

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

PREPARED BY NERVEEN ABDEL SALAM ABDEL KADER AHMED

Physical Therapy Department for Obstetrics and Gynaecology and Its Surgery

Master Degree

2012

Author	:	Asmaa Mahmoud Aly El-bandrawy
Title	:	Effect of laser puncture on obese polycystic ovarian women.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Fahima Metwally Okeel.
	2.	Hanan El-Sayed El-Mekawy.
	3.	Hassan Omar Ghareeb.
Degree	:	Doctoral.
Year	:	2012.
Abstract	:	<p>This study was conducted on a sample of 40 null gravid women diagnosed as PCOS but only 37 women completed the study. They were selected from the outpatient clinic of gynecology at Kaser El Aini University Hospital. Their age ranged from (25 to 35) years, BMI > 30 Kg/m² with increased abdominal adiposity and waist/hip ratio > 0.80. Patients were assigned into two equal groups (A and B). Patients of group A (study group) received laser puncture treatment at 16 acupuncture points (bilateral 8 points) 3 sessions per week for 6 months in addition to low caloric diet (1200 K. cal/day). Patients of group B (control group) received low caloric diet (1200 K. cal/day) only. Dietary program was modified every two weeks for all patients in both groups (A&B). Assessment of all patients in both groups (A&B) was carried out before and after the end of the treatment program through assessment of the level of female reproductive hormones (LH, FSH and LH/FSH), insulin resistance, waist/hip ratio, BMI as well as measurement of the follicular size. The results of the present study revealed that in group (A), there is a significant decrease in (BMI, waist circumference, hip circumference and waist / hip ratio, LH, LH/FSH ratio and fasting blood glucose as well as fasting blood insulin) and significant increase in (FSH, fasting glucose/insulin ratio and follicular size) than in group (B) in obese PCOS women after six months of treatment. So, it could be concluded that laser puncture and hypo caloric diet are more effective than hypo caloric diet only for decreasing abdominal adiposity, improving metabolic as well as hormonal variables in obese polycystic ovarian women.</p>
Key words	1.	Abdominal adiposity
	2.	Polycystic ovarian syndrome
	3.	Laser puncture
	4.	hypo caloric diet.
	5.	Lasers.
	6.	Obesity.
	7.	ovarian women.
Arabic Title Page	:	تأثير إستخدام الليزر على نقاط الوخز بالإبر الصينية على متلازمة تكيسات المبيض لدى السيدات البدينات.
Library register number	:	2789-2790.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Engy Mohamed Ibrahim El Nahas.
Title	:	Influence of antenatal and postnatal Kegel's exercises on pelvic floor muscles' strength and thickness.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Salwa Mostafa El Badry.
	2.	Mahmoud Shoukry Aziz.
	3.	Hanan El Sayed El Mekawy.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>The purpose of this study was to determine the influence of the antenatal and postnatal Kegel's exercises on the pelvic floor muscles' strength and thickness. Sixty primigravidae at the beginning of their second trimester of pregnancy were participated in this study, their age ranged from 20-29 yrs. The participants were divided into two groups (A&B) equal in number. Study group (group A) consisted of 30 pregnant women who performed Kegel's exercises from the beginning of the second trimester (14-16 weeks of gestation) till 3 months postnatal, twice weekly in addition to daily home routine. Also, they received the ordinary routine of antenatal and postnatal care and control group (group B) consisted of 30 pregnant women who received only the ordinary routine of antenatal and postnatal care. Assessment of the pelvic floor muscles' strength for all participants was performed by using digital vaginal palpation in the form of Modified Oxford Grading Scale and the perineometer while, the assessment of the pelvic floor muscles' thickness was performed by using perineal ultrasound at relaxation and during contraction at the beginning of the second trimester (14-16 weeks of gestation) and 3 months postnatal. The results of this study revealed that the participants of the study group (A), showed a significant improvement of the pelvic floor muscle strength measured by Modified Oxford Grading Scale and perineometer as the p- values were (0.0001) and (0.001) respectively. Also there was improvement of the pelvic floor muscle thickness measured by the perineal ultrasound both at relaxation and during contraction as the p- values for both of them were (0.0001). On the contrary, the participants of the control group (B), showed a significant decrease in the pelvic floor muscles' strength and thickness after three months postnatal. So, it could be concluded that participation in antenatal and postnatal Kegel's exercises program not only help in increasing the pelvic floor muscles' strength but also, increase the pelvic floor muscles' thickness both at rest as well as during contraction and thus improve its function.</p>		
Key words	1.	kegel exercises.
	2.	pelvic floor muscles.
	3.	Strength.
	4.	pelvic floor muscles.
	5.	thickness.
	6.	antenatal Kegel's exercises
	7.	postnatal Kegel's exercises
Arabic Title Page	:	تأثير تمارينات كيجل قبل وبعد الولادة على قوة وسُمْك عضلات الحوض الرافعة.
Library register number	:	2963-2964.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Gehan Ali Abdel Samea Saaed.
Title	:	Efficacy of Focused Ultrasound on Abdominal Fat Thickness During Post-Natal Rehabilitation Program.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Salwa Mostafa El-Badry.
	2.	Amel Mohamed Youssef.
	3.	Mohamed Nabil Mawsouf.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>This study was conducted to examine the efficacy of focused ultrasound on abdominal fat thickness during post-natal rehabilitation program. Forty volunteer primiparae obese women at 12 weeks' postnatally, their age ranged between 20 to 30 years old were participated in this study from the outpatient clinic of the family planning of Embaba Hospital. They were assigned randomly into two groups (A & B) equal in numbers: Group (A) control group: participated in an aerobic exercise program (weight bearing exercise and abdominal exercises), and Group (B) study group: received focused ultrasound treatment sessions on their abdominal region in addition to the same program of exercise prescribed for group (A), twice per week for 6 weeks. Evaluations of both groups (A & B) were done before starting and after the end of study through measuring their weight, body mass index (BMI), waist circumference (WC), hip circumference (HC), waist-hip ratio (WHR), abdominal subcutaneous fat thickness (SF) at three levels (at umbilicus as well as above and below it by 5 cm), abdominal preperitoneal fat thickness (PF) and visceral fat thickness (VF). The results of this study showed a statistically highly significant ($P < 0.001$) decrease in weight, BMI, WC, HC, WHR, SF at their three levels, PF and VF in group (A) as well as in group (B). Comparison between both groups (A&B) before starting the study reveals that there was a statistically non significant difference between them. And at the end of the study, there was a statistically non significant difference between them in the weight, BMI and HC. While there was a statistically highly significant ($P < 0.001$) decrease in WC, WHR, SF at their three levels, PF and VF in favor to group (B). Accordingly, it could be concluded that focused ultrasound treatment is an effective modality for decreasing the abdominal fat thickness, as well as, it is a safe, non-invasive and simple modality for post-natal women.</p>		
Key words	1.	Focused ultrasound.
	2.	Abdominal fat.
	3.	Post-natal program.
	4.	Rehabilitation Program.
Arabic Title Page	:	كفاءة الموجات فوق الصوتية المركزة على سُمك دهون البطن خلال برنامج إعادة التأهيل بعد الولادة.
Library register number	:	3039-3040.

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Author	:	Ghada Ibrahim Ahmed El refaye.
Title	:	Effect of abdominal strengthening exercises versus abdominal belt on restoring abdominal efficiency after delivery.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Salwa Mostafa El Badry.
	2.	Adel Farouk El-Bigawy.
	3.	Hanan El-Sayed El-Mekawy.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>This study was conducted to determine the effect of abdominal strengthening exercises versus abdominal belt on restoring abdominal efficiency after delivery. Sixty primiparous post-natal women were participated in this study. They were selected from the maternity hospital at Kasr Al-Aini University Hospital. Their age ranged from (25 to 35) years, BMI < 30 Kg/m². Participants were assigned into 3 equal groups (A, B & C), the participants of group (A) were used abdominal belt from the 2nd day following delivery, till the end of puerperium (6 weeks), while the participants of group (B) were engaged into abdominal exercises program starting from the 2nd day following delivery, 3 times per week, for 3 months, in addition to daily home routine of abdominal exercises and the participants of group (C) were used abdominal belt from the 2nd day following delivery till the end of puerperium (6 weeks), followed by abdominal exercise program for another 6 weeks. Assessment of waist circumference, abdominal muscles strength (Peak torque, maximum repetition total work and average power) were measured before starting the study, after 6 weeks and at the end of the study (after 3months) for all participants in the 3 groups. The results of the present study revealed that in group (B), the percentage of reduction of waist circumference and percentage of increase of abdominal muscles strength (increase in peak torque, increase in maximum repetition total work and increase in average power) were significantly (p< 0.01) higher than those in group (A) and (C). So, it could be concluded that abdominal exercises starting immediately after delivery is more efficient and superior in restoring abdominal efficiency following delivery than using abdominal belt.</p>		
Key words	1.	Postnatal abdominal weakness.
	2.	Abdominal strengthening exercise.
	3.	abdominal belt.
	4.	delivery.
Arabic Title Page	:	تأثير تمارينات التقوية مقابل حزام البطن على كفاءة عضلات البطن بعد الولادة.
Library register number	:	3037-3038.

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Author	:	Marwa Abd El Rahman Mohamed.
Title	:	Effect of pulsed electromagnetic field on osteoporosis and quality of life in post menopausal women.
Dept.	:	Physical Therapy Department for Growth and Developmental Disorder in Children and its Surgery.
Supervisors	1.	Fahima Metwally Okeel.
	2.	Hanan El Sayed El Mekawy.
	3.	Hassan Omar Ghareeb.
	4.	Lamyaa Adel Salah El Dein.
Degree	:	Doctoral.
Year	:	2012.
Abstract	:	
<p>This study was conducted to determine the effect of pulsed electromagnetic field on osteoporosis and quality of life in post menopausal women. Forty volunteer osteoporotic post menopausal women from the outpatient clinic of the Faculty of Physical Therapy, Cairo University were participated into this study. Their age ranged from 55-65 years, their parity ranged from 1to 3, their Body Mass Index (BMI) < 30 kg/m² and all of them were at least 5 years post menopause. The patients characterized by low bone density with T score of DEXA less than -1. Patients were divided into 2 equal groups. Group A (study group): 20 patients who received pulsed electromagnetic therapy for one hour, in addition to 30 minutes treadmill training, 3 times /week for 3 months (36 sessions), Group B (control group): 20 patients who received placebo electromagnetic therapy for one hour, in addition to treadmill training for 30 minutes, 3 times /week for 3 months. All participants were assessed before and after the treatment program as well as after 3 months through (DEXA) for measurement of (BMD), present pain intensity scale, Questionnaire for assessment of quality of Life, Questionnaire for assessment of insomnia. The results revealed statistically significant increase in BMD of the neck of femur and L2-L4 immediately after treatment as well as after 3 months of re-evaluation in group (A) more than group (B). Also, there was a statistically significant reduction in bone pain, improve the quality of life in its physical, mental and social levels and greatly alleviate insomnia in postmenopausal females in group (A) more than group (B).Accordingly, it could be concluded that the pulsed electromagnetic field and exercise training was found to be an effective, noninvasive, safe, easy to perform, simple and successful for postmenopausal female symptoms.</p>		
Key words	1.	Magnetic therapy.
	2.	Menopause.
	3.	Osteoporosis.
	4.	quality of life.
	5.	insomnia.
	6.	pulsed electromagnetic field.
Arabic Title Page	:	تأثير المجال الكهرومغناطيسي المتقطع على هشاشة العظام وجودة الحياة لدى السيدات بعد انقطاع الدورة الشهرية.
Library register number	:	2791-2792.

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