

**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
2012**

Author	:	Asmaa Mohamed Ahmed.
Title	:	Kinesio tape versus ultrasonic in the treatment of carpal tunnel syndrome during pregnancy.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud EL Kosery.
	2.	Adel Farouk EL Begawy.
	3.	Fayiz Farouk Ibrahim.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>This study was designed to assess the effect of Kinesio tape versus ultrasonic on the treatment of carpal tunnel syndrome during pregnancy. Thirty primigravidae females at third trimester of pregnancy with positive electro diagnostic findings (MMDL >4.2 ms) participated in this study, their ages ranged between 20 to 35 years (27.53±4.47). They were divided randomly into two equal groups. Group (A) received kinesio tape application on the affected wrist for 3 days, then day off and then another three days each week for 4 weeks, while, Group (B) received a program of 12 sessions of pulsed ultrasound, 3 sessions per week for 15 minute per session. The treatment program continued for 4 weeks. Boston carpal tunnel questionnaire and median motor distal latency were performed before and after the treatment program for all patients of the two groups. The obtained results showed a highly statistically significant (P< 0.0001) improvement in both groups (A&B) concerning Boston carpal tunnel questionnaire and median motor distal latency. The improvement was highly significant (P< 0.0001) in group (A) when compared with group (B). Accordingly, it could be concluded that the use of therapeutic ultrasound or kinesio tape for carpal tunnel syndrome during pregnancy appeared to be effective. Yet, the kinesio tape was found to be more superior in comparing with therapeutic ultrasound for carpal tunnel syndrome management during pregnancy.</p>		
Key words	1.	ultrasonic
	2.	carpal tunnel syndrome
	3.	pregnancy.
	4.	Kinesio tape
Arabic Title Page	:	تأثير رباط كينيزيو مقابل الموجات الصوتية على اختناق عصب الرسغ أثناء الحمل.
Library register number	:	2805-2806.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Asmaa Ragab Abd El-Ghany Mohamed El-Tanany.
Title	:	Awariness of gynecologists and adolescent females about physical therapy modalities used for relieving pain of primary dysmenorrheal.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara.
	2.	Hassan Omar Ghareeb.
	3.	Mohamed Ahmed Mohamed Awad.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>This study was conducted to investigate awareness of gynecologists and adolescent females about physical therapy modalities used for relieving pain of primary dysmenorrhea. Five hundreds adolescent females were divided into three groups (from Cairo, Giza, and Qalupia Governorate) and one hundred fifty gynecologists (from Cairo, Giza, and Qalupia Governorate), all of them participated through answering a designed questionnaires. The results showed that majority of adolescent females and gynecologists were not aware enough by physical therapy modalities used for relieving pain of primary dysmenorrhea. Results revealed that eighty three percent from adolescent females did not hear about physical therapy modalities used for relieving pain of primary dysmenorrhea and seventeen percent from them heard about this (majority of them from Cairo and Giza), seventy six point five percent from adolescent females who heard about physical therapy modalities used for relieving pain of primary dysmenorrhea believed that physical therapy modalities is useful to relieve pain of primary dysmenorrhea while twenty three point five percent from them did not believe that physical therapy modalities was useful to relieve pain of primary dysmenorrheal (majority of them from Cairo and Qalupia). Although 80% from gynecologists participated in this study reported their appreciation of the importance of physical therapy modalities for relieving pain of primary dysmenorrhea, most of them had no idea about TENS, acupuncture and acupressure, exercise and interferential used for relieving pain of primary dysmenorrhea. Some of them had good idea about therapeutic massage and heat application to relief pain of primary dysmenorrhea. So, we could conclude that more awariness was needed for both adolescent females and gynecologists about physical therapy modalities used to relief pain of primary dysmnorrhea.</p>		
Key words	1.	Physical therapy.
	2.	Primary dysmenorrheal.
	3.	Gynecologists.
	4.	Adolescent females.
	5.	relieving pain.
	6.	pain.
Arabic Title Page	:	مدى إدراك أطباء النساء والبنات في سن المراهقة بوسائل العلاج الطبيعي المستخدمة لتخفيف آلام الطمث.
Library register number	:	2919-2920.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Asmaa Salah Gamal El-din Mahmoud.
Title	:	Awariness of obstetricians and expectant mothers about physical therapy modalities used for relieving pain during labour.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara.
	2.	Hassan Omar Ghareeb.
	3.	Mohamed Ahmed Mohamed Awad.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>This study was conducted to know the awariness of obstetricians and expectant mothers about physical therapy modalities used for relieving pain during labour. Five hundreds expectant mothers and two hundreds obstetricians (from Cairo, Giza, and Qalupia Governorates), all of them participated through answering a designed questionnaire. The results showed that the majority of expectant mothers and obstetricians were not aware enough about physical therapy modalities used for relieving pain during labour. Results revealed that 95.8% of expectant mothers had no idea about physical therapy modalities used for relieving labour pain and only 4.2% from expectant mothers heard about physical therapy modalities for relieving labour pain (majority of them from Cairo and highly educated). 2.4% from expected mothers used physical therapy modalities and 2% from expectant mothers believed that physical therapy modalities were useful to relieve labour pain. 97.6% from expectant mothers did not use physical therapy modalities for relieving labour pain. Although 42% from obstetricians participated in this study reported their appreciation to the importance of physical therapy methods for controlling labour pain, most of them, (81%) expressed that physiotherapy has no role in relieving labour pain. So, we could conclude that more awariness was needed for both expectant mothers and obstetricians about methods of physical therapy used to reduce labour pain.</p>
Key words	1.	Physical therapy.
	2.	Labour pain.
	3.	Obstetricians.
	4.	Expectant mothers.
	5.	physical therapy modalities.
	6.	relieving pain.
	7.	Pain - Labour.
Arabic Title Page	:	مدى إدراك أطباء التوليد والنساء بوسائل العلاج الطبيعي المستخدمة لتخفيف الألم أثناء الولادة.
Library register number	:	2787-2788.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Doaa Ahmed Mohamed Osman.
Title	:	Effect of physical training on the female athlete triad.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Aly Hedar Sabbour.
	2.	Rokia Abd El-Shafy Soliman Elbanna.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>This study was conducted to determine the effect of physical training on menstrual functions, BMD, body composition and nutritional status in adolescent female athletes. Twenty-five adolescent female athletes and twenty-five adolescent female non-athletes participated in this study. BMD and body composition were evaluated using DEXA. The training, nutritional, menstrual and fractures histories were assessed through a self-administered questionnaire. Results showed that percentages of athletes who had menstrual dysfunction, low BMD and stress fractures were 48%, 4% and 28%, respectively and 12%, 4% and 8%, respectively in the non-athletes. Results revealed a significant increase ($p < 0.05$) in menarche age and statistically significant decrease in No. of menstrual cycles in last year, total BMD, as well as highly significant decrease ($P < 0.0001$) in total fat % and total fat mass, while there were non-significant differences ($P > 0.05$) in femoral neck BMD, femoral neck Z-score and total lean mass of the athletes compared with the non-athletes. Also, results showed significant increase ($P < 0.05$) in menarche age and highly significant decrease ($P < 0.0001$) in No. of menstrual cycles in last year, as well as significant decrease ($P < 0.05$) in femoral neck BMD and femoral neck Z-score, while there were non-significant differences ($P > 0.05$) in total BMD and body composition of oligo/amenorrhic athletes compared with eumenorrhic athletes. Also, there were significant increase ($P < 0.05$) in menarche age and highly significant decrease ($P < 0.0001$) in No. of menstrual cycles in last year, as well as significant decrease ($P < 0.05$) in femoral neck BMD and femoral neck Z-score, while there were non-significant differences ($P > 0.05$) in total BMD and body composition of oligo/amenorrhic non-athletes compared with eumenorrhic non-athletes. Sport training during puberty, low BMI and low body fat in athletes can be associated with delayed menarche, menstrual dysfunction, low total BMD and stress fractures. Female athletes should be evaluated periodically and educated about the possible negative effects of oligo/amenorrhea on bone health.</p>		
Key words	1.	Physical training.
	2.	Adolescence.
	3.	Female athlete triad.
	4.	Menstrual function.
	5.	BMD.
	6.	Body composition.
	7.	Nutritional status.
Arabic Title Page	:	تأثير التدريب البدني علي ثلاثي الإناث الرياضي.
Library register number	:	2899-2900.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Fatma Abd El-Rahman Ahmed Abdo.
Title	:	Prevalence of Kyphosis In Girls After Puberty In Giza Governate.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara.
	2.	Hassan Omar Ghareeb.
	3.	Mohamed Ahmed Mohamed Awad.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>This study was conducted to determine the prevalence of kyphosis in girls after puberty in Giza Governate. 1800 girls after puberty participated in this study. They were selected randomly from the preparatory and secondary schools in Giza on the following criteria: 900 girls from preparatory and 900 girls from secondary schools in Giza. Their ages ranged from 12 to 17 years old. Their thoracic kyphosis angle and thoracic inclination angle were measured by spinal goniometer and their trunk length was measured by tape measurement. The obtained results showed that the percentage of girls who had kyphotic angle $<40^\circ$ was 67.56 % and the percentage of girls who had kyphotic angle $>40^\circ$ was 32.44%. Positive correlations were found between thoracic kyphosis angle and each one of the following: trunk length ($r=0.355$; $p<0.01$), age ($r=0.198$; $p<0.01$), angle of thoracic inclination ($r=0.446$; $p<0.01$) and onset of menarche ($r=0.149$; $p<0.01$). Accordingly, it could be concluded that the prevalence of kyphosis in girls after puberty in Giza Governate is 32.44%.</p>		
Key words	1.	Thoracic kyphosis
	2.	Puberty
	3.	Spinal Goniometer
	4.	Trunk Length
	5.	Thoracic Inclination Angle
	6.	menarche.
Arabic Title Page	:	معدل انتشار إنحناء العمود الفقري في الفتيات بعد البلوغ على مستوى محافظة الجيزة.
Library register number	:	2739-2740.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Heba El Shawadfy Mahmoud Ghaly.
Title	:	Efficacy of exercises during pregnancy on maternal and fetal outcomes: A systematic review.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Aly Heider Sabbour
	2.	Hesham Gaber Al inany.
	3.	Abeer Mohamed El Sayed El Deeb.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>This study was conducted to systemically review the evidence for the effectiveness of exercises on the maternal outcomes (gestational weight gain, low back pain, number of patients requiring insulin, amount of insulin required, latency to insulin required and physical fitness) and fetal outcomes (birth weight, risk of preterm birth, gestational age, neonatal length, ponderal index, fetal head circumference, fetal head abdomen ratio and fetal heart rate). MEDLINE Pubmed, MEDLINE Ovid and Cochrane controlled trials register (1980-2012) were searched and all randomized controlled trials (RCTs) that met the study criteria were selected. Only 17 trials involving 1479 pregnant women were included. Results showed statistically significant decrease in maternal weight gain ($P=0.04$), low back pain ($P=0.02$), number of patients requiring insulin ($P=0.008$) and birth weight ($P=0.05$) in the exercise group compared with the control group. While, there was non statistically significant decrease in amount of insulin required ($P=0.18$), risk of preterm delivery ($P=0.70$), ponderal index ($P=0.06$), head circumference ($P=0.63$) and head abdomen ratio ($P=0.50$). Also, there was non statistically significant increase in latency to insulin required ($P=0.45$), gestational age ($P=0.77$) and neonatal length ($P=0.95$). Descriptive analysis showed a non significant increase in FHR and a significant increase in physical fitness in 2 trials and a non significant increase in the other 2 trials. It can be concluded that participation in aerobic exercise during pregnancy has a beneficial effect on the mother and the fetus.</p>
Key words	1.	Pregnancy.
	2.	gestational age.
	3.	Length.
	4.	Growth.
	5.	physical fitness and fetal heart rate.
	6.	gestational diabetes.
	7.	low back pain.
	8.	Weight.
	9.	Fetus.
	10.	Mother.
	11.	Exercises.
Arabic Title Page	:	كفاءة التمرينات أثناء الحمل على مخرجات الأم والجنين _ دراسة منهجية.
Library register number	:	2917-2918.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Mira Magdy Ahmed El-Beshoty.
Title	:	Effect Of Acupressure On Postmenopausal Hypertension.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara.
	2.	Hassan Omar Gharieb.
	3.	Mohamed Ahmed Mohamed Awad.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>This study was conducted to determine the effect of acupressure on postmenopausal hypertension. Sixty women after menopause complained from hypertension (diagnosed by gynecologist/ physician) from Geriatric Center for Physical Therapy and Rehabilitation in Port Said, shared in this study. Their ages ranged from 50 to 65 years old, they were in post menopause for at least one year and they are classified into two groups equal in numbers, group (A) received medications only while group (B) received medications and acupressure sessions. Hypertension was evaluated by the sphygmomanometer before and after 6 weeks of the acupressure sessions. The obtained results showed a statistically highly significant decrease ($P < 0.01$) in blood pressure measurements after the performance of the acupressure sessions for group (B). Accordingly, it could be concluded that the acupressure is very effective in reducing hypertension in postmenopausal women.</p>
Key words	1.	Acupressure.
	2.	Postmenopause.
	3.	Sphygmomanometer.
	4.	Systolic blood pressure.
	5.	Diastolic blood pressure.
Arabic Title Page	:	تأثير الضغط الوخذي على ارتفاع ضغط الدم لدى السيدات بعد انقطاع الطمث.
Library register number	:	2753-2754.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Mostafa Mansour el Behery.
Title	:	TENS application on acupuncture points for relieving labour pain.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud EL Kosery.
	2.	Adel Farouk EL Begawy.
	3.	Fayiz Farouk Ibrahim.
Degree	:	Master.
Year	:	2012.
Abstract	:	<p>Transcutaneous electrical nerve stimulation (TENS) is one of the non-pharmacological means of pain relief for labour and delivery. We aimed to investigate the efficacy and safety of TENS on specific acupuncture points for reducing pain in the first stage of labor. In this study, thirty healthy full-term parturient in active phase of first stage of labor were randomly assigned in to 2 groups (A&B), TENS on four acupuncture points (15 women) & TENS placebo (15 women). Pain relief scale (PRS) and Arterial blood gases (ABG) were used to assess pain before and after treatment. Results indicated decrease level of pain in TENS acupuncture group than placebo ($P < 0.001$). Also, results of ABG indicated decrease level of pain in TENS group than placebo ($P < 0.001$). The application of TENS on specific acupuncture points was effective, safe, cheap and non-invasive adjunct method for pain relief in the first stage of labour.</p>
Key words	1.	TENS application.
	2.	Acupuncture.
	3.	relieving labour pain.
	4.	labour pain.
	5.	Pain - Labour.
Arabic Title Page	:	تأثير التثبيبه الكهربى على نقاط الوخز بالابر الصينيه مقابل العلاج بالايحاء على تخفيف الام المخاض.
Library register number	:	3149-3150.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Sally Mohamed Saeed Mahmoud.
Title	:	Effect Of Exercise On Depression In Post - Menopausal period.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Sohier Mohamed A.EL-Kosery.
	2.	Adel Farouk EL-Bigawy.
	3.	Fayez Farouk Ibrahim.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>This study was conducted to determine the effect of exercise on depressed menopausal women .thirty depressed menopausal women participated in this study .they were divided into two groups equal in number (A&B).group (A) performed walking exercise on treadmill for 9 weeks,three sessions/ week.Each session 30 min.divided into 5 min.warming up,20 min.Walking on treadmill and 5 min. cooling down while group (B) did not perform any kind of exercise .The rate of depression was measured for both groups before and after treatment,by using Hamilton depression scale . It was found that exercise decreased the rate of depression effectively in group (A) than group (B).</p>		
Key words	1.	Exercise.
	2.	Depression.
	3.	Menopause.
	4.	Post - Menopausal period.
Arabic Title Page	:	تأثير التمرينات على الاكتئاب في فترة ما بعد مرحلة اليأس.
Library register number	:	2921-2922.

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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED

Author	:	Samar El Sayed Salem.
Title	:	Efficacy of aerobic exercises on premenstrual syndrome.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Adly Aly Heider Sabbour.
	2.	Abeer Mohamed El Deeb.
	3.	Ahmed Mohamed El Lithy.
Degree	:	Master.
Year	:	2012.
Abstract	:	
<p>This study was conducted to determine the effect of aerobic exercises on premenstrual syndrome (PMS).Thirty young females aged 16-20 years were randomly distributed into two groups: Control group received medical treatment in the form of vit. B6, calcium and minerals once daily for 3 months and study group received the same medical treatment and engaged in a program of aerobic exercise, 3times/week for 3 months. Premenstrual symptoms were assessed by using premenstrual syndrome questionnaire (PMSQ) and blood samples were taken to measure levels of calcium ionized, magnesium serum, estradiol (E₂), progesterone and prolactin before starting and after the end of treatment program. Results showed a significant decrease in carbohydrate cravings symptoms (P=0.02)and non-significant changes (P>0.05) in anxiety, depression, menstrual cramps, backache, calcium, magnesium, E₂, progesterone and prolactin in the control group after treatment, while in the study group, results showed a significant decrease in carbohydrate cravings symptoms (P=0.002), menstrual backache (P=0.002), E₂ (P=0.01) and progesterone (P=0.01) and a highly significant decrease in anxiety, depression, hyperhydration, other symptoms, menstrual cramps (P=0.001) and prolactin (P=0.0001)while there was a highly significant increase in calcium level (P=0.0001) after treatment. Also, results showed highly significant decrease in anxiety, depression, menstrual cramps and backache (P=0.001), hyperhydration (P=0.001) and other symptoms (P=0.006), as well as progesterone (P=0.001) and prolactin (P=0.0001) levels in the study group when compared with the control group after treatment. It can be concluded that regular aerobic exercises improves most of premenstrual symptoms and decrease levels of E₂, progesterone and prolactin that believed to be associated with premenstrual syndrome.</p>		
Key words	1.	Aerobic exercises.
	2.	PMS.
	3.	Estradiol.
	4.	Progesterone.
	5.	Prolactin.
Arabic Title Page	:	كفاءة التمرينات الهوائية فى السيطرة على متلازمة ما قبل الطمث.
Library register number	:	3083-3084.