ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY AND ITS SURGERY

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Doctoral Degree

2018

Author	**:**	**MarwaFakhryAly Ibrahim**
Title	**:**	**The Influence of Myofascial Release in Treating Pedundal Nerve Entrapment Through Childbearing Years**
Dept.	**:**	**Physical Therapy for Women's Health**
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Degree	**:**	**Doctoral.**
Year	**:**	**2018.**
Abstract	**:**	

Background: Pedundal nerve entrapment also referred as Alcock's canal syndrome , is a condition that results from the compression or pinching of the pedundal nerve. This cause chronic pain on the saddle site of the patient, this sites include perineal, pre anal and genital areas which is common in women. Purpose: this study was conducted to investigate the effect of myofascial trigger point release on pelvic pain in cases complaining from pudendal nerve entrapment syndrome. Design: A prospective, randomized, single-blind, pre–post-test, controlled trial. Participants: Forty married females suffering from pudendal nerve entrapment collected from outpatient Clinic for Gynaecology, Faculty of Medicine, Ain Shams University Hospital. They were randomly assigned into two groups; group (A) received medical treatment only Dexamethasone injection 40mg daily for 4 days 2times/day to be repeated every 14 days for 6 weeks and group (B) received medical treatment as group (A) and myofacial trigger point release sessions and pelvic floor exercise 3times/week for 6 weeks .Evaluation of both groups (A&B)were done using Pain Intensity Scale to assess severity of pelvic pain and Elecrtomyography to asses Terminal Motor Latency of pedundal nerve before starting and after the end of treatment program(6 weeks). Results: Comparing both groups after end of treatment program(6 weeks) revealed that there were statistically significant decrease in pelvic pain intensity as well as distal motor latency of pedundal nerve ($P < 0.05$)in both groups (A&B) and this significant reduction in favour of group (B). The results also indicated that there was a positive strong correlation between mean value of pain scale with mean value of distal motor latency of pudendal nerve (P=0.0001). This means that decrease indistal motor latency of pudendal nerve is consistent with decrease in pain scale this significant reduction in favour of group (B). Conclusion: Myofascial trigger point release and pelvic floor exercises in addition to medical treatment have a positive effect in reducing pain and improving pedundal nerve function in cases having pedundal nerve entrapment. The results indicated that there was a positive strong correlation between mean value of pain scale with mean value of distal motor latency of pudendal nerve (P=0.0001). This means that decreaseindistal motor latency of pudendal nerve is consistent with decrease in pain scale

Key words	**1.**	**Myofascial Trigger Point Release**
	2.	**Pelvic Pain**
	3.	**Pudendal Nerve Entrapment**
	4.	**childbirth trauma**
Classification number	**:**	**000.000.**
Pagination	**:**	**79 p.**
Arabic Title Page	**:**	**تأثير المعالجة اليدوية للأنسجة فى حالات انسداد العصب العنقودى خلال سنوات الحمل والرضاعة.**
Library register number	**:**	**5781-5782.**

Author	**:**	**Sally Mohammed Saeed Mahmoud**
Title	**:**	**Effect of aerobic exercises on fat deposition during pregnancy**
Dept.	**:**	**Physical Therapy for Women's Health**
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Year	**:**	**2018.**
Abstract	**:**	

This study was conducted to determine the effect of aerobic exercise on fat deposition during pregnancy. Sixty normal healthy women at the beginning of their second trimester (14 weeks, gestation)from the Out -patient Clinic of Obstetrics and Gynecology Boulaq abo -Alalaa Hospital shared in this study. Their age ranged from 20 to 30 years old and body mass index did not exceed 30 kg/m^2 . they were divided randomly into two groups ,group (A): participated in treadmill exercise program for three months in addition to diet control . Group (B): received diet control only .Weight and height were measured for all participants to calculate BMI then the rate of leptin hormone was measured for all participants . The exercising group experienced significantly decreased in leptin hormone , it could be concluded that aerobic exercise was effective in decrease fat deposition during pregnancy.

Key words	**1.**	**Pregnancy.**
	2.	**Fat Deposition.**
	3.	**Exercise.**
	4.	**Leptin Hormone.**
	5.	**aerobic exercises on fat deposition.**
Classification number	**:**	**000.000.**
Pagination	**:**	**81 p.**
Arabic Title Page	**:**	**تأثير التمرينات الهوائية على تراكم الدهون أثناء الحمل.**
Library register number	**:**	**5899-5900.**

Author	**:**	**Walaa Khamis Mohamed Swar**
Title	**:**	**Effect of patello-femoral rehabilitation program on lower limb mechanical changes postnatally**
Dept.	**:**	**Physical Therapy for Women's Health**
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Year	**:**	**2018.**
Abstract	**:**	

This study was conducted to determine the effect of patello-femoral rehabilitation on lower limb mechanical changes postnatally. One hundred women complaining from postpartum mild to moderate knee pain and/or mild degree of knee inflammation and/or lower limb functional problem participated in this study. They were selected randomly from Said Galal University Hospital in Cairo. The study was conducted from January 2016 to March 2017. Their ages were ranged from 20-35 years old. There BMI was ranged from 20-35 kg/m^2.They were divided into two groups equal in number, group (A) treated by nutrition program only in the form of balanced diet 1200-1400 Kcal/day while group (B) treated by the same diet (1200-1400 Kcal/day) and participated in 90 minutes session of patellofemoral rehabilitation program and localized fat lipolysis using sonoliser device on thigh region twice weekly for 3 months. BMI was assessed by using weight and height scale, anterior knee pain was assessed by VAS, navicular drop test and thigh girth were assessed by tape measurement, Q angle was assessed by goniometer and functional activities of hip and knee joints were assessed by LEFS for both groups A and B before and after treatment. Results found that, there was no significant difference in BMI, VAS, NDT, Q angle, LEFS and thigh girth between both groups A and B before treatment. There was significant improvement in BMI, VAS, NDT, Q angle, LEFS and thigh girth in both groups A and B after treatment. There was significant difference between A and B in BMI, VAS, NDT, Q angle, LEFS and thigh girth between groups A and B after treatment (more improvement in group B). So that, patellofemoral rehabilitation program is very effective in relieving anterior knee pain and in correcting lower limb biomechanical changes postnatally.

Key words	**1.**	**Patellofemoral rehabilitation .**
	2.	**Postnatally.**
	3.	**Mechanical changes**
	4.	**lower limb mechanical changes postnatally**
Classification number	**:**	**000.000.**
Pagination	**:**	**179 p.**
Arabic Title Page	**:**	**تأثير برنامج إعادة تأهيل رضفة الفخذ على التغيرات الميكانيكية لدى السيدات بعد الولادة.**
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