

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

**Physical Therapy Department for Obstetrics and  
Gynaecology and Its Surgery**

**Doctoral Degree 2019**

<b>Author</b>	:	<b>Atef Mohamed Atef.</b>
<b>Title</b>	:	<b>Effect of Visceral Decongestion of True Pelvis on Primary Dysmenorrhea.</b>
<b>Dept.</b>	:	<b>Physical Therapy for Women's Health.</b>
<b>Supervisors</b>	1.	<b>Hala Mohamed Emara.</b>
	2.	<b>Hossam El-Den Hussein Kamel.</b>
	3.	<b>Mohamed Ahmed Mohamed Awad.</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2019.</b>
<b>Abstract</b>	:	
<p><b>Purpose:</b> This study was conducted to detect the effect of visceral decongestion technique of true pelvis on primary dysmenorrhea. <b>Subjects:</b> Fifty girls with primary dysmenorrhea diagnosed by gynecologist selected randomly from Said Galal University Hospital in Cairo, Al Azhar University participated in this study. Their ages were ranged from 17 to 24 years old and their body mass index was ranged from 18.5 to 25 kg/m<sup>2</sup>. Girls with gynecological diseases that may cause secondary dysmenorrhea such as; Endometriosis, Adenomyosis, Fibroids, Polybs and Pelvic inflammatory diseases, married or non-virginal girls were excluded from the study. <b>Design:</b> pre and post experimental study. They were divided into two equal groups, group A treated by NSAIDS (bruffin 400 mg), two tablets per day during menstruation only for three menstrual cycles; group B treated by the same medical treatment as in group A in addition to visceral osteopathic decongestion technique for true pelvis, three sessions per week started before the expected day of menstruation by two days till end of the menstruation. All patients received five sessions in one month for three months. <b>Methods:</b> Visual analogue scale (VAS) and serum cortisol level were used to measure pain intensity and Doppler ultrasound used to measure the vascularity of the uterus for both groups A and B pre-treatment and post-treatment of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> menstrual cycle. <b>Results:</b> In group A there was no statistical significant decrease in the mean value of VAS, cortisol level, RI of left and right uterine artery of pre-treatment values of 2<sup>nd</sup> and 3<sup>rd</sup> menstrual cycle when compared with its corresponding value of 1<sup>st</sup> menstrual cycle. While there was significant decrease of post-treatment values of group A but in group B pre and post treatment values decreased. There was significant difference in pre-treatment and post-treatment values of VAS, cortisol level, RI of left and right uterine artery between both groups A and B (more decrease in group B pre-treatment post-treatment). <b>Conclusion:</b> It can be conclude that visceral decongestion of true pelvis can be used as a treatment in reducing severity of pain, reducing serum cortisol level and increasing blood supply to the uterus in primary dysmenorrhea</p>		
<b>Key words</b>	1.	<b>Visceral decongestion.</b>
	2.	<b>Primary dysmenorrheal.</b>
	3.	<b>True pelvis.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>125 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير الاعتلال الجذور العنقية على قوة اليد في أطباء الأسنان المصريين.</b>
<b>Library register number</b>	:	<b>6617-6618.</b>

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<b>Author</b>	:	<b>Dina Mahmoud AlEshrawy Mohamed Abd-ElFatah.</b>
<b>Title</b>	:	<b>Effect of ultraviolet on muscles vitality in postmenopausal women with vitamin D deficiency.</b>
<b>Dept.</b>	:	<b>Physical Therapy for Women's Health</b>
<b>Supervisors</b>	1.	<b>Fahima Metwally OKeel.</b>
	2.	<b>Amel Mohamed Yousef.</b>
	3.	<b>Mohamed Hassan Mostafa.</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2019.</b>
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of ultraviolet radiation on muscle vitality in postmenopausal women with vitamin D deficiency. Thirty five postmenopausal women who suffering from vitamin D deficiency participated in this study, from the Outpatient Clinic of Faculty of Physical Therapy, Cairo University. Their age ranged from (45 to 60) yrs., body mass index (BMI) ranged from 25 to 30 kg/m<sup>2</sup>. They were assigned randomly into two groups (A&amp;B). Eighteen postmenopausal women of group (A) received ultraviolet (3 sessions per week) in addition to regular aerobic exercises with vitamin D supplement (800 IU) daily for 3 months and seventeen postmenopausal women in group (B) received regular aerobic exercises with vitamin D supplement (800 IU) daily only for 3 months. Assessment of all women in both groups (A&amp;B) was carried out before and after the end of the treatment program (3 months) through measuring level of serum 25-hydroxyvitamin D, muscle vitality, as well as, quality of life. The results showed a statistically highly significant (<math>P &lt; 0.001</math>) increase in serum 25-hydroxyvitamin D and quality of life in group (A) than in group (B), there was a statistically highly significant (<math>P &lt; 0.001</math>) increase of peak torque of knee flexors as well as extensors in group (A) post treatment in compare to pre treatment, while there was no significant difference in group (B) post treatment as well as between both groups (A&amp;B) pre and post three months of treatment. Accordingly, it could be concluded that ultraviolet is an effective, non- invasive, safe, easy to apply, simple and successful method for improving concentration of vitamin D and quality of life in postmenopausal women.</p>		
<b>Key words</b>	1.	<b>Muscle vitality.</b>
	2.	<b>Aerobic exercises.</b>
	3.	<b>Ultraviolet on muscles vitality.</b>
	4.	<b>postmenopausal women with vitamin D deficiency.</b>
	5.	<b>Vitamin D supplement.</b>
	6.	<b>Quality of life.</b>
	7.	<b>women with vitamin D deficiency.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>101 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير الأشعة فوق البنفسجية على حيوية العضلات لدى السيدات اللاتي تعانين من نقص فيتامين (د) بعد إنقطاع الطمث.</b>
<b>Library register number</b>	:	<b>6537-6538.</b>

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<b>Author</b>	:	<b>Dina Said Mohamed Badie.</b>
<b>Title</b>	:	<b>Effect of aerobic exercise on non- obese adolescent girls with polycystic ovarian syndrome.</b>
<b>Dept.</b>	:	<b>Physical Therapy for Women's Health</b>
<b>Supervisors</b>	1.	<b>Hala Mohamed Hanafy Omara.</b>
	2.	<b>Hossam Al Din Hussin Kamel.</b>
	3.	<b>Mohamed Ahmed Mohamed Awad.</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2019.</b>
<b>Abstract</b>	:	
<p><b>Purpose:</b> This study was conducted to determine the effect of aerobic exercise on non-obese adolescent girls with polycystic ovarian syndrome. <b>Patients:</b> Fifty non obese adolescent girls diagnosed with PCOS participated in this study. They were selected randomly from outpatient clinic of gynaecology in Al Khazendara General Hospital in Cairo. Their ages were ranged from 15 to 19 years old. Their BMI was from 18.5 to 24.9 kg/m<sup>2</sup>. Their LH/FSH ratio was &gt;1.5. All girls experienced amenorrhea (no menses in the last 6 month) or oligomenorrhea (menstrual cycle &gt; 35 days at last 3 months). They were divided randomly into 2 groups equal in numbers (A &amp; B); Group A treated by metformin drug for 24 weeks, group B treated by metformin drug and performed moderate intensity aerobic exercise program for 45 minutes, three times per week for 24 weeks. <b>Evaluation:</b> Evaluation was carried out before and after 6 months of the treatment program through assessment of weight, BMI, waist circumference, hip circumference, waist/hip ratio, level of female sex hormones (LH, FSH and LH/FSH ratio), Total Testosterone, fasting blood glucose, fasting blood insulin and fasting blood glucose/ insulin ratio. The menstrual cycle interval was assessed using Menstrual Record Chart. <b>Results:</b> Results of this study revealed that; there is a statistically significant decrease in the mean value of weight, BMI, waist circumference, hip circumference, waist/ hip ratio, LH, LH/FSH ratio, Total Testosterone, fasting blood glucose, fasting blood insulin, fasting glucose/insulin ratio and menstrual cycle interval in both groups A&amp;B post-treatment. There is a statistically significant increase in FSH in both groups A&amp;B post-treatment. When comparing both groups together post-treatment, there is a significant difference in FSH (more increase in group B), weight, BMI, waist circumference, hip circumference, LH, LH/FSH ratio, Total Testosterone, fasting blood glucose, fasting blood insulin and menstrual cycle interval (more decrease in group B), there is no significant difference in waist/ hip ratio and fasting glucose/insulin ratio. <b>Conclusion:</b> Long-term regular exercise provides better results in reproductive and metabolic parameters and improve menstrual irregularity in non-obese adolescent girls with PCOS.</p>		
<b>Key words</b>	1.	<b>Aerobic exercise</b>
	2.	<b>Non obese</b>
	3.	<b>Girls</b>
	4.	<b>Polycystic ovarian syndrome</b>
	5.	<b>girls with polycystic ovarian syndrome.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>159 p.</b>
<b>Arabic Title Page</b>	:	<b>.</b>
<b>Library register number</b>	:	<b>6357-6358.</b>

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<b>Author</b>	:	Elham Shahat Hassan Bauomy.
<b>Title</b>	:	Effect of Laser acupuncture on bone mineral density in postmenopausal women with osteoporosis.
<b>Dept.</b>	:	Physical Therapy for Women's Health
<b>Supervisors</b>	1.	Salwa Mostafa El-Badry.
	2.	Amel Mohamed Yousef.
	3.	Mohamed Hassan Mostafa.
<b>Degree</b>	:	Doctoral.
<b>Year</b>	:	2019.
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of Laser acupuncture on lumbar bone mineral density (BMD) in osteoporotic postmenopausal women. Forty osteoporotic postmenopausal women participated in this study, selected from the Outpatient Clinic, Faculty of Physical Therapy. They were divided into two equal groups: group (A), received laser acupuncture therapy three times per week for twelve weeks, in addition to Calcium and vitamin D3 supplement, and group (B), received the same Calcium and vitamin D3 supplement for twelve weeks as group (A). Evaluation was done before and after the treatment program in both groups (A &amp; B) through measuring T-score of lumbar BMD by DEXA, Alkaline phosphatase plasma level and quality of life assessment including intensity of back pain, activities of daily living, jobs around the house and mobility by (QUALEFFO-41) Questionnaire. Results revealed that both groups showed a statistically highly significant improvement in T-score for lumbar (L1-L4) (P=0.0001), activities of daily living (P=0.0001), jobs around the house (P=0.0001) and mobility (P=0.0001) while there was a highly significant reduction in Alkaline phosphatase level (P=0.0001) and intensity of back pain (P=0.0001). When comparing both groups after treatment, there was a statistically highly significant improvement in T-score for lumbar (L1-L4), activities of daily living, jobs around the house and mobility while there was a highly significant reduction in Alkaline phosphatase level and intensity of back pain in favor of group (A). Accordingly, it could be concluded that laser acupuncture is an effective modality for improving lumbar BMD and quality of life in osteoporotic postmenopausal women.</p>		
<b>Key words</b>	1.	Laser acupuncture
	2.	postmenopausal osteoporosis
	3.	quality of life
	4.	Bone mineral density in postmenopausal women.
	5.	women with osteoporosis in postmenopausal.
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	149 p.
<b>Arabic Title Page</b>	:	تأثير الوخز بالليزر على كثافة العظام لدى السيدات اللاتي تعانين من هشاشة العظام بعد انقطاع الطمث.
<b>Library register number</b>	:	6531-6532.

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<b>Author</b>	:	<b>Hend RedaS aad Sakr.</b>
<b>Title</b>	:	<b>Effect of acupuncture and diet modification on amenorrhea in female athlete triad.</b>
<b>Dept.</b>	:	<b>Physical Therapy for Women's Health</b>
<b>Supervisors</b>	1.	<b>Hala Mohamed Emara.</b>
	2.	<b>Azza Barmoud Nashed.</b>
	3.	<b>Amr Hazim Abbassy.</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2019.</b>
<b>Abstract</b>	:	
<p><b>This study was conducted to determine the efficacy of acupuncture and diet modification using soy products on amenorrhea in female athlete triad. Subjects: Sixty female athletes were selected randomly from Sports Medicine Specialized Center in Nasr City, El Shams Club and El Obour Sporting Club, suffering from amenorrhea .Their age ranged from 17 to 25 years old, and their body mass index &lt; 20 Kg/m<sup>2</sup>, they were all gymnastics players. They were divided randomly into three equal groups, Group A: Twenty patients received acupuncture sessions 30 minutes, three times per week for twelve weeks. Group B: Twenty patients recieved soy diet from organic origin (phytoestrogen) daily for twelve weeks as 100 milliliter soy milk and 100 gram soy bean. Group C: Twenty patients received both acupuncture therapy and soy in diet for twelve weeks. Measurements: All participants were assessed before and after the treatment program through hormonal analysis to show the levels of Estradiol 2 (E2), FSH and LH for the three groups. Results: The results revealed that menstrual cycle after 12 weeks of treatment has returned significantly in Group C than Group A and B, also E2, FSH &amp; LH showed a significant increase post treatment in Group C rather than Group A &amp; B. Conclusion: Acupuncture and phytoestrogen as soy products appears to be an effective , safe and successful alternative method to treat amenorrhea in female athlete triad.</b></p>		
<b>Key words</b>	1.	<b>Acupuncture.</b>
	2.	<b>soy products.</b>
	3.	<b>Amenorrhea.</b>
	4.	<b>female athlete triad.</b>
	5.	<b>Diet modification on amenorrhea.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>131 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير العلاج بالوخز و التعديل الغذائي علي انقطاع الدورة الشهرية في الثلاثو الرياضي.</b>
<b>Library register number</b>	:	<b>6561-6562.</b>

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<b>Author</b>	:	<b>Manal Manassa Fahim Salib.</b>
<b>Title</b>	:	<b>Effect of Different Heel Height Shoes on Spinal Configuration in Osteoporotic Postmenopausal Women.</b>
<b>Dept.</b>	:	<b>Physical Therapy for Women's Health.</b>
<b>Supervisors</b>	1.	<b>Amel Mohamed Yousef.</b>
	2.	<b>Mohamed Hasan Mostafa.</b>
	3.	<b>Azza Barmoud Nashed.</b>
	4.	<b>Nagui Sobhi Nassif.</b>
<b>Degree</b>	:	<b>Doctoral.</b>
<b>Year</b>	:	<b>2019.</b>
<b>Abstract</b>	:	
<p>Wearing shoes with different heights in old women, affect their performance while they're working either in erect position or in flexion 90° trunk or complete trunk flexion. So the purpose of this study was to examine the effect of different heel height shoes on spinal configuration in osteoporotic post menopausal women, in different trunk positions. 40 osteoporotic post menopausal women wearing different shoes: flat, sneakers, 3cm heel height with mean age, 49.05± 2.14 (yrs), mean weight 79.02±7.7 (kg), mean height 163.06±6.17 (cm), and mean body mass index BMI 29.57±1.9 (kg/m<sup>2</sup>).were selected from Faculty of physical therapy, Cairo University. The changes in the spine position were recorded by the Spinal Mouse device, for every foot position (flat, sneakers and 3cm heel height). During erect position, flexion trunk 90 degrees and complete flexion trunk. The results have shown that: At the level of T1, there was significant difference in the mean value of spinal angle between the 3 positions using sneakers and 3cm heel shoes; P value was (0.011) and (0.022) respectively. At the level of T7, there was a significant difference in the mean values of spinal angle between the 3 positions using flat shoes, sneakers and 3cm heel shoes and; P value was (0.011) ,(0.013) and (0.006) respectively. At level of L1, there was a significant difference between the mean values of spinal angle of the 3 foot positions from standing with flexion 90°; P value was (0.001) and a significant difference in the mean value of spinal angle between the 3 positions using flat shoes sneakers and 3cm heel shoes, P value was (0.001), and (0.002) (0.001) respectively. At the level of L5, there was a significant difference between the mean values of spinal angle of the 3 foot positions from erect position; P value was (0.007) and significant difference in the mean value of spinal angle between the 3 positions using flat shoes, sneakers and 3cm heel shoes with P value was (0.002), (0.001) and (0.001) respectively. Conclusion: At level T1, as the trunk flexion increase the spinal angle decrease while wearing sneaker or 3cm height shoes and the sneaker is the best. At level of T7 the spinal angle deviation is heigh during erect position while wearing the 3 shoes and the flat is the best followed by the sneaker. At L1 level, when trunk flexion 90° the flat shoes is the best, followed by the 3cm heel height .At level of L5, At erect position the flat shoes is the best, followed by the 3cm heel height.</p>		
<b>Key words</b>	1.	<b>Osteoporosis.</b>
	2.	<b>Spinal Mouse.</b>
	3.	<b>Menopause.</b>
	4.	<b>Heel Height Shoes.</b>
	5.	<b>Different trunk position.</b>
	6.	<b>Spinal angles deviation.</b>
	7.	<b>Women in Osteoporotic Postmenopausal.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>105 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير الارتفاعات المختلفة لكعب الأحذية على شكل العمود الفقري عند السيدات بعد إنقطاع الطمث اللاتي تعانين من هشاشة العظام.</b>
<b>Library register number</b>	:	<b>6707-6708.</b>

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<b>Author</b>	:	Reham Ebrahim Mohamed Hammoda.
<b>Title</b>	:	Effect of electronic balanced board on balance in postmenopausal women.
<b>Dept.</b>	:	Physical Therapy for Women's Health.
<b>Supervisors</b>	1.	Amel Mohamed Yousef.
	2.	Khadega Sayed Abdul Aziz.
	3.	Hossam El-din hussien kamel.
<b>Degree</b>	:	Doctoral.
<b>Year</b>	:	2019.
<b>Abstract</b>	:	
<p>This study was conducted to examine the effect of electronic balance board on balance in postmenopausal women. Forty postmenopausal women, their age ranged from 50-65 years, were selected from the Outpatient Clinic, Faculty Of Physical Therapy, Cairo University. All postmenopausal women were assigned randomly into two groups equal in number, Group (A): participated in a training on an electronic balance board program in addition to balance rehabilitation program in form of fall-specific training program (i.e., forward-directed stepping response to backward-directed postural perturbations) and aerobic exercise (treadmill) for 4 weeks. And group (B): they participated in a balance rehabilitation program and aerobic exercise as in group (A) for 4 weeks. Evaluations of all postmenopausal women in both groups (A&amp;B) were done before and after the end of treatment (4 weeks), using Biodex Balance System [overall stability index, Medial/Lateral stability index and Anterior/Posterior stability index], Berg Balance scale (BBS), time up &amp; go test, Push &amp; Release Test and older people quality of life questionnaire. The results showed that there was a statistically significant difference (<math>P &lt; 0.001</math>) in push &amp; release test score, time up &amp; go test score, BBS score, overall stability index, MLSI, APSI and older people life questionnaire score in group (A) as well as group (B). Comparison between both groups (A&amp;B) before starting the study reveals statistically non-significant difference between them. While after the end of the study, there was statistically significance difference (<math>P &lt; 0.001</math>) in push &amp; release test score and older people quality of life questionnaire score, BBS score, overall stability index, MLSI and APSI in favor to group (A), while there is no significant differences (<math>P &gt; 0.05</math>) in time up &amp; go test score. Accordingly, it could be concluded that electronic balance board is considered a simple method for improving balance in postmenopausal women.</p>		
<b>Key words</b>	1.	Postmenopausal women.
	2.	Biodex balance system.
	3.	Electronic balance board.
	4.	balance in postmenopausal women.
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	101 p.
<b>Arabic Title Page</b>	:	تأثير لوحة الاتزان الإلكترونية على الاتزان لدى السيدات بعد إنقطاع الطمث.
<b>Library register number</b>	:	6601-6602.

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<b>Author</b>	:	Sara Magdy Ahmed.
<b>Title</b>	:	Effect of laser in treating vulvovaginal laxity in women.
<b>Dept.</b>	:	Physical Therapy for Women's Health.
<b>Supervisors</b>	1.	Amel Mohamed Yousef.
	2.	Heba Gamal Kotb.
<b>Degree</b>	:	Doctoral.
<b>Year</b>	:	2019.
<b>Abstract</b>	:	
<p><b>Background:</b> Sexuality is one of the basic needs of human beings and an inseparable part of life. Having a healthy sexual life is one of the important parameters of health and a good quality of life. Er:YAG laser 2940 nm has attracted attention as nonsurgical laser procedure in treatment of vaginal relaxation syndrome and/or vaginal atrophy. <b>Purpose of the study:</b> this study was conducted to determine the effect of erbium-doped: yttrium-aluminum-garnet crystal (Er:YAG) LASER on vulvovaginal laxity in women. Thirty volunteer sexually active females suffering from vaginal looseness and diminished sexual sensation participated in this study. They were selected from Kasr El Einy University Hospital; their age ranged from 40-50 years. They were randomly distributed into two equal groups: group (A)(Control group) was treated by pelvic floor training exercise (kegel exercise) twice/week for 8 weeks, while group (B)(Study group) was treated by kegel exercise for same duration as group (A) and Er:YAG 2940 nm laser for 2 consecutive sessions with 4 week-apart between laser sessions. All measurements were done before starting treatment program and after 4, and 8 weeks of treatment. Assessment for each female in both groups (A&amp;B) was done through assessment of pelvic floor muscle strength using peritron (9300) device, vaginal PH through PH color strips, vaginal laxity using Millheiser vaginal laxity scale, and sexual satisfaction using Millheiser sexual satisfaction scale. Results between group analysis revealed that there was statistically significant improvement in pelvic floor muscle strength, vaginal laxity, sexual satisfaction, and vaginal PH in group (B) than group (A) after 8 weeks of treatment. <b>Conclusion:</b> Combiend therapy of Er:YAG laser and kegel exercise were more effective, successful, safe and, easily tolerated in improving sexual life of females suffering from vulvovaginal laxity.</p>		
<b>Key words</b>	1.	Er:YAG laser.
	2.	Vaginal renewal.
	3.	Pelvic floor excercise.
	4.	Nonsurgical vaginal rejuvenation.
	5.	vaginal looseness, vaginal atrophy
	6.	Sexual satisfaction.
	7.	women - vulvovaginal laxity.
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	108 p.
<b>Arabic Title Page</b>	:	تأثير الأشعة فوق البنفسجية على الجهاز المناعي لدى السيدات بعد انقطاع الطمث.
<b>Library register number</b>	:	6535-6536.