

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

Doctoral Degree  
2008

Author	:	Fayiz Farouk Ibrahim.
Title	:	Efficacy of low frequency current in the treatment of female stress urinary incontinence.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Fahima Metwally Okeel.
	2.	Salwa Mostafa El Badry.
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Degree	:	Doctoral.
Year	:	2008.
Abstract	:	
<p>This study was designed to detect the efficacy of low frequency current of the pelvic floor muscles in the treatment of female stress urinary incontinence. Thirty volunteer women, diagnosed with mild stress urinary incontinence, their age ranged from 30-40 years (<math>34.66 \pm 3.56</math>). They were divided randomly into two groups equal in number. Group (A) received low frequency currents for the pelvic floor muscles, while, group (B) was treated with pelvic floor exercises by using the perineometer. Assessment of vaginal and leak point pressures were done before starting the treatment, and after the end of the 36<sup>th</sup> session. The obtained results showed a highly statistically significant (<math>P &lt; 0.01</math>) increase in both groups (A&amp;B) concerning the vaginal and leak point pressures. The improvement was highly significant (<math>P &lt; 0.01</math>) in group (B) when compared with group (A). Comparative analysis in group (A) to that of group (B) indicated highly significant (<math>P &lt; 0.01</math>) improvement in subjective assessment scores in favoring to group (B) at the end of the programmed. Accordingly, it could be concluded that the use of electrical stimulation for PFMs appears to be effective in the management of mild degree of stress urinary incontinence. Yet, the pelvic floor exercises were found to be more superior in comparing with electrical stimulation of PFMs.</p>		
Key words	1.	Stress.
	2.	Urinary Incontinence.
	3.	Electrical Stimulation.
	4.	Pelvic Floor Exercises.
Arabic Title Page	:	كفاءة التيار الكهربائي منخفض التردد في علاج السلس البولي الإجهادي لدى السيدات.
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PHYSICAL THERAPY DEPARTMENT FOR OBSTETRICS AND  
GYNAECOLOGY AND ITS SURGERY  
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Author	:	Mohamed Ahmed Mohamed Hassanain Awad.
Title	:	Effect of exercises on postural changes during pregnancy.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Fahima Metwally Okeel.
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Degree	:	Doctoral.
Year	:	2008.
Abstract	:	
<p>This study was conducted to determine the effect of exercises on the postural changes during pregnancy. Forty primigravid women having single fetus at first trimester of pregnancy shared in this study. They were divided randomly into two groups equal in number. Group (A) performed an exercise program. Group (B) continued their ordinary life style. Thoracic kyphosis angle, lumbar lordosis angle and pelvic inclination angle were evaluated (for both groups) by the formetric II at 12, 22 and 32 weeks' gestation in Spinal Shape Analysis Laboratory at Faculty of Physical Therapy, Cairo University. The obtained results showed a statistically non significant difference in thoracic kyphosis angle, lumbar lordosis angle and pelvic inclination angle respectively at 12 weeks' gestation and a statistically highly significant difference at 22 and 32 weeks' gestation with less increase in group (A) compared to group (B). It could be concluded that this ante natal exercise program is very effective in reducing postural changes during pregnancy.</p>		
Key words	1.	Pregnancy.
	2.	Posture.
	3.	Formetric II.
	4.	Thoracic kyphosis.
	5.	Lumbar lordosis.
	6.	Pelvic inclination.
Arabic Title Page	:	تأثير التمرينات على تغيرات القوام أثناء الحمل.
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