

**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**

Master Degree

2021

Author	:	Amira Ibrahim Hassanein Abdel-Aal
Title	:	Effect of TENS on acupoints for postmenopausal hypertension.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Hala Mohamed Hanfy Emara
	2.	Hossam El-Din Hussein Kamel
	3.	Reham Ebrahim Mohammed Hamoda
Degree	:	Master.
Year	:	2021.
Abstract	:	
<p>This study was conducted to determine the effect of transcutaneous electrical nerve stimulation (TENS) on acupoints for postmenopausal hypertension. Forty postmenopausal women (with at least one year after last menstruation) suffering from high blood pressure (diagnosed by a gynecologist) participated in this study. Their blood pressure ranged from 150/95 to 170/108 mmHg, their ages ranged from 50 to 65 years old, and their body mass index (BMI) was less than 35 kg/m². They were selected randomly from Mansoura New General Hospital (Department of Obstetrics and Gynaecology). This study was conducted from 27 July 2020 to 29 October 2020. The patients were divided randomly into two groups equal in number, 20 for each; the first group (Study group) received low-frequency TENS (4 Hz) on 3 acupoints (Pericardium-6, Spleen-6, and Liver-3) bilaterally at the same time for 40 minutes per session, once per day, 3 days per week for 5 weeks (total 15 sessions) in addition to the antihypertensive drug (Captopril-25 mg tablets twice daily), while the second group (Control group) received the same antihypertensive drug only (Captopril-25 mg tablets twice daily). Hypertension was evaluated by a mercury sphygmomanometer and stethoscope pre and post-treatment of both groups. The obtained results of this study revealed a statistically significant decrease in systolic and diastolic blood pressure ($P = 0.0001$) in both groups, but when compared between the two groups results, it was found that the study group (G1), which treated with low-frequency transcutaneous electrical acupoint stimulation and antihypertensive drug, showed a statistically significant decrease in SBP ($P = 0.001$) and DBP ($P = 0.0001$) than the control group (G2) which treated by antihypertensive drug only. Conclusion: Based on the obtained results of this study, it's concluded that transcutaneous electrical acupoint stimulation (TEAS) is an effective adjunctive treatment for lowering blood pressure in postmenopausal hypertensive women.</p>		
Key words	1.	Post-menopause
	2.	Diastolic blood pressure.
	3.	Hypertension
	4.	TENS.
	5.	Systolic blood pressure
Classification number	:	000.000.
Pagination	:	88 p.
Arabic Title Page	:	تأثير التنبيه الكهربائي للعصب الحسي عبر الجلد على نقط الوخز لحالات الضغط المرتفع بعد انقطاع الطمث.
Library register number	:	7419-7420.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Anan Abd El Shafey Anter Ahmed.
Title	:	Effect of Polarized Light Therapy on Incisional Pain After Cesarean Section.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Khadyga Sayed Abdel-Aziz
	2.	Mohamed Ahmed Mohamed Awad
	3.	AbdelRahman Hegazy AbdelWahab Mahmoud
Degree	:	Master.
Year	:	2021.
Abstract	:	
<p>Purpose: This study was conducted to investigate the effect of polarized light therapy on incisional pain after cesarean section. Methods: Forty patients complaining from incisional pain post cesarean section participated in this study. They were selected randomly from Elmenia University Hospital for Gynecology and Obstetrics in Elmenia. Their ages were ranged from 25-35 years old. Design: Design of study was pre and post experimental design. They were divided into two groups equal in number, Group A (Control Group) consists of 20 patients in 1st 24 hours after cesarean section. They were treated by traditional medical treatment immediately after recovery from anesthesia. Group B (Study Group) consists of 20 patients in 1st 24 hours after cesarean section. They were treated by traditional medical treatment immediately after recovery from anesthesia and polarized light therapy with energy density of an average of 2.4 J/cm² 15 minutes/session, one session /day for 5 consecutive days. Measurements: Visual analogue scale (VAS) and electronic algometer were used to measure intensity of incisional pain post cesarean section in both groups (A&B) before and after treatment. Results: Results of this study found that there was significant decrease of VAS and significant increase of pressure algometer after treatment in both groups A and B when compared with corresponding pre-treatment value. Between groups, before treatment there was no significant difference in mean values of VAS and pressure algometer while after treatment, there was significant difference between both groups (A and B) (with favor of group B, more decrease VAS and more increase in pressure algometer). Conclusion: It can be concluded that polarized light therapy for 5 consecutive days' post cesarean section is an effective adjuvant therapy in treatment of incisional pain through reducing visual analogue scale (VAS) and increasing electronic algometer.</p>		
Key words	1.	Polarized Light Therapy
	2.	Incisional Pain
	3.	Cesarean Section
Classification number	:	000.000.
Pagination	:	74 p.
Arabic Title Page	:	تأثير العلاج بالضوء المستقطب على ألم الجرح بعد عملية الولادة القيصرية.
Library register number	:	7411-7412.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY
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Author	:	Aya Mohamed Hassan Abo El Hassan
Title	:	Effect Of Different Relaxation Techniques On Depression In Adolescent Girls
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Khadyga Sayed Abdul Aziz
	2.	Mohamed Fawzy
	3.	Afaf Mohamed Mahmoud Botla
Degree	:	Master.
Year	:	2021.
Abstract	:	<p>Background: Depression in adolescents is recognized as a serious psychiatric illness with extensive acute and chronic morbidity and mortality. Purpose of this study: To investigate the effect of different relaxation techniques on depression in adolescent girls. Subjects and methods: This study was carried upon 40 adolescent girls suffering from mild to moderate depression. Their age ranged from 15 to 20 years old and their BMI didn't exceed 30 kg/m². They were selected from Damietta middle and high schools. The participants were randomly distributed in two groups equal in number. Group (A) consisted of 20 girls who practiced progressive muscle relaxation and deep breathing exercises for three months three sessions / week, 30 minutes /session. Group (B) consisted of 20 girls who practiced yoga and deep breathing exercises for three month three sessions / week, 30 minutes /session. All girls in both groups (A and B) were assessed pre- and post-treatment by using, Depression Anxiety Stress Scale 21 (DASS-21). Results: The results revealed that pre-treatment, there was a non- statistically significant difference between two groups in mean value of DASS-21 (total score) with p-value was (P=0.116). There was statistically significant reduction in both groups in mean value of DASS-21 (total score) post-treatment compared to pre-treatment with p-value was (p=0.00001). There was a non- statistically significant difference between two groups in mean value of DASS-21 (total score) post-treatment with p-value was (p=0.692). Conclusion: Different relaxation techniques as progressive muscle relaxation technique and yoga could be used as an effective treatment on depression in adolescent girls as both of them are safe and non-pharmacological therapeutic technique.</p>
Key words	1.	Different Relaxation Techniques
	2.	Adolescent Depression
	3.	Depression Anxiety Stress Scale 21
	4.	Adolescent Girls
Classification number	:	000.000.
Pagination	:	98 p.
Arabic Title Page	:	تأثير وسائل الاسترخاء المختلفة على الاكتئاب لدى المراهقات.
Library register number	:	7407-7408.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Mohamed Nasser Kise Helmy.
Title	:	Using Of Extracorporeal Shockwave Therapy In Treatment Of Achilles Tendinopathy.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Nadia Abdelazem Fayaz
	2.	Emad Samuel Boles Saweeres
	3.	Nasr Awad AbdelKader Othman
Degree	:	Master.
Year	:	2021.
Abstract	:	
<p>Background: Achilles tendon injuries occur frequently in runners and in athletes who play sports that involve jumping, and they are also common in the general population. Tendons have a limited capacity for self-repair due to the low density and mitotic activity of tenocytes. Conservative treatment for Achilles tendinopathy should include rest, application of ice, nonsteroidal anti-inflammatory drugs, orthotic devices, physiotherapy, and corticosteroid injections. Previous clinical research has shown good results with ESWT in the treatment of insertional Achilles tendinopathy Purpose: This study was conducted to determine the effect of Shock wave therapy for improving functional activity and for decreasing pain in patients with Achilles tendinopathy. Methods: Fifty patients of both sexes with age range (18 to 40) years were randomized into two equal groups. Patients in study group (Group A) were exposed to extracorporeal shock wave therapy and received conservative physical therapy treatments. Group (B) received physical therapy treatment only. The treatment sessions were conducted once per week every other day for four successive weeks. All subjects assessed for pain using Visual Analog Scale and for functional mobility using The Victorian Institute of Sport Assessment - Achilles. Results: Significant improvement of functional activity was obtained at post treatment compared to pre-treatment and reduction of the median values of VAS were also acquired at post treatment compared to pre-treatment. Conclusion: combined ESWT with stretching is very effective for Achilles tendinopathy</p>		
Key words	1.	Achilles tendinopathy
	2.	Eccentric loading
	3.	Extracorporeal shockwave Therapy
	4.	Stretching Exercise
	5.	Long-term follow up
Classification number	:	000.000.
Pagination	:	85 p.
Arabic Title Page	:	استخدام الموجات التصادمية في علاج التهاب وتر اكيليس.
Library register number	:	7383-7384.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Monica Hany Azmy Ibrahim.
Title	:	Effect of Walking on Premenstrual Syndrome.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Amel Mohamed Yousef
	2.	Mohamed Fawzy Abo Elainin
	3.	Doaa Ahmed Mohamed Osman
Degree	:	Master.
Year	:	2021.
Abstract	:	
<p>Purpose: to investigate the effect of walking on physiological stress in premenstrual syndrome (PMS). Subjects: Thirty females with PMS were randomly distributed into two groups equal in number. Group (A) received breathing exercises for 8 weeks, while group (B) received the same breathing exercises in addition to walking on a treadmill for 8 weeks. Material and Methods: The outcome measures were serum cortisol levels, resting heart rate (HR) and resting respiratory rate (RR) to evaluate the level of physiological stress; daily record of severity of problems (DRSP) to evaluate the severity of PMS symptoms; and visual analogue scale (VAS) to evaluate abdominal pain intensity. The outcome measures were evaluated pre-treatment and after 8 weeks of treatment. Results: Comparing both groups post-treatment revealed non-significant differences in serum cortisol levels, resting HR and DRSP ($P>0.05$), while there were significant reductions in both resting RR and abdominal pain VAS ($P<0.05$) in favour of group (B). The percentages of improvement post-treatment in serum cortisol levels, resting HR, resting RR, DRSP and abdominal pain VAS were 16.05%, 2.92%, 5.19%, 29.73% and 25.84%, respectively in group (A), while they were 25.09%, 7.05%, 15.69%, 31.43% and 55.30%, respectively in group (B). Conclusion: Walking is effective in treating premenstrual syndrome through reducing resting RR and abdominal pain intensity, as well as producing greater improvement in serum cortisol levels, resting HR and severity of PMS symptoms.</p>		
Key words	1.	Premenstrual syndrome
	2.	Walking
	3.	Breathing exercises
	4.	Physiological stress
Classification number	:	000.000.
Pagination	:	92 p.
Arabic Title Page	:	تأثير المشي على متلازمة ما قبل الطمث.
Library register number	:	7379-7380.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY
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Author	:	Nada Ali Ebrahim Ali Essa.
Title	:	Effect of Different Types of Delivery on Postnatal Low Back Pain.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Soheir Mahmoud Elkosery
	2.	Mohamed Fawzy Abo Elainin
	3.	Doaa Ahmed Mohamed Osman
Degree	:	Master.
Year	:	2021.
Abstract	:	<p>Background: Low back pain (LBP) is one of the most common problems during the postnatal period. Purpose: This observational cross-sectional study was conducted to evaluate the effect of different types of delivery on pain sensitivity, pain intensity and functional disability in women having postnatal low back pain. Material and Method: Fifty postpartum women participated in this study from elsheikh Zayed central hospital. They were classified in accordance to type of delivery into two groups. Group (A) consisted of 25 postnatal women having LBP following normal vaginal delivery, while group (B) consisted of 25 postnatal women having LBP following cesarean section. Pressure pain threshold (PPT) at right and left erector spinae (L3 & L5), glutei maximi, glutei medii and tensor fasciae latae muscles, visual analogue scale (VAS) and Oswestry disability index (ODI) were assessed for all women in both groups. Results: Statistical analysis revealed that there were no significant ($p>0.05$) differences between both groups regarding PPT at left erector spinae (L3 level), as well as at right and left erector spinae (L5 level), glutei maximi, glutei medii and tensor fasciae latae muscles, VAS and ODI. However, there was a significant reduction ($p<0.05$) in PPT at right erector spinae (L3 level) in group (B) compared to group (A). Conclusion: Postnatal women with LBP after cesarean section have more pain sensitivity at right Erector spinae (L3 level) than those with LBP after normal vaginal delivery, with no differences between them in pain intensity and functional disability.</p>
Key words	1.	Types of delivery
	2.	post natal low back pain
	3.	pressure pain threshold
	4.	Pain intensity.
	5.	functional disability
Classification number	:	000.000.
Pagination	:	92 p.
Arabic Title Page	:	تأثير الضغط الوحزى على مستوى الكورتيزول فى الام الطمث الأولى.
Library register number	:	7307-7308.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Rehab Tareq Mohamed Said.
Title	:	Effect of Dry Cupping on Women with Chronic Pelvic Pain.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Khadiga Sayed Abdulaziz
	2.	Doaa Ahmed Mohamed Osman
	3.	Tarek Abdel Azim Ramzy Osman/
Degree	:	Master.
Year	:	2021.
Abstract	:	
<p>Background: Chronic pelvic pain (CPP) is a common gynecologic problem that has a substantial negative effect on women, their lives and their communities. Objectives: To determine the effect of neurogenic acupoint dry cupping therapy on degree of inflammation, pain perception & intensity, and life impact of pelvic pain in women with chronic pelvic pain, with regarding to the biological and neurophysiological impacts of dry cupping on acupoint. Subjects: Thirty women with CPP were randomly divided into two equal groups; the study group received dry cupping on neurogenic acupoints plus lifestyle modifications for 8 weeks (n=15), while the control group received only lifestyle modifications for 8 weeks (n=15). Methods: Women were assessed pre- and post-treatment with the high sensitive C-reactive protein (hs-CRP) levels, the short-form McGill Pain Questionnaire (SF-MPQ), and the pelvic pain impact questionnaire (PPIQ). Results: Comparing both groups post-treatment revealed that there were significant reductions in levels of hs-CRP, and scores of SF-MPQ & PPIQ ($p < 0.05$) in favour of the study group. Also, there were significant positive correlations between hs-CRP and both SF-MPQ (PRI, VAS & PPI) & PPIQ ($p < 0.05$). Conclusion: Neurogenic acupoint cupping had significantly improving effects on the degree of inflammation, pain perception & intensity, and life impact of pelvic pain in women with CPP.</p>		
Key words	1.	Neurogenic acupoint
	2.	female chronic pelvic pain
	3.	C-reactive protein,
	4.	Dry Cupping. on
	5.	pain perception
	6.	Women with Chronic Pelvic Pain.
Classification number	:	000.000.
Pagination	:	117 p.
Arabic Title Page	:	تأثير الحجامة الجافة على السيدات اللاتي تعانين من آلام الحوض المزمنة.
Library register number	:	7357-7358.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY
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Author	:	Shimaa Ahmed Mohamed Abd Allah.
Title	:	Effect of acupressure on cortisol levels in primary dysmenorrhea.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Soheir Mahmoud Elkosery
	2.	Mohamed Fawzy Abo Elainin
	3.	Doaa Ahmed Mohamed Osman
Degree	:	Master.
Year	:	2021.
Abstract	:	
<p>Background: Dysmenorrhea is one of the most common menstrual disorders and is influenced by various factors, including psychological stress. Objectives: This study aimed to investigate the effect of acupressure on plasma cortisol levels in primary dysmenorrhea. Subjects: Thirty adult females with primary dysmenorrhea their age ranged from 18-28 years, they were recruited from the Gynecological Outpatient Clinic, Agouza Hospital and they were randomized into 2 groups. Group (A) received hot packs on lower abdomen and back for 2 successive menstrual cycles (n=15), while group (B) received the same hot packs in addition to acupressure at the spleen point (SP6) for 2 successive menstrual cycles (n=15). Material and Method: The levels of plasma cortisol and the scores of short form of McGill pain questionnaire were evaluated pre-treatment, after 1 month and after 2 months of treatment. Results: Plasma cortisol levels revealed statistically non-significant differences within both groups as well as between groups at all measuring periods ($p>0.05$). McGill pain questionnaire scores revealed significant reductions at both post 1 month and post 2 months when compared to pre-treatment ($p<0.05$), while they showed non-significant differences between post 1 month and post 2 months within both groups ($p>0.05$), except for pain rating index in group (A) which showed significant reduction between post 1 month and post 2 month ($p< 0.05$) . Comparing both groups revealed that there non-significant differences in McGill pain questionnaire scores at all measuring periods ($p>0.05$), except for present pain intensity scores that showed a significant reduction at post 2 months of treatment in favour of group (B) ($p<0.05$). Conclusion: Acupressure has no effective plasma cortisol levels reduction in primary dysmenorrhea; however, it is effective in treating females with primary dysmenorrhea through reducing scores of present pain intensity.</p>		
Key words	1.	Acupressure
	2.	Cortisol levels
	3.	Short form of McGill pain questionnaire
	4.	Primary dysmenorrhea
Classification number	:	000.000.
Pagination	:	92 p.
Arabic Title Page	:	تأثير الضغط الوخزي على مستوى الكورتيزول في آلام الطمث الأولى.
Library register number	:	7303-7304.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Shimaa Mohamed Gamal Omer Elsessy
Title	:	Effect of Electroacupuncture on Post-Partum Stress Urinary Incontinence
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Khadyga Sayed Abdul Aziz
	2.	Afaf Mohamed Mahmoud Botla
	3.	Ahmed Sabra Ibrahim
Degree	:	Master.
Year	:	2021.
Abstract	:	
<p>Background: Postpartum urinary incontinence (PPUI) can greatly lead to the decreased quality of life during the puerperal period. Electro-acupuncture was verified as an effective therapy for SUI. Purpose of this study: To investigate the effect of electro acupuncture on post-partum stress urinary incontinence, by measuring the intravaginal pressure (by perineometer) and Quality of Life (by ICIQ-SF). Subject and method: This study was carried upon twenty-eight women with post-partum stress urinary incontinence recruited from Kufr _Shokr central hospital, Banha, Egypt, their age ranged from 25-35 years old and their BMI was less than 30 kg/m². the participant were randomly distributed in two groups equal in number. Control group (A) consisted of 14 female who received Kegel exercise 3 times /week for 4 weeks. Study group(B) consisted of 14 female who received 30 min electrical stimulation in the form of electro acupuncture Bilateral on the points ZhongLiao (BL33) and Hui Yang (BL35) in addition to Kegel exercises as group A. All females in both group (A and B) were assessed pre- and post-treatment by perineometer and (ICIQ-SF) questionnaire. Mann-Whitney U test was used to compare outcomes between groups and Wilcoxon signed rank test to detect differences within groups. Results: There were significant improvement in intravaginal pressure and ICIQ-SF post treatment compared to pretreatment in both groups A & B ($P \leq 0.007$ & $p \leq 0.001$) and ($p < 0.001$ & $p < 0.001$) respectively, with significant differences in only intravaginal pressure posttreatment ($P = 0.002$) between both groups in favoring to group B. Conclusion: Addition of electroacupuncture to Kegel exercise had significant effect on intravaginal pressure in women with SUI, compared to exercise alone.</p>		
Key words	1.	Postpartum
	2.	Stress urinary incontinence
	3.	Kegel Exercise
	4.	Electroacupuncture
Classification number	:	000.000.
Pagination	:	95 p.
Arabic Title Page	:	تأثير الوخز الكهربائي بالابر الصينيه على مرض السلس البولى الاجهادى بعد الولادة.
Library register number	:	7417-7418.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL
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Author	:	Thoria Hassan Thabet Hegab.
Title	:	Effect of Foot reflexology versus aerobic exercises on primary dysmenorrhea.
Dept.	:	Physical Therapy for Women's Health
Supervisors	1.	Azza Barmoud Nashed Kassab
	2.	Asmaa Mahmoud Aly
	3.	Mohamed Fawzy Abo Eleinin
Degree	:	Master.
Year	:	2021.
Abstract	:	
<p>Background: Dysmenorrhea is chronic, cyclical pelvic pain associated with menstruation. It is characterized by cramping , lower abdominal pain occurring just before and/or during menstruation, usually starting soon after menarche once regular ovulation is established. Aim: To determine the effect of foot reflexology versus aerobic exercises on primary dysmenorrhea. Methodology: Forty females diagnosed with primary dysmenorrhea were recruited from outpatient Clinic of Gynecology department, Om El-Masryeen General Hospital. Their ages (16-23) years and BMI (20-25) kg/m². They were randomly assigned into 2 groups equal in number (A&B).Group (A) performed aerobic exercises using treadmill for 30 min 3 times\week for 8 weeks(for 2consecutive menstrual cycles) and group (B) received foot reflexology for 40 min 3 times\week for 8 weeks(for 2 consecutive menstrual cycles). Assessment of all subjects in both groups (A&B) was carried out before and after the treatment program through visual analogue scale (VAS) and blood cortisol level for assessment of pain level and spielberger State-Trait Anxiety Inventory scale (STAI) for evaluation of anxiety level. Results: There were significant decrease in mean values of VAS, STAI and serum cortisol level in group (B) post treatment compared with its corresponding values in group (A) with more improvement in favor of group (B) P value was (0.001). Conclusion: It could be concluded that foot reflexology is more effective than aerobic exercises in relieving pain and anxiety of primary dysmenorrhea.</p>		
Key words	1.	Primary dysmenorrhea
	2.	Aerobic exercises.
	3.	Foot reflexology
Classification number	:	000.000.
Pagination	:	92 p.
Arabic Title Page	:	تأثير التمرينات الهوائية مقابل الريفلكسولوجي للقدم علي عسر الطمث الأولي.
Library register number	:	7403-7404.