

**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  
2006

<b>Author</b>	:	Ali Abd El Monsif Thabet.
<b>Title</b>	:	Influence of abdominal muscles exercises on the function of the pelvic floor muscles in mild stress urinary incontinence.
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Fahima Metwally Okeel.
	2.	Mohamed Mostafa Radowan.
	3.	Salwa Mostafa El Badry.
<b>Degree</b>	:	Doctoral.
<b>Year</b>	:	2006.
<b>Abstract</b>	:	<p>This study was conducted to determine the effectiveness of abdominal muscle exercises on the function of pelvic floor muscles and treatment of mild stress urinary incontinence. Forty volunteers women, their age ranged from 30 to 40 years (mean 36.19 ±3.08), participated in this study. They were divided randomly into two groups (A and B) equal in number; each group contained 20 women suffering from mild stress urinary incontinence. Group (A) had been treated with abdominal and pelvic floor exercises, while, group (B) had been treated with pelvic floor exercises only. The outcome measures included: vaginal pressure which was done before starting the treatment and at the end of 12<sup>th</sup>, 24<sup>th</sup> &amp; 36<sup>th</sup> sessions of treatment for both groups. While, leak point pressure was done before starting the treatment and at the end of the 36<sup>th</sup> session. Results regarding vaginal pressure in group (A), showed that after the 24<sup>th</sup> session of the treatment was significantly (P&lt;0.05) increased and after the end of 36<sup>th</sup> session of the treatment there was highly significant (P&lt;0.0001) increased. While, in group (B), showed that immediately after the end of 36<sup>th</sup> session of treatment there was significantly (P&lt;0.05) increased in the vaginal pressure. Regarding to leak point pressure in group (A) there was a highly significant (P&lt;0.0001) increase. While, in group (B) there was a significant (P&lt;0.05) increase in the leak point pressure. Comparing the results of both groups there was significant improvement (P&lt;0.05) in vaginal pressure between group (A) and group (B) at the end of 36<sup>th</sup> session of the treatment and also, the results showed that the improvement in leak point pressure in group (A) was significantly (P&lt;0.05) increased when compared to group (B) at the end of the treatment course. Accordingly it could be concluded that there was an influence of the abdominal muscles exercises in improving the efficiency of the pelvic floor muscles. Therefore, combined abdominal and pelvic floor muscles exercises considered as an effective method in treating cases with mild stress urinary incontinence.</p>
<b>Key words</b>	1.	Muscles Exercises.
	2.	Urinary Incontinence.
	3.	Pelvic Floor.
<b>Arabic Title Page</b>	:	تأثير تمارينات عضلات البطن على وظيفة عضلات الحوض الرافعة في حالات السلس البولي الاجهادي البسيط.
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<b>Author</b>	:	Dalia Mohamed Kamel Awad Shewitta.
<b>Title</b>	:	Effect of different heel heights of foot wear on gait parameters of normal pregnant women.
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Fahima Metwally Okeel.
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<b>Degree</b>	:	Doctoral.
<b>Year</b>	:	2006.
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of different heel heights of foot wear on gait parameters of normal pregnant women. Fifty volunteer primigravidae women evaluated at their 24<sup>th</sup> week gestation in motion analysis laboratory to measure anterior pelvic tilting, pelvic rotation and planter flexor moment while wearing foot wear with (flat, 1.5 cms, 3 cms &amp; 4.5 cms) different heel heights and this procedure was repeated at 28<sup>th</sup> , 32<sup>nd</sup> and 36<sup>th</sup> week gestation. Results showed a statistically significant decrease in anterior pelvic tilting and pelvic rotation while subjects were wearing medium heel heights (1.5 &amp; 3 cms) of foot wear at their 24<sup>th</sup> , 28<sup>th</sup> , 32<sup>nd</sup> and 36<sup>th</sup> week gestation .While, there was a statistically significant increase in anterior pelvic tilting and pelvic rotation with wearing 4.5 cms heel height throughout all assessments. In planter flexor moment there was statistically significant decrease while wearing foot wear with 1.5 cms &amp; 3 cms heel heights at 28<sup>th</sup> , 32<sup>nd</sup> &amp; 36<sup>th</sup> week gestation. While, there was a non significant difference between the flat and 4.5 cms heel height throughout all measurements. So, the results suggesting that medium heel heights (1.5 &amp; 3 cms) of foot wear are the most appropriate to be worn during pregnancy as may have minimal impact on pelvis, back, and feet.</p>		
<b>Key words</b>	1.	Pregnancy.
	2.	postural changes.
	3.	heel heights.
	4.	foot wear.
	5.	foot wear.
	6.	Gait.
	7.	Pelvis.
	8.	planter flexor moment.
<b>Arabic Title Page</b>	:	تأثير الارتفاعات المختلفة لكعب الحذاء علي قياسات المشي للسيدات الحوامل.
<b>Library register number</b>	:	1437-1438.