laser Enhanced Sciences, Cairo University, Egypt. The forty patients were classified into two groups; each group consisted of twenty patients. The first received laser therapy (group A) and the second received reflexology therapy (group B) both offered 12 sessions over four weeks. The changes in rheumatoid arthritis quality of life (RAQoL) index, health assessment questionnaire (HAQ), (interleukin 6) IL-6, malondialdehyde (MDA) and ATP were measured at the beginning of the study and after four weeks. <b>Results:</b> Showed a statistical significant decrease in RAQoL, HAQ, IL-6 and MDA pre/post treatment for both groups (<math>p &lt; 0.05</math>); significant increase in ATP pre/post treatment for both groups (<math>p &lt; 0.05</math>). Comparison between both groups showed a statistical significant decrease in MDA and a statistical significant increase in ATP in group(A) than group(B). Percent of changes in MDA was 41.82%↓ in group(A) versus 21.68%↓ in group(B), changes in ATP was 226.97%↑ in group(A) versus 67.02%↑ in group(B). <b>Conclusion:</b> Laser therapy is associated with significant improvement in MDA and ATP greater than reflexology in elderly patients with RA. Laser therapy offers the greatest therapeutic benefits for the treatment of RA; these therapeutic effects may be through alleviating oxidative stress and reducing inflammation, while improving the antioxidant and energy status in elderly patients with RA.</p> |
| <b>Key words</b>               |   | <ol style="list-style-type: none"> <li>1. <b>Lasers</b></li> <li>2. <b>Rheumatoid Arthritis.</b></li> <li>3. <b>Elderly.</b></li> <li>4. <b>Reflexology.</b></li> </ol>  |
| <b>Classification number</b>   | : | <b>000.000.</b>  |
| <b>Pagination</b>              | : | <b>79 p.</b>   |
| <b>Arabic Title Page</b>       | : | <b>العلاج بالليزر مقابل الريفلكسولوجي في كبار السن المصابين بالتهاب المفاصل الروماتويدي.</b>   |
| <b>Library register number</b> | : | <b>5337-5338.</b>  |

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

|   |    |  |
|---|----|--|
| <b>Author</b>   | :  | Ahmed Mohamed Badie  |
| <b>Title</b>  | :  | Effect Of Electro acupuncture On Serum Level Of Leptin Hormone In women with Diabesity         |
| <b>Dept.</b>  | :  | Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.       |
| <b>Supervisors</b>  | 1. | Hala Mohamed Ezz El-dein   |
|   | 2. | Waleed Ahmed Taha  |
|   | 3. | Mohamed abdel-halim shendy   |
| <b>Degree</b>   | :  | Master.  |
| <b>Year</b>   | :  | 2017.  |
| <b>Abstract</b>   | :  |  |
| <p><b>Introduction &amp; Aim of study:-</b>Obesity and type II diabetes are diseases that can substantially decrease life expectancy, diminish quality of life and increase health care costs. The aim of this study was to find out the effect of electroacupuncture with low calorie diet on leptin hormone, fasting Blood glucose (FBG) and body mass index in women with diabesity. <b>Subjects &amp; methodology:-</b> Forty obese type I diabetic women with ages ranged from 40-50 years old, were diagnosed as class I obesity , and their fasting blood glucose levels were between 126-160mg/dl ,they were selected from obesity clinic in Agouza Rheumatology and Rehabilitation Armed Forces Center and divided randomly into two equal groups (in number). Group A (study group) received low-calorie diet (1000 Kcal/ day) and electro-acupuncture sessions for 3 sessions per week ,each session take 30 minutes for eight weeks. Group B (control group) received low calorie diet (1000 Kcal/ day) only for eight weeks. The study was performed from (August 2015 to April 2016).The BMI, Leptin hormone and fasting blood glucose were measured before and after the program . <b>Results:-</b> this study showed significant improvement for group (A) and (B) in Leptin hormone (32.53%↓ , 17.89% ↓), BMI (11.2 % ↓, 6.3 % ↓), FBG (16.83 % ↓, 12.47 % ↓) respectively. The study group is more improved than control group. <b>Conclusion:-</b>All of These findings suggested that electroacupuncture with low calorie diet is an effective tool to decrease fasting blood glucose levels and BMI and this effect may be mediated, in part, by decreasing of leptin hormone.</p> |    |  |
| <b>Key words</b>  | 1. | Electro acupuncture  |
|   | 2. | Leptin hormone.  |
|   | 3. | Diabesity  |
|   | 4. | women with Diabesity   |
| <b>Classification number</b>  | :  | 000.000.   |
| <b>Pagination</b>   | :  | 97 p.  |
| <b>Arabic Title Page</b>  | :  | تأثير الوخز بالأبر الكهربائي على مستوى هرمون اللبتين فى السيدات البدينات المصابات بمرض السكرى. |
| <b>Library register number</b>  | :  | 5311-5312.   |

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

|  |    |   |
|--|----|---|
| <b>Author</b>  | :  | Amr Moukhtar Elsayed  |
| <b>Title</b>   | :  | Effect of cupping versus aerobic exercise on lipid profile in patients With type2 diabetes      |
| <b>Dept.</b>   | :  | Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.        |
| <b>Supervisors</b>   | 1. | Azza Abdel Aziz abd El-Hady   |
|  | 2. | Samy abd El-Samad Nassef  |
|  | 3. | Ashraf Abo Elfetoh  |
| <b>Degree</b>  | :  | Master.   |
| <b>Year</b>  | :  | 2017.   |
| <b>Abstract</b>  | :  |   |
| <p><b>Background and purpose:</b>the risk of coronary heart disease is increased with diabetic patients , however the prediction of CHD can be detected early if lipoprotein level is elevated. Theaim of this study was To compare the effect of cupping therapy and aerobic ex's on lipid profile (Triglycerides, total cholesterol, High density lipoprotien, Low density lipoprtien) in patients with type2 diabetes. <b>Subjects and methods:</b> twenty patients of both sexes (8 women and 12 men) with type2 diabetes mellitus participated in this study with an age range of (35 to 55). the two groups were matched in level of diabetes and regular in diabetic treatment. They were chosen from out patient clinic, Borg El Arab Hospital and randomly divided into two equalgroups in number, (Group A): (cupping group) 10 patients were received cupping session for one time (group B) (Exercise group ) 10 patients participated in aerobic exercise training program (treadmill training 3 days a week for 4 weeks). <b>Results:</b> Cupping therapy had significantly improved S.cholesterol (↓) by 12.57% , LDL(↓) by 11.02%, HDL(↑) by 6.18% , but no significance difference on other , parameter. Exercise training had significantly improve FG(↓) by 6.82%. S. Cholesterol(↓) by 1.87 % , HDL(↑) by 3.10 % but no significant difference on other parameters. <b>Conclusion:</b> it was concluded that cupping and aerobic excise have some beneficial effects on lipid profile in diabetic patients and is recommended to be described with other diabetic treatment.</p> |    |   |
| <b>Key words</b>   | 1. | Diabetes  |
|  | 2. | aerobic exercise, lipid profile   |
|  | 3. | cupping therapy   |
|  | 4. | type2 diabetes  |
| <b>Classification number</b>   | :  | 000.000.  |
| <b>Pagination</b>  | :  | 70 p.   |
| <b>Arabic Title Page</b>   | :  | تأثير الحجامه مقابل التمرينات الهوائية على دهون الدم ومستوى السكر بالدم لدى مرضى البوال السكري. |
| <b>Library register number</b>   | :  | 5371-5372.  |

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|  |    |   |
|--|----|---|
| <b>Author</b>  | :  | Asmaa Embaby Ameen Swelim   |
| <b>Title</b>   | :  | Effect of Low Level Laser Therapy in Type 2 Diabetes Mellitus Complicated With Tarsal Tunnel Syndrome |
| <b>Dept.</b>   | :  | Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.              |
| <b>Supervisors</b>   | 1. | Hala Mohamed Ezz El Dein  |
|  | 2. | Mariam El-Sayed Mohammed Abd El Aal   |
|  | 3. | MohieEldinTharwat Mohamed, Lecturer   |
| <b>Degree</b>  | :  | Master.   |
| <b>Year</b>  | :  | 2017.   |
| <b>Abstract</b>  | :  | Master.   |
| <p><b>Background:</b> Diabetic neuropathies are a family of nerve disorders either subclinical or clinically evident that occurs in peripheral nervous system with Type II diabetes. Currently, Physical therapy treatment by Low Level Laser Therapy (LLLT) was found is effective in decreasing symptoms or even reversing the progress of Tarsal Tunnel Syndrome (TTS).<b>Purpose:</b> the study aimed to find out the influence of the LLLT on the symptoms, neurophysiological study and visual analog scale (VAS) in Type II diabetic patients with TTS.<b>Method and Materials:</b> thirty diabetic patients (14 women and 16 men) had TTS aged from 40 to 65 years were randomly selected and assessed neurophysiological study by analyzed motor and sensory (latency and amplitude) and VAS measured before, and after 12 weeks then received LLLT program along course of tarsal tunnel for 5 points each point received 120 second, time of all session 10 minutes.. <b>Results:</b>, Statistical analysis showed that distal latency was significantly decreased by 23.39% (motor) and 29.67% (sensory), amplitude increased by 58.82% and VAS improved by 45.27% after LLLT sessions. <b>Conclusion:</b> LLLT influences the symptoms of TTS as a complication of type II diabetes mellitus.</p> |    |   |
| <b>Key words</b>   | 1. | Low Level Laser Therapy   |
|  | 2. | Neurophysiological study  |
|  | 3. | Visual Analog scale   |
|  | 4. | Tarsal Tunnel syndrome  |
|  | 5. | Type II Diabetes mellitus,  |
| <b>Classification number</b>   | :  | 000.000.  |
| <b>Pagination</b>  | :  | 84 p.   |
| <b>Arabic Title Page</b>   | :  | تأثير الليزر منخفض الشدة على مرضى السكري النوع الثاني ال<br>ذين يعانون من متلازمة النفق الرسغي.       |
| <b>Library register number</b>   | :  | 5687-5688.  |

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|   |    |   |
|---|----|---|
| Author  | :  | Asmaa Ibrahim Yacoub Snaad  |
| Title   | :  | Effect of transcutaneous electrical nerve stimulation versus transcranial direct current stimulation on diabetic foot |
| Dept.   | :  | Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.                              |
| Supervisors   | 1. | AwnyFouadRahmy  |
|   | 2. | Mohamed Ahmed El-sayed  |
|   | 3. | ShereenHamed El-Sayed   |
| Degree  | :  | Master.   |
| Year  | :  | 2017.   |
| Abstract  | :  |   |
| <p><b>Background:</b>Neuropathic diabetic foot can cause severe pain in both legs and feet, affect balance .It also affect nerves so patient can feel with tingling, burning, aching sensations that become worse at night. This pain affects patient quality of life. The purpose To compare the effect of Transcutaneous Electrical Nerve Stimulation versus transcranial direct current stimulation on painful diabetic foot <b>Methodology:</b> Forty patients of both sex suffering from chronic neuropathic pain due to diabetic foot, with age range from 50 to 60 years old participated in this study. All patients hadmean pain levels <math>\geq 4</math> out 10 on VAS, before starting the treatment. <b>Design of the study:</b> Patients were assigned randomly into two equal groups in numbers, group (A) , received transcranial direct current stimulation. group(B), received transcutaneous electrical nerve stimulation. Pain Intensity was assessedby Neuropathy pain scale(NPS) and quality of life was assessed by NeuroQolquestionnaires pre and post treatment. Treatment was applied 3 times a week for 8weeks. <b>The Results:</b> There was a significant difference in NPS scale and NeuroQolquestionnaires scores in the two groups after treatment and between the two groups Neuro -Qolquestionnaires scores post- treatment where the study showed better improvement in group( A)than group ( B). as tDCS has direct effect on executive function and depression <b>Conclusion:</b> Transcranial direct current stimulation (tDCS) and transcutaneous electrical nerve stimulation (TENS )are both effective in decreasing the intensity of chronic neuropathic pain in diabetic footbut tDCS is preferred as it improved patient quality of life more than TENS.</p> |    |   |
| Key words   | 1. | transcranial direct current stimulation   |
|   | 2. | transcutaneous electrical nerve stimulation   |
|   | 3. | chronic neuropathic pain  |
|   | 4. | neuropathic diabetic foot   |
|   | 5. | current stimulation on diabetic foot  |
| Classification number   | :  | 000.000.  |
| Pagination  | :  | p.  |
| Arabic Title Page   | :  | تأثير تنبيه التيار العصبي الحسي مقابل التيار المباشر لعظام الجمجمة في حالات القدم السكري.                             |
| <b>Library register number</b>  | :  | <b>5583-5584.</b>   |

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|   |    |  |
|---|----|--|
| <b>Author</b>   | :  | Aya Hesham Abd El-Aziz   |
| <b>Title</b>  | :  | Passive Stretch Versus Active stretch on Intervertebral Movement in Non-Specific Neck Pain |
| <b>Dept.</b>  | :  | Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.   |
| <b>Supervisors</b>  | 1. | Ibrahim Moustafa Moustafa  |
|   | 2. | Amr Abdallah Azzam   |
|   | 3. | Doaa Ibrahim Amin  |
| <b>Degree</b>   | :  | Master.  |
| <b>Year</b>   | :  | 2017.  |
| <b>Abstract</b>   | :  |  |
| <p><b>Back ground:</b> 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> |    |  |
| <b>Key words</b>  | 1. | active stretch   |
|   | 2. | intervertebral movement  |
|   | 3. | non-specific neck pain   |
|   | 4. | passive stretch  |
| <b>Classification number</b>  | :  | 00.0.  |
| <b>Pagination</b>   | :  | 122 p.   |
| <b>Arabic Title Page</b>  | :  | التمدد السلبي مقابل التمدد النشط في حركة ما بين الفقرات في الام الرقبة الغير محددة         |
| <b>Library register number</b>  | :  | 5241-5242.   |

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|  |    |   |
|--|----|---|
| Author   | :  | Fatma Mohamed Mohamed Abdeen Sallam   |
| Title  | :  | Aerobic exercise versus low caloric diet on mild fatty liver with central obesity                                   |
| Dept.  | :  | Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.                            |
| Supervisors  | 1. | Prof.Dr Awny Foaad Rahmy  |
|  | 2. | Mohammad Abdel Rahman Sweilam   |
|  | 3. | Hany Farid Eid Morsy Elsis  |
| Degree   | :  | Master.   |
| Year   | :  | 2017.   |
| Abstract   | :  |   |
| <p>The purpose of this study was to determine the response of liver enzymes to aerobic exercise versus low caloric diet in mild fatty liver patients with central obesity. Methods: The study was carried on 40 patients, 10 male and 30 female, with mild fatty liver, central obesity and elevated liver enzymes. The age ranged between 30-45 years; they were selected from the outpatient clinic of internal medicine in El-Santa general hospital, Gharbia, Egypt, from March 2015 to May 2016. The patients were assigned into 2 groups equal in number. Group (1) received a program of moderate intensity aerobic exercise on electronic treadmill (60-70% of Max HR) for 50 min 3 times a week for 8 weeks. Group (2) followed a program of low caloric diet for 8 weeks. Both groups underwent liver enzymes (ALT&amp; AST), WC and BMI pre and post program. Results: The results of this study showed that there was no significant difference between group (1) and group (2) in BMI, WC, fat, ALT and AST. Conclusion: It was concluded that moderate intensity aerobic exercise and low caloric diet are effective in decreasing BMI, WC, fat content, ALT and AST in patients with mild fatty liver with no significant difference between both groups.</p> |    |   |
| Key words  | 1. | fatty liver   |
|  | 2. | low caloric diet  |
|  | 3. | liver enzymes   |
|  | 4. | Aerobic exercise  |
|  | 5. | low caloric diet  |
|  | 6. | Obesity, central  |
| Classification number  | :  | 000.000.  |
| Pagination   | :  | 81 p.   |
| Arabic Title Page  | :  | التمرينات الهوائية مقابل النظام الغذائي منخفض السعرات الحرارية علي مرضي الكبد الدهني البسيط المصاحب للسمنة الوسطية. |
| <b>Library register number</b>   | :  | <b>5533-5534.</b>   |

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|---|----|--|
| <b>Author</b>   | :  | <b>Khaled Kheder Alkhoudari</b>  |
| <b>Title</b>  | :  | <b>Effect of aerobic exercise on plasma renin in chronic kidney disease with secondary hypertension</b>    |
| <b>Dept.</b>  | :  | <b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>            |
| <b>Supervisors</b>  | 1. | <b>Hala Mohamed Ezz Aldeen</b>   |
|   | 2. | <b>Mariam El-Sayed Mohamed</b>   |
|   | 3. | <b>Wael Fouad Hussein Nassar</b>   |
| <b>Degree</b>   | :  | <b>Master.</b>   |
| <b>Year</b>   | :  | <b>2017.</b>   |
| <b>Abstract</b>   | :  |  |
| <p><b>Inhibition of renin activity has been logical step to interrupt the renin angiotensin aldosterone system which becomes the cornerstone to retard the progression of chronic kidney disease. Aim of this study was to investigate the influence of aerobic exercise on plasma renin in the chronic kidney disease patients with secondary hypertension. Forty chronic kidney disease obese patients were randomly assigned to two groups. Study group performed moderate intensity aerobic exercise as well as their medication. Control group received their medication. The mean values in both groups were: For Plasma renin level (<math>0.82 \pm 0.214</math>) and (<math>2.09 \pm 0.468</math>) respectively, for systolic blood pressure (<math>152.1 \pm 4.86</math>) and (<math>155.8 \pm 5.16</math>) mmHg respectively, for diastolic blood pressure (<math>95 \pm 3.81</math>) and (<math>102.6 \pm 6.93</math>) mmHg respectively and for 6-minute walk test speed (<math>1.83 \pm 0.07</math>) and (<math>1.68 \pm 0.06</math>) m/s respectively. There were significant differences between two groups in their Plasma renin level, blood pressure and 6-minute walk test speed after the study. It was concluded that moderate aerobic exercise resulted in improved kidney functions with chronic kidney disease patients as reducing plasma renin and improving the blood pressure with non-significant negative weak correlation between Plasma renin level and blood pressure and a significant moderate negative correlation between exercise improvement and plasma renin.</b></p> |    |  |
| <b>Key words</b>  | 1. | <b>aerobic exercise on plasma renin</b>  |
|   | 2. | <b>plasma renin in chronic kidney disease</b>  |
|   | 3. | <b>chronic kidney disease</b>  |
|   | 4. | <b>secondary hypertension</b>  |
| <b>Classification number</b>  | :  | <b>000.000.</b>  |
| <b>Pagination</b>   | :  | <b>80 p.</b>   |
| <b>Arabic Title Page</b>  | :  | <b>تأثير التمارين الهوائية على مستوى الهلزاما رينين في مرضى الكلى المزمنة ذوي ارتفاع ضغط الدم الثانوي.</b> |
| <b>Library register number</b>  | :  | <b>5521-5522.</b>  |



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|---|----|---|
| <b>Author</b>   | :  | <b>Mahmoud Ibrahim Mohamed Mahmoud</b>  |
| <b>Title</b>  | :  | <b>Chest Physiotherapy Program in Prevention of Hospital Acquired Pneumonia After Liver Transplantation</b> |
| <b>Dept.</b>  | :  | <b>Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.</b>             |
| <b>Supervisors</b>  | 1. | <b>Aisha Abd Elmonem Hagag</b>  |
|   | 2. | <b>Mona Mohamed Taha</b>  |
| <b>Degree</b>   | :  | <b>Master.</b>  |
| <b>Year</b>   | :  | <b>2017.</b>  |
| <b>Abstract</b>   | :  |   |
| <p><b>Purpose:</b> The purpose of this study was to find out the effect of chest physiotherapy program on the prevention of early onset hospital acquired pneumonia after liver transplantation. <b>Method:</b> Thirty patients post liver transplantation, their ages ranged from 50 to 60 years old were recruited in this study. The patients were selected from ICU of liver transplantation unit in Elmanial specialized hospital, faculty of medicine Cairo university. The patients divided into two group, study group (A) included 15 patients who received chest physiotherapy ( percussion, vibration , suction, Diaphragmatic breathing exercise , cough education and active cycle of breathing) ,positioning and limb exercises and control group(B) included 15 patients who received limb exercises , positioning and suctioning. <b>Results:</b> improvement in PaO<sub>2</sub>, TLC, SO<sub>2</sub>, Respiratory rate, decreased incidence of chest infection (33% of the patients in study group had bacterial growth in compare with 73% of the patients in control group and 40% of the patients in study group had lung consolidation in compare with 80% of the patients in control group) and decreased intensive care unit stay in the study group than the control group. While no significant difference in PH, PaCo<sub>2</sub>, HCO<sub>3</sub>, temperature and heart rate. <b>Conclusion:</b> The results of this study support the importance of adding chest physiotherapy program to prevent early onset hospital acquired pneumonia after liver transplantation and decrease intensive care unit stay.</p> |    |   |
| <b>Key words</b>  | 1. | <b>chest physiotherapy</b>  |
|   | 2. | <b>Hospital acquired pneumonia</b>  |
|   | 3. | <b>liver transplantation</b>  |
| <b>Classification number</b>  | :  | <b>000.000.</b>   |
| <b>Pagination</b>   | :  | <b>p.</b>   |
| <b>Arabic Title Page</b>  | :  | <b>برنامج العلاج الطبيعي للصدر للوقاية من الالتهاب الرئوي المكتسب من المستشفى بعد زراعته الكبد.</b>         |
| <b>Library register number</b>  | :  | <b>5499-5500.</b>   |

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

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| <b>Author</b>  | :  | <b>Rana Mohamed Tawfik Mohamed</b>  |
| <b>Title</b>   | :  | <b>Effect of Reflexology on Lipoproteins in Women with Type 2 Diabetes Mellitus</b>                 |
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| <b>Degree</b>  | :  | <b>Master.</b>  |
| <b>Year</b>  | :  | <b>2017.</b>  |
| <b>Abstract</b>  | :  |   |
| <p><b>Background:</b> Lipoproteins level increases in non-insulin dependent patients especially in those obese patients. Objectives of this study were to determine the effect of reflexology on lipoproteins level in women with type 2 diabetes mellitus. <b>Methods:</b> Thirty obese diabetic women participated in this study chosen from Dar El-Salam public hospital. The patients were assigned into two groups equally in number. Each group included 15 patients. The patients in both groups were matched in age ranged from (45-55 years old) and body mass index ranged from (30 to 34.9 Kg/m<sup>2</sup>), and blood glucose level (&gt; 200 mg/dl) with measuring lipoproteins level pre and post treatment for both groups. For both groups the patients received medications (anti-hyperglycemic &amp; anti-hyperlipidemic drugs) according to their physicians, while group A received a program of foot reflexology for 4 weeks with frequency 3 times/week with their medications. <b>Results:</b> The data revealed a statistically decrease in lipoproteins level in group A than in group B after treatment (p&lt;0.05), TC decreased by 5.99% in group A while group B decreased by 1.69%. LDL in group A decreased by 7.37%, and group B decreased by 2.46%. And the HDL changed by 0.61% in group A, and decreased by 1.8% in group B. TG in group A decreased by 12.95% while group B decreased by 3.77%. <b>Conclusion:</b> Foot reflexology had a value in decreasing lipoproteins level in patients with type 2 diabetes mellitus except on HDL.</p> |    |   |
| <b>Key words</b>   | 1. | <b>Reflexology.</b>   |
|  | 2. | <b>diabetic</b>   |
|  | 3. | <b>lipoproteins level</b>   |
|  | 4. | <b>Type 2 Diabetes Mellitus</b>   |
|  | 5. | <b>Women with Type 2 Diabetes Mellitus</b>  |
| <b>Classification number</b>   | :  | <b>000.000.</b>   |
| <b>Pagination</b>  | :  | <b>85 p.</b>  |
| <b>Arabic Title Page</b>   | :  | <b>تأثير الريفليكسولوجى على البروتينات الدهنية فى مرضى البوال السكرى (النوع الثانى) من السيدات.</b> |
| <b>Library register number</b>   | :  | <b>5343-5344.</b>   |

**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**

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|--|----|--|
| <b>Author</b>  | :  | Samar K.Alnoumany  |
| <b>Title</b>   | :  | Effect Of Cupping Therapy On Glycemic Control In Diabetic Patients                       |
| <b>Dept.</b>   | :  | Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery. |
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| <b>Year</b>  | :  | 2017.  |
| <b>Abstract</b>  | :  | Master.  |
| <p><b>Background:</b> Diabetes is a group of metabolic disorders in which there are high blood glucose levels over a prolonged period. . If left untreated, diabetes can cause many acute and chronic complications. <b>Purpose:</b> to study the effect of cupping therapy on glycemic control in diabetic patients. <b>Methods:</b> Thirty type 2 diabetic patients (men and women) were selected from Internal Medicine Department of Central Berket EL- sabaa Hospital. They were diagnosed with specialized physician as T2DM patients, their age ranged from (45 - 55 years) and they were randomly divided into two groups (A&amp;B). Each group consisted of fifteen patients. Variables measured from both groups were HbA1c, fasting plasma glucose, postprandial plasma glucose level. Group (A) performed aerobic training and cupping therapy while group (B) performed aerobic exercise only. Both groups were under medical treatment for 3months . <b>Results:</b> results revealed that, there was significant decrease in HbA1c, fasting blood glucose, and post prandial blood glucose in group A compared with group B post treatment. The percent of improvement for group (A) was 30.13%, 14.08%, and 23.62% and for group (B) was 18.97%, 13.03%, and 21.91% respectively. When compared Fasting blood glucose levels and post prandial blood glucose levels in groups' post1, post2 and post3, there were significant differences in favor of post3.The significance decrease in the mean values post treatment (p=0.02), (0.04), (0.3).Men improved better than women in both groups. <b>Conclusion:</b> Using cupping therapy combined with aerobic exercise is superior to aerobic exercises only regarding glycemic control in type 2 diabetic patients.</p> |    |  |
| <b>Key words</b>   | 1. | Aerobic exercise   |
|  | 2. | Cupping therapy  |
|  | 3. | Diabetes mellitus  |
|  | 4. | Glycemic Control In Diabetic   |
| <b>Classification number</b>   | :  | 000.000.   |
| <b>Pagination</b>  | :  | 90 p.  |
| <b>Arabic Title Page</b>   | :  | تأثير الحجامة على التحكم في الهيموجلوبين السكرى فى مرضى البوال السكرى                    |
| <b>Library register number</b>   | :  | 5693-5694.   |

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

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| Title   | :  | Response of diaphragmatic excursion to inspiratory muscles training in elderly           |
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| Supervisors   | 1. | Azza A.Abdelhady   |
|   | 2. | Fayez F. Botros  |
|   | 3. | Fatma Aboelmagd M. Hamid   |
| Degree  | :  | Master.  |
| Year  | :  | 2017.  |
| Abstract  | :  |  |
| <p><b>Background:</b> 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 . <b>Aim of the study:</b> This study was designed to investigate the response of diaphragmatic excursion to inspiratory muscles training in elderly. <b>Subjects and Methods:</b> 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. <b>Results:</b> 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 . <b>Conclusion:</b> 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                       |
| <b>Library register number</b>  | :  | <b>5249-5250.</b>  |

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|--------------------------------|----|---|
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|                                | 3. | Nessrin Ghareb Mohamed  |
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| <b>Year</b>                    | :  | 2017.   |
| <b>Abstract</b>                | :  | <p><b>Purpose:</b> to determine the effect of high repetitive single limb training on exercise capacity in chronic obstructive pulmonary disease. <b>Methods:</b> Forty women presented with moderate chronic obstructive pulmonary disease (FEV1/FVC&lt;0.70) were selected from Demerdash and Sadr Al Abbasia hospitals, and their age ranged from 40 – 50 years old. They were evaluated by using 6 min walk test to all patients, and other vital signs as (blood pressure, pulse rate, oxygen saturation and borg scale) were measured pre and post training, Program. Patient were assigned as one group received high repetitive single limb training, (U.L/L.L) using elastic band in addition to medical treatment for three times/ week for 8 weeks. <b>Results:</b> The results showed a significant increase in post training parameters as shown with a percentage of improvement in i.e. actual distance covered by 9.23%, oxygen saturation 1.01% and pulse rate by 3.87%. Results also showed a significant decrease in ie., systolic blood pressure by 3.63%, Diastolic blood pressure by 2.55% and borg scale by 25.32%. <b>Conclusion:</b> High repetitive single limb training was effective in improving exercise capacity in chronic obstructive pulmonary disease.</p> |
| <b>Key words</b>               | 1. | High repetitive single limb   |
|                                | 2. | chronic obstructive pulmonary disease   |
|                                | 3. | exercise capacity   |
| <b>Classification number</b>   | :  | 000.000.  |
| <b>Pagination</b>              | :  | 99 p.   |
| <b>Arabic Title Page</b>       | :  | تأثير التمرينات عالية التكرار وحيدة الطرف على سعة التمرينات في مرضى السدة الرئوية.  |
| <b>Library register number</b> | :  | 5403-5404.  |

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| <b>Author</b>  | :  | Shymaa Yussuf Abo Zaid EL-Saman   |
| <b>Title</b>   | :  | Efficacy of Moderate Aerobic Training on Insulin Like Growth Factor and Functional Capacity In Elderly        |
| <b>Dept.</b>   | :  | Physical Therapy Department for Cardiopulmonary Disorder and Geriatrics and its Surgery.                      |
| <b>Supervisors</b>   | 1. | Samah Mahmoud Ismail  |
|  | 2. | Laila Ahmed Rashed  |
| <b>Degree</b>  | :  | Master.   |
| <b>Year</b>  | :  | 2017.   |
| <b>Abstract</b>  | :  | Master.   |
| <p><b>Background:</b> Insulin like growth factor -1 (IGF-1) decrease with aging, which lead to several disorders and disabilities in elderly. <b>Objective:</b> The purpose of this study was to find out the effect of moderate aerobic training on insulin like growth factor -1and functional capacity in elderly. <b>Methods:</b> The study was conducted on thirty elderly subjects, their age ranged from 60 to 70 years old with mean value of 64.18 years; they were selected randomly from Qena University Hospitals based on the inclusion criteria .All the subjects had participated in moderate aerobic training calculated as 65% to 75% of their predetermined maximum heart rate. This program was applied three times per week for eight weeks. <b>Results:</b> Statistical analysis showed a significant increase of insulin like growth factor by 32% and functional capacity by 18.5%. <b>Conclusion:</b> It was concluded that moderate aerobic training improve insulin like growth factor-1 and functional capacity in elderly.</p> |    |   |
| <b>Key words</b>   | 1. | Aerobic training  |
|  | 2. | functional capacity   |
|  | 3. | elderly   |
|  | 4. | insulin like growth factor -1   |
| <b>Classification number</b>   | :  | 000.000.  |
| <b>Pagination</b>  | :  | 88 p.   |
| <b>Arabic Title Page</b>   | :  | تأثير التمرينات الهوائية متوسطة السرعة علي مستوي معامل النمو شبجي الانسيولين والكفاءه الوظيفيه لدي كبار السن. |
| <b>Library register number</b>   | :  | 5705-5706.  |