

**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

2016

<b>Author</b>	:	<b>Ahmed Makram Hassan Shahein</b>
<b>Title</b>	:	<b>Effect of Electro acupuncture on Functional Performance and Low Back Pain during Pregnancy</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hala Mohamed Hanafy</b>
	2.	<b>Nabil Fekry Mohamed</b>
	3.	<b>Mohamed Ahmed Mohamed Awad</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of electroacupuncture on functional performance and low back pain during pregnancy. Forty multigravida women during third trimester of pregnancy complained from low back pain (diagnosed by gynecologist). They were selected randomly from Al-Agouza police hospital in Giza. Their ages were ranged from 25 to 35 years old and their body mass index was ranged 25-35 kg/m<sup>2</sup>. They were divided into two groups equal in numbers; group A consisted of 20 women, they were treated by hot packs only 3 sessions per week for 4 weeks (12 sessions). Group B consisted of 20 women were treated by electro acupuncture and hot packs for 3 sessions per week for 4 weeks (12 sessions). Low back pain was assessed by Visual analogue scale and functional performance was evaluated by Oswestry functional disability questionnaire before and after treatment for both groups (A&amp;B). The results of this study found that, there was a significant decrease in pain intensity and significant increase functional performance in both groups after treatment. When both groups compared together, there was significant difference between both groups after treatment (more decrease in pain intensity and more increase functional performance in group B). So, it could be concluded that the electroacupuncture is very effective in reducing low back pain and increasing functional performance during pregnancy.</p>		
<b>Key words</b>	1.	<b>Pregnancy</b>
	2.	<b>Low back pain</b>
	3.	<b>Radiograph</b>
	4.	<b>Functional Performance</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>92 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير الوخز الكهربائي بالإبر على الأداء الوظيفي وآلام أسفل الظهر أثناء الحمل.</b>
<b>Library register number</b>	:	<b>4843-4844.</b>

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<b>Author</b>	:	Ahmed Mohamed Mahmoud Abd El-Gawad
<b>Title</b>	:	Effect of closed kinetic chain exercises on post menopausal osteoporosis.
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Adly Aly Heidar Sabbour
	2.	Mohamed Mostafa Shaheen
	3.	Gehan Aly Abd Elsameaa
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	<p>This study was conducted to examine the efficacy of closed kinetic chain exercises (leg press machine) on post-menopausal osteoporosis. Forty volunteers participated in this study their age ranged between 50 to 60 years their mean age were <math>58.2 \pm 4.06</math> years were selected from out clinic of obstetrics and gynecology at Shobrakheet public hospital , ,they were assigned randomly into two groups: Group (A)study group ,twenty women who received closed kinetic exercises(leg press) in addition to specific non weight bearing exercises (static abdominal exercises ,hip shrugging ,pelvic rocking exercises) Group (B) control group twenty women who received just specific non weight bearing exercises (static abdominal exercises ,hip shrugging, pelvic rocking exercises) ,three times per week for four months Evaluation: Study was conducted for 4 months, all the subject were evaluated pre and post completing the study through application of DEXA in addition to Quality of life questionnaire Results: The post treatment results of the study were significant improvement in both group but group (A) is highly significant in both DEXA and Quality of life questionnaire, Conclusion: The results highlight that the combination between the closed kinetic chain exercises in conjunction with specific non weight bearing exercises has an effect on bone mineral density in post-menopausal women</p>
<b>Key words</b>	1.	osteoporosis
	2.	leg press machine
	3.	menopause
	4.	closed kinetic chain
	5.	DEXA.
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	111 p.
<b>Arabic Title Page</b>	:	تأثير تمارينات السلسلة الحركية المغلقة على هشاشة العظام بعد انقطاع الطمث.
<b>Library register number</b>	:	5177-5178.

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<b>Author</b>	:	<b>Ahmed saad Ahmed Abd-Allah Shaban:</b>
<b>Title</b>	:	<b>Effect Of Isometric Hand Grip Exercise On Blood Pressure In Pre- eclampsia</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hala Mohamed Hanafy Omara,</b>
	2.	<b>Abd-Alraouf Mohamed Oun</b>
	3.	<b>Mohamed Ahmed Mohamed Awad</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of isometric hand grip exercise on blood pressure in pre-eclampsia. Forty women with pre-eclampsia (diagnosed by gynecologist/obstetrician) were chosen from the In-patient Department of Gynecology and Obstetrics at Dessouk General Hospital in Kafr El-Sheikh Governate shared in this study. Their ages were ranged from 21 to 34years old and they are classified into two groups equal in numbers, group (A) received medications only while group (B) received medications and isometric hand grip exercise 4 sessions/ week for 6 weeks. Blood pressure was assessed by stethoscope and mercury sphygmomanometer for all patient in both groups before and after treatment. Results showed that there was a statistically significant decrease in the mean value of SBP in both group (A&amp;B) with percentage of improvement 15.72% and 20.16% respectively. There was a statistically significant decrease in the mean value of DBP in both group (A&amp;B) with percentage of improvement 15.32% and 17.99% respectively. So, it could be concluded that isometric hand grip exercise is a simple, cost free and non pharmacological method in reducing blood pressure in pre-eclampsia and can be used as adjunct method in treatment of pre-eclampsia.</p>		
<b>Key words</b>	1.	<b>Isometric hand grip exercise</b>
	2.	<b>Pre-eclampsia</b>
	3.	<b>Systolic blood pressure</b>
	4.	<b>Diastolic blood pressure</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>100 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير تمارين مقاومة اليد الثابتة على ضغط الدم في مرض ما قبل تسمم الحمل</b>
<b>Library register number</b>	:	<b>4747-4748.</b>

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	Ahmed Saeed Ahmed
<b>Title</b>	:	Effect of pulsed electromagnetic field and low level laser therapy on Patients with vascular ulcer
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Wafaa Hussin Borhan
	2.	Abd-Elaziz Eid Abd-Elaziz
	3.	Nesrin Afifiy Abd-Elrashid Afifiy
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	
<p><b>Purpose:</b> To investigate the effect of low level laser therapy and pulsed magnetic field on venous ulcer of second degree. <b>Methods:</b> Forty five venous ulcer patients from both genders (8 female and 7 male in each group), their age ranged from 50 to 60 years old were selected. The patient were randomly assigned into 3 groups 15 patients in each group, Group (A) low level Laser therapy group with the same medical treatment and nursing care for twenty minute, three times per week for six weeks, Group (B) Pulsed electromagnetic field group with the same medical treatment and nursing care for twenty minute three times per week for six weeks (C) Combined pulsed electromagnetic filed followed by low level laser therapy group with the same medical treatment and nursing care for twenty three times per week for six weeks. Wound surface area and Colony count measured pre and post 6 week. <b>Results:</b> Within 3 groups: There was significant decrease in wound surface area and colony count post treatment. Alpha level was set at (<math>p &lt; 0.05</math>). <b>Conclusion:</b> Pulsed electromagnetic field and Low level laser therapy have positive effect on venous ulcer healing and LLLT more effective than PEMF while both show the best result of venous ulcer healing.</p>		
<b>Key words</b>	1.	venous ulcer
	2.	Low level laser therapy
	3.	Wound Surface Area
	4.	Pulsed electromagnetic field
	5.	lasers
	6.	colony count
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	99 p.
<b>Arabic Title Page</b>	:	تأثير المجال الكهرومغناطيسي والليزر على القرحة الدموية.
<b>Library register number</b>	:	5049-5050.

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Author	:	Amany Ezzat Abbas Ali
Title	:	Effect of the Interferential Current in the Treatment of Painful Bladder Syndrome
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hala Mohamed Hanafy Omara
	2.	Hossam Al Din Hussien Kamel
	3.	Ghada Ebrahim El Refaye
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p><b>Purpose:</b> to determine the efficacy of interferential current therapy (IFC) in the treatment of painful bladder syndrome (PBS). <b>Methods:</b> Forty women with painful bladder syndrome, their ages ranged from 27-40 years old and their body mass index (BMI) ranged from 25-30 kg/m<sup>2</sup> were selected from outpatient clinic at Helwan general hospital and divided into two groups equal in number. The study group received interferential current at the lower abdomen in addition to traditional medicine for 8 successive weeks while control group received only traditional medicine for 8 successive weeks. Patients in both groups were assessed before and after treatment program by visual analogue scale (VAS), O'Leary-Sant Symptom Index or Interstitial Cystitis Index (ICSI) and plasma cortisol concentration. <b>Results:</b> The results of the present study showed a highly significant statistical difference in the visual analogue scale (VAS) at the end of the treatment in group (A) with percentage of improvement 56.12% compared to group (B) with percentage of improvement 41.23%, a statically highly significant decrease in the O'leary-sant symptom index or interstitial cystitis index (ICSI) in group (A) with percentage of improvement 45.45% compared to group (B) with percentage of improvement 36.36% and a highly significant statistical difference in the plasma cortisol concentration in group (A) with percentage of improvement 34.02% compared to group (B) with percentage of improvement 20.56%. <b>Conclusion:</b> IFC therapy was a very effective therapeutic modality in treating cases suffering from painful bladder syndrome, so, it can be considered as an alternative as well as, adjunct method for treating such cases.</p>		
Key words	1.	Pain
	2.	Painful bladder syndrome
	3.	Bladder Syndrome
	4.	Interferential current
Classification number	:	000.000.
Pagination	:	102 p.
Arabic Title Page	:	تأثير التيار الكهربائي المتداخل في علاج متلازمة المثانة.
<b>Library register number</b>	:	<b>5163-5164.</b>

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<b>Author</b>	:	<b>Amina Mohamed Salah Hasan</b>
<b>Title</b>	:	<b>Effect of aerobic exercise on post hysterectomy depression</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hala Mohamed Hanafy Omara</b>
	2.	<b>Hossam Al Din Hussien Kamel</b>
	3.	<b>Mohamed Ahmed Mohamed Awad</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of aerobic exercise on post hysterectomy depression. Forty post hysterectomy women complained from moderate to severe depression shared in this study. They were selected randomly from Said Galal university Hospital, Al Azhar University in Cairo. Their ages were ranged from 35 to 45 years old. They were divided into two groups equal in number, group (A) was treated by antidepressant drug (SSRI), while group (B) was treated by antidepressant drug (SSRI) and aerobic exercise sessions, 3 sessions per week for 9 weeks. The rate of depression was measured by Hamilton Depression Rating Scale for both groups before and after treatment. The results of this study showed that there is a highly significant decrease in severity of depression in both groups in the Hamilton Depression Rating Scale (<math>P &lt; 0.01</math>). When we compared both groups together, there is a highly significant difference between both groups after treatment (more decrease in group B). Accordingly, it could be concluded that aerobic exercise is very effective in reducing post hysterectomy depression.</p>		
<b>Key words</b>	1.	<b>Depression</b>
	2.	<b>Aerobic exercise</b>
	3.	<b>Scale.</b>
	4.	<b>Post hysterectomy</b>
	5.	<b>hysterectomy depression</b>
	6.	<b>Hamilton Depression Rating</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>87 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير التمرينات الهوائية على الإكتئاب بعد استئصال الرحم.</b>
<b>Library register number</b>	:	<b>4675-4676.</b>

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<b>Author</b>	:	<b>Amira Abd El Nabi Bayoumi</b>
<b>Title</b>	:	<b>Effect of Pelvic Floor Exercises from Squatting Versus Crocklying Position on Female Stress Urinary Incontinence</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Soheir Mahmoud El-Kosery</b>
	2.	<b>Mohamed Ahmed Awad</b>
	3.	<b>Amir Arabi GabrYousef</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to compare the effect of pelvic floor muscles exercises from squatting position versus pelvic floor exercises from crocklying position on female stress urinary incontinence .Forty patients with stress urinary incontinence were selected randomly from Kasr Al Ainy Hospital, Cairo university to participate in this study. They were divided randomly into two groups (A and B) equal in number (20 patients each). Group A who performed pelvic floor exercises from squatting position for 3 months, Group B who performed pelvic floor exercises from crocklying position for 3 months. Intra-vaginal pressure (IVP) was evaluated by Kegelpreniometerpre treatment, after 6 weeks and after 12 weeks of treatment for both groups (A and B). The obtained results of this study showed a significant improvement in both groups. When comparing between both groups, there was non significant differences pre treatment, after 6 weeks of treatment and post treatment. So that, it could be concluded that pelvic floor exercises position does not affect continence outcomes. Also, the results support the efficacy of using pelvic floor muscle exercises as an intervention for management of female stress urinary incontinence.</p>		
<b>Key words</b>	1.	<b>Pelvic floor exercise</b>
	2.	<b>Stress urinary incontinence</b>
	3.	<b>Stress Urinary Incontinence</b>
	4.	<b>Effect of Pelvic Floor Exercises</b>
	5.	<b>Female</b>
	6.	<b>Squatting Position</b>
	7.	<b>Crocklying Position</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>113 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير تمارينات قاع الحوض من وضع القرفصاء مقابل وضع الإستلقاء علي الظهر مع ثني الركبتين علي مرض السلس البولي لدي السيدات.</b>
<b>Library register number</b>	:	<b>4785-4786.</b>

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

<b>Author</b>	:	Asmaa Mohamed Mahoud Hassan
<b>Title</b>	:	Interfrential current versus transcutaneous electrical nerve stimulation in treating primary dysmenorrhea
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Soheir Mahmod Al- Kosery
	2.	Amir ArabI Gabr
	3.	Mohamed Ahmed Mohamed Awad
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	
<p>This study was conducted to determine and compare the effect of interfrential current versus TENS on primary dysmenorrhea. Forty girls complained from primary dysmenorrhea (diagnosed by gynecologist/ physician) participated in this study were chosen from outpatient clinic of faculty of physical therapy, Cairo university. Their ages ranged from 18 to 29 years old. Their body weight ranged from 50-70 kg, their height ranged from 150-180 cm and BMI ranged from 20-30 kg/m<sup>2</sup>. They were divided randomly into two groups equal in number, group (A) treated by interfrential current while group (B) treated by TENS. Menstrual pain was evaluated by visual analoge pain scale and the serum cortisol level before and after treatment by receiving interfrential current or TENS sessions. The obtained results showed a statistically slight decrease in menstrual pain after treatment in both groups and there is no significant difference between effect of interfrential current and TENS on primary dysmenorrhea. It could be concluded that both IFC and TENS had the same effect in decreasing pain in primary dysmenorrhea.</p>		
<b>Key words</b>	1.	Primary dysmenorrhea
	2.	Interfrential current
	3.	TENS
	4.	Cortisol level
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	70 p.
<b>Arabic Title Page</b>	:	
<b>Library register number</b>	:	4699-4700.



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

Author	:	Asmaa Ragab Abd Al-Aziz Ahmad
Title	:	Effect of Combiend Aerobic and Resisted Exercise on Polycystic Ovary Syndrome
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El-Sayed El-Mekawey
	2.	Abeer Mohammed El Deeb
	3.	Amir Arabi Gabr
Degree	:	Master.
Year	:	2016.
Abstract	:	<p>This study aimed to determine the effect of combined aerobic and resisted exercises on polycystic ovary syndrome (PCOS) in obese women. It was conducted on a sample of 40 women diagnosed with PCOS. Their age ranged from (20 to 35) years, body mass index (BMI) &gt;30 kg/m<sup>2</sup> and waist/hip ratio &gt;0.88. Patients were assigned into two equal groups: control group received low caloric diet (1200 kcal/day) for 12 weeks and study group received the same diet regime and engaged in combined aerobic and resisted exercises program 3 sessions /week for 12 weeks. Assessment of all patients in both groups was carried out before and after the end of the treatment program through assessment of BMI, waist/hip ratio, female reproductive hormones (luteinizing hormone (LH), follicular stimulating hormone (FSH) and LH/FSH ratio), fasting blood glucose and insulin level and homeostatic model assessment-insulin resistance (HOMA-IR). The results reveal that the control and study groups showed a highly significant decrease (p=0.0001) in BMI, waist/hip ratio, LH, LH/FSH ratio, fasting blood glucose and insulin levels and HOMA-IR post-treatment. Also, FSH showed a significant increase in the control group (p=0.049) and a highly significant increase in the study group (p=0.0001) post-treatment. Compared to the control group, the study group showed a highly significant decrease (p=0.0001) in fasting blood insulin and a significant decrease (p=0.016) in HOMA-IR post-treatment. So, it can be concluded that combined aerobic and resisted exercises and hypocaloric diet is more effective than hypocaloric diet only for improving metabolic parameters and producing more improvement in hormonal variables in obese women with PCOS.</p>
Key words	1.	Polycystic ovary syndrome
	2.	aerobic exercise
	3.	resisted exercise
Classification number	:	000.000.
Pagination	:	107 p.
Arabic Title Page	:	تأثير دمج التمرينات الهوائية وتمرينات المقاومة على متلازمة تكيسات المبيض.
<b>Library register number</b>	:	<b>4691-4692.</b>

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

<b>Author</b>	:	<b>Christine Bahig Shawkey Hennen:</b>
<b>Title</b>	:	<b>Effect of ball stability exercises on low back pain during pregnancy</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Mohamed Ahmed Mohamed Awad</b>
	2.	<b>Abdel Hamid Abdel Aziz Atta Allah</b>
	3.	<b>Marwa Abd El Rahman Mohamed</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to investigate the effect of ball stability exercises on low back pain during pregnancy. Forty primigravida and multigravida women complaining from low back pain selected randomly from outpatient clinic of Port Said general hospital in Port Said. The study was conducted from December 2014 to March 2016. Their ages were ranged from 25 to 35 years old and their body mass index was not exceeding 32 kg/ m<sup>2</sup>. All women were on second trimester of pregnancy. They were divided into two groups equal in number, group (A) treated by receiving antenatal routine; vitamin supplementations, instructions about back care during pregnancy, as well as using pelvic belt to support pelvic joints and group (B) treated by the same treatment in group A in addition to ball stability exercises day after day for six weeks. Visual analogue scale (VAS) was used to measure pain intensity and Pregnancy mobility index was used to assess functional disability for both groups (A&amp;B) before and after treatment. The results of this study found that, within groups, in group A, there was no statistically significant difference in low back pain intensity, house hold activities and mobility outdoor and there was highly significant decrease in daily mobility in the house. In group B, there was highly significant decrease (P&lt;0.01) in low back pain intensity, daily mobility in the house, house hold activities and mobility outdoor after six weeks of treatment. But between groups the obtained results showed that there was highly statistically significant decrease in low back pain intensity, daily mobility in the house and mobility outdoor were better in group B than group A after six weeks of treatment. Accordingly, it can be concluded that the performance of the ball stability exercises with receiving instructions about back care and wearing pelvic belt are more effective in reducing low back pain intensity and functional disability than receiving instructions about back care with wearing pelvic belt only on pregnant women</p>		
<b>Key words</b>	1.	<b>Ball stability exercises</b>
	2.	<b>Low back pain</b>
	3.	<b>Pregnancy</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>118 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير تدريبات الثبات بالكرة علي آلام أسفل الظهر أثناء الحمل.</b>
<b>Library register number</b>	:	<b>5161-5162.</b>

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

<b>Author</b>	:	<b>Christine Victor Louis George</b>
<b>Title</b>	:	<b>kinesiotape versus low level laser in the treatment of carpal tunnel syndrome during pregnancy</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hala Mohamed Hanfy Omara,</b>
	2.	<b>Marwa Abd El-Rahman Mohamed</b>
	3.	<b>Amir Arabi Gabr</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to investigate the effect of Kinesio-Tape versus Low Level Laser in the treatment of carpal tunnel syndrome during pregnancy, 30 pregnant females complained from carpal tunnel syndrome in their third trimester participated in this study, their ages were ranged from 20 to 35 years, they were randomly assigned into 2 groups equal in number where (group A) were treated by Kinesio-Taping for 3 days then 1 day off and then another 3 days each week for 4 weeks, and (group B) were treated by Low Level Laser Therapy, in the form of 3 sessions per week for 4 weeks. Statistical Analysis of Motor Nerve Conduction Velocity (NCV) in both groups (A) and (B) revealed that there was a statistical significant improvement the mean value of nerve conduction velocity of group A (<math>55.62 \pm 1.28</math>) and group B (<math>57.04 \pm 1.18</math>) with the t-value was 3.16 and p-value was 0.004 in favor of group B and % of improvement was 2.55 %. While in Sensory Nerve Conduction Velocity (NCV) in both groups (A) and (B) there was a statistical significant improvement in the mean value of nerve conduction velocity of group (A) (<math>58.8 \pm 2.68</math>) and group (B) (<math>60.98 \pm 1.65</math>) with t-value 2.68 and p-value 0.013 in favor of group B and % of improvement was 3.7 %. Also, In Visual Analogue Scale (VAS) comparing the two groups after one month of treatment the median values were 5 and 4 respectively which indicated a significant improvement and decrease of pain (<math>p=0.003</math>) in favor of group B and % of improvement was 20 %. Also, the statistical analysis revealed a significant improvement in the Hand Elevation Test (HET) as the percentage of improvement of group B was higher (73.33 %) than in group A (60%). Finally it can be concluded that Low Level Laser Therapy is the treatment of choice and Kinesio-Tape is an adjunct treatment for carpal tunnel syndrome during pregnancy which in turn help to improve Nerve Conduction Velocity and reduce incidence of positive Hand elevation and greatly decrease pain according to Visual Analogue Scale (VAS)</p>		
<b>Key words</b>	1.	<b>Carpal tunnel syndrome</b>
	2.	<b>Kinesio-Tape</b>
	3.	<b>Low Level Laser Therapy</b>
	4.	<b>Pregnancy</b>
	5.	<b>Lasers.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>104 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير شريط الكينيسيو مقابل الليزر منخفض المستوى علي اختناق عصب الرسغ اثناء فترة الحمل.</b>
<b>Library register number</b>	:	<b>5061-5062.</b>

**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**

<b>Author</b>	:	<b>Dina Ahmed Abd El-Gawad Ahmed</b>
<b>Title</b>	:	<b>Efficacy of Anodyne Therapy on Post-Partum Sacroiliac Joint Pain</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hannan El-Sayed El-Mekawey</b>
	2.	<b>Ahmed Ibrahim Aref</b>
	3.	<b>Adly Aly Heider Sabbour</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to evaluate the efficacy Anodyne Therapy on post-partum sacroiliac joint pain. Thirty post-partum patients with sacroiliac joint pain aged 25-35 years were randomly divided into two groups. Group A (control group) received the Placebo Anodyne therapy plus exercise program under super vision. Group B (study group) received Anodyne therapy plus exercise program under supervision. Anodyne therapy session duration was 30 minutes per session and exercise therapy session duration was 35 minutes per session every other day for 4 weeks. Visual analogue scale (VAS) and pressure algometer (PA) were used to evaluate pain at the beginning of therapy and at the end of the therapy. Results revealed that there was statistical significant difference (<math>P&lt;0.05</math>) in VAS, after application of treatment (Post) when compared with the corresponding mean value before initiation of treatment (Pre). The improvement percentage of VAS was (27.78%) after application of treatment (Post) in group A. And there was statistical significant difference (<math>P&lt;0.05</math>) in PA, after application of treatment (Post) when compared with the corresponding mean value before initiation of treatment (Pre). The improvement percentage of PA was (56.61%) after application of treatment (Post) in group A. Also The statistical analysis of the mean differences of VAS by paired t-test at pre-treatment and post application of treatment revealed that there was statistical high significant difference (<math>P&lt;0.05</math>) in VAS, after application of treatment (Post) when compared with the corresponding mean value before initiation of treatment (Pre). The improvement percentage of VAS was (78.87%) after application of treatment (Post) in group B. And The statistical analysis of the mean differences of PA by paired t-test at pre-treatment and post application of treatment revealed the following results: there was statistical high significant difference (<math>P&lt;0.05</math>) in PA, after application of treatment (Post) when compared with the corresponding mean value before initiation of treatment (Pre). The improvement percentage of PA was (94.71%) after application of treatment (Post) in group B. It can be concluded that Anodyne Therapy was effective in decreasing post-partum sacroiliac joint pain.</p>		
<b>Key words</b>	1.	<b>Anodyne therapy</b>
	2.	<b>Sacroiliac joint pain</b>
	3.	<b>Visual analogue scale</b>
	4.	<b>Post-Partum Sacroiliac Joint Pain</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>88 p.</b>
<b>Arabic Title Page</b>	:	<b>فاعلية الانودين في حالات آلام المفصل العجزي الحرقفي بعد الولادة.</b>
<b>Library register number</b>	:	<b>4663-4664.</b>

**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**

<b>Author</b>	:	<b>Dina Saeed Mohammed Mohammed</b>
<b>Title</b>	:	<b>Upper Limbs Strengthening Exercises versus Electrical Stimulation on Breast Ptosis</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Adly Aly Heider Sabbour</b>
	2.	<b>Abeer Mohamed ElDeeb</b>
	3.	<b>Tarek Ahmed Said</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of upper limbs strengthening exercises versus electrical stimulation by Russian current on breast ptosis in women. Forty five women with breast ptosis aged 25 to 35 years old assigned in three groups equal in number: Group (A) did not participated in any treatment program; while Group (B) participated in upper limbs strengthening exercises five times per week for four weeks, and Group (C) received sessions electrical stimulation with Russian current three times per week for four weeks. Evaluation was done through measuring the stage of breast ptosis using the tape measurement and a 12 inches ruler, and through assessing the strength of the shoulder muscles using the hand held dynamometer pre-and post treatment. Results revealed that control group showed no significant difference in distance between nipples and IMC (<math>P=0.33</math>), distance between sternal notch and nipple (<math>P=0.43</math>), and strength of shoulder flexors (<math>P=0.72</math>), shoulder extensors (<math>P=0.66</math>), shoulder external rotators (<math>P=0.56</math>), shoulder internal rotators (<math>P=0.18</math>), shoulder abductors (<math>P=0.13</math>) and shoulder adductors (<math>P=0.21</math>). Exercise group showed highly significant decrease in distance between sternal notch and nipple (<math>P=0.0001</math>), while it showed highly significant increase in distance between nipples and IMC (<math>P=0.0001</math>), and strength of shoulder flexors (<math>P=0.0001</math>), shoulder extensors (<math>P=0.0001</math>), shoulder external rotators (<math>P=0.0001</math>), shoulder internal rotators (<math>P=0.0001</math>), shoulder abductors (<math>P=0.0001</math>) and shoulder adductors (<math>P=0.0001</math>). Russian current group showed a highly significant decrease in distance between sternal notch and nipple (<math>P=0.0001</math>), while it showed highly significant increase in distance between nipples and IMC (<math>P=0.0001</math>), and strength of shoulder flexors (<math>P=0.0001</math>), shoulder internal rotators (<math>P=0.0001</math>) and shoulder adductors (<math>P=0.0001</math>), while it showed no significant difference in strength of shoulder extensors (<math>P=0.17</math>), shoulder external rotators (<math>P=0.21</math>) and shoulder abductors (<math>P=0.14</math>). Compared with the Russian current group, the exercise group showed a significant decrease in the distance between the sternal notch and nipple (<math>P=0.04</math>), while it showed significant increase in distance between nipples and IMC (<math>P=0.005</math>), and strength of shoulder flexors (<math>P=0.01</math>), shoulder internal rotators (<math>P=0.04</math>) and shoulder adductors (<math>P=0.02</math>), while it showed highly significant increase in strength of shoulder extensors (<math>P=0.01</math>), shoulder external rotators (<math>P=0.001</math>) and shoulder abductors (<math>P=0.001</math>). It can be concluded that upper limbs strengthening exercises and electrical stimulation with Russian current improve breast ptosis and strength of shoulder muscles; however, the upper limbs strengthening exercise was more effective than electrical stimulation with Russian current.</p>		
<b>Key words</b>	1.	<b>Breast ptosis</b>
	2.	<b>upper limbs strengthening exercises</b>
	3.	<b>Russian current stimulation</b>
	4.	<b>Electrical Stimulation</b>
	5.	<b>Strengthening Exercises</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>101 p.</b>
<b>Arabic Title Page</b>	:	<b>تمارين تقوية الأطراف العلوية مقابل التحفيز الكهربائي على استرخاء الثدي.</b>
<b>Library register number</b>	:	<b>4779-4780.</b>

**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**

<b>Author</b>	:	Doaa Onsy Ewass El-Blasy
<b>Title</b>	:	Effect of Low Level Laser in Treating Cracked Nipples of Breast Feeding Women
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Amel Mohamed Yousef
	2.	Amal Ali El Taweel
	3.	Gehan Ali Abd El- Samea
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	<p>The purpose of the study was to investigate the effect of low level laser therapy (LLLT) in treating cracked nipples of breast feeding women. Thirty lactating mothers were select from Obstetric Department at Portfouad General Hospital and divided randomly into two groups equal in numbers. Group (A): the lactating mothers received 10 sessions of active irradiation by LLLT on both sides of the breast for 10 minutes on each side for 2 weeks (5 sessions per weeks) in addition to applying Dex-panthenol cream on the nipples at night. Group (B): the lactating mothers received Dex-panthenol cream as group (A). Both groups (A &amp; B) received advices about the right way of lactation all through the treatment period (2 weeks). Evaluation of all mothers in both groups (A&amp;B) were done pre and post treatment by Visual Analogue Scale (VAS) and McGill pain questionnaire(MPQ) for breast pain assessment and Healing Scale to assess cracked nipples. The results of the study revealed that; in (group A) the breast pain intensity as well as cracked nipples healing showed statistically significant decrease (P=0.001). While in group (B) all the same variables showed a statistically significant decrease (P=0.001) between pre and post treatment. When comparing between both groups (A&amp;B) before treatment reveals that there was a statistically non significant difference (P&gt; 0.05), while after treatment the result showed that a statistically significant decrease (P=0.001) in favor of group (A) than group (B) in all variables. Conclusion: LLLT can be used effectively to reduce pain and improve healing of cracked nipples in breast feeding women.</p>
<b>Key words</b>	1.	Low level laser therapy
	2.	cracked nipples
	3.	Pain.
	4.	Lasers.
	5.	Breast Feeding Women
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	87 p.
<b>Arabic Title Page</b>	:	تأثير الليزر منخفض الشدة على تشققات الحلمة لدى السيدات المرضعات.
<b>Library register number</b>	:	4681-4682.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
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AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	Eisraa Samir Rashed Shaheen
<b>Title</b>	:	Effect of Tripolar Radiofrequency on postnatal abdominal skin laxity
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Amel Mohamed Yousef
	2.	Abeer Mohamed ElDeeb
	3.	Amir Arabi Gabr
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	<p>Skin laxity is an aesthetic problem. The impact of this problem on the female's self-esteem affect quality of life in psychological and sociocultural terms. This study was conducted to determine the effect of tripolar radiofrequency on postnatal abdominal skin laxity. Thirty eight postnatal women aged 20-45 years participated in this study. They were randomly distributed into two groups: control group (18 women) received traditional abdominal exercises 3 times/week for 12 weeks and study group (20 women) received the same exercises and sessions of tripolar radiofrequency, 3 times/week for 12 weeks. Evaluation was done through measuring waist/hip ratio, modulus of elasticity and abdominal skinfold thickness at the start and the end of the treatment program. Results of this study revealed that the control group showed a statistically significant decrease in the waist/hip ratio (<math>p= 0.020</math>) and the skin laxity (<math>p= 0.037</math>), as well as a statistically highly significant decrease in abdominal skinfold thickness (<math>p= 0.001</math>). Also, the study group showed a statistically highly significant decrease in the waist/hip ratio (<math>p= 0.001</math>), the skin laxity (<math>p= 0.004</math>) and the abdominal skinfold thickness (<math>p= 0.004</math>). Compared to the control group, the study group showed a highly significant decrease in the waist/hip ratio (<math>p= 0.001</math>) and the skin laxity (<math>p= 0.008</math>); however, there was no significant difference in the abdominal skinfold thickness (<math>p= 0.059</math>). So, it can be concluded that the tripolar radiofrequency is effective and safe modality for improving abdominal skin laxity in postnatal women.</p>
<b>Key words</b>	1.	Abdominal skin laxity
	2.	tripolar radiofrequency
	3.	postnatal
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	126 p.
<b>Arabic Title Page</b>	:	تأثير الترددات الراديوية ثلاثية الأبعاد على نواحي جلد البطن بعد الولادة.
<b>Library register number</b>	:	4863-4864.

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

<b>Author</b>	:	Essraa Amin Abd El-Hamid Abd El-Hady
<b>Title</b>	:	Faradic stimulation versus specific abdominal exercise on abdominal circumference and percentage of fat during postnatal period
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Soheir Mahmoud El-Kosery
	2.	Marwa Abd El-Rahman Mohamed
	3.	Ahmed Mohamed Mamdouh
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	<p>The purpose of this study was to determine the effectiveness of faradic stimulation versus specific abdominal exercise on abdominal circumference and percentage of fat in postnatal period. Thirty volunteer females after vaginal delivery by 6 weeks participated in the study. Their age ranged between 25 -35 years and their body mass index ranged from 30–35 kg/m<sup>2</sup>. They were selected from New Cairo Hospital, New Cairo. They were randomly subdivided according to enclosed envelop into two equal groups. Group (A) consisted of 15 females who applied faradic stimulation on abdominal region for 30 minutes as well as aerobic exercises through treadmill (60-70% of VO<sub>2</sub> max.) for 30 minutes, 3 times per week for 12 sessions; group (B) consisted of 15 females who performed specific abdominal exercises for 30 minutes, 3 times per week for 12 sessions in addition to aerobic exercise as in group (A). The results of this study revealed that there was a statistical significant decrease in the mean values of waist hip ratio, abdominal circumference and trunk fat post treatment in both groups favoring group (A). In addition to a statistical significant increase in the mean values of trunk lean post treatment in both groups favoring group (A). Also, there was no statistical significant difference in the mean values of percentage of body fat post treatment between both groups A and B. So, it could be concluded that the faradic stimulation in conjunction with aerobic exercises was effective to decrease waist hip ratio, abdominal circumference and trunk fat and to increase trunk lean leading to maintain a graceful appearance and self-confidence for female in postnatal period.</p>
<b>Key words</b>	1.	Aerobic exercise
	2.	Faradic stimulation
	3.	Postnatal
	4.	Specific abdominal exercise
	5.	abdominal circumference
	6.	percentage of fat
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	90 p.
<b>Arabic Title Page</b>	:	التنبيه الكهربائي مقابل تمارينات ال بطن على محيط الخصر ونسبة دهون البطن بعد الولادة.
<b>Library register number</b>	:	4909-4910.



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AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Farahnaz Ahmed Mohamed</b>
<b>Title</b>	:	<b>Effect of Relaxation Exercises on Postpartum Depression</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hala Mohamed Hanafy</b>
	2.	<b>Hassan Omar Ghareeb</b>
	3.	<b>Marwa Abd El Rahman Mohamed</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of relaxation exercises on postpartum depression. Thirty postpartum female aged 20-35 years were randomly selected from Suez General Hospital, they were distributed into two groups equal in numbers: group (A) received relaxation exercises sessions in the form of meditation and physical relaxation for 45 minutes/sessions, 3 times /week for 3 months in addition to home instructions and advice about controlling stressful conditions by practicing deep breathing exercise. And group (B) received home instructions for doing deep breathing exercise during stressful conditions. The result showed statistically significant decrease in depression symptoms in group (A) with the percentage of improvement of depression scale index (26.63%) and statistically significant decrease in depression symptoms in group B with percentage of improvement (4.67%). It can be concluded that relaxation exercises are easy to perform , safe , haven't side effects to the patients, have positive effect on reducing postpartum depression, elevate female mood and enhancing coping skills for stressful conditions.</p>		
<b>Key words</b>	1.	<b>Relaxation Techniques</b>
	2.	<b>Post partum Depression</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>78 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير تمارينات الإسترخاء على إكتئاب ما بعد الولادة.</b>
<b>Library register number</b>	:	<b>4671-4672.</b>

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	Hanaa Mohamed El Zoghby Tolba
<b>Title</b>	:	Effect of myofascial release and visceral manipulation on fallopian tubes adhesions
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Hala Mohamed Hanfy Omara,
	2.	Dina Gamal El Deen El Kholi
	3.	Wafaa Mohammad Kamal
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	
<p>This study was conducted to determine the impact of myofascial release and visceral manipulation on reducing fallopian tubes adhesions. Thirty regular menstruated women were selected from Out Patient Clinic of Gynecology Department, at Mobarrah El Mehalla Hospital (Health Insurance) diagnosed by hysterosalpingography (HSG) as having fallopian tubes adhesions and complained of pelvic pain and infertility. Their ages were ranged from 25-35 years old. Their body mass index (BMI) ranged from 25- 30 Kg/m<sup>2</sup> and their waist/hip ratio did not exceed 0.88. They were divided into two equal groups. Group (A) (15women), they received Ultrasonic treatment with a frequency 1MHz, continuous mode, intensity of 1.5W/Cm<sup>2</sup> about 24 sessions for 2 months &amp; duration 10 minutes for each adhesion site (supra pubic, right iliac fossa &amp; left iliac fossa) according to the tubal obstruction. Group (B) (15women), they received manual physical therapy in the form of myofascial release and visceral manipulation for 30 minutes / three times/ week for 24 sessions in addition to Ultrasonic treatment as Group (A). The sessions were interrupted only by menstruation of each patient in both groups. Both groups (A&amp;B) were evaluated by present pain intensity scale and measured hysterosalpingography (HSG) before and after 24 sessions of treatment in addition to pregnancy rate after 6 months of ending the treatment. The results showed statistically highly significant decrease in between both groups concerning pain intensity, tubal adhesions and statistically highly significant increase in pregnancy rate in group (B) than group (A). Accordingly, it could be concluded that myofascial release and visceral manipulation are effective and safe in treating women have fallopian tubes adhesions, improving fertility and increasing pregnancy rate.</p>		
<b>Key words</b>	1.	Myofascial release
	2.	Visceral manipulation
	3.	Ultrasounic
	4.	Fallopian tubes adhesions
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	87 p.
<b>Arabic Title Page</b>	:	تأثير إنفراج النسيج العضلي الضام والتحرك اليدوي للأحشاء على التصاقات قناتي فالوب.
<b>Library register number</b>	:	4881-4882.

**ELECTRONIC GUIDE TO THESES APPROVED BY PHYSICAL  
THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Hatem Abd El Khalek</b>
<b>Title</b>	:	<b>Comparison between Three Different Physical Therapy Modalities for Treatment of Chronic Rhinosinusitis</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Zakria Mowafy Emam Mowafy</b>
	2.	<b>Mohamed Ashraf Awad Amer</b>
	3.	<b>Ashraf Hassan Mohammed</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p><b>Purpose:</b> to evaluate effects of three different physical therapy modalities and the comparison between them (polarized light therapy, pulsed electromagnetic field therapy and the traditional physical therapy in the form of facial infrared superficial heating and cheek massage) in the treatment of chronic rhinosinusitis. <b>Methods of evaluation</b> (Measurement of the sinusitis symptom score (SSS) and the computerized tomography scan (CTS) for maxillary sinus). <b>Methods:-</b> Sixty patients with ages ranging from 25 to 40 years and suffer from chronic maxillary rhinosinusitis. They were selected from the outpatient clinic of the Otorhinolaryngology (ENT) department at Cairo University Hospitals. They were divided into three groups. <b>Group (A):</b> composed of 20 patients received the Bioptron light therapy (BLT) (10 minutes session over each maxillary sinus day after day for three months). <b>Group (B):</b> composed of 20 patients received the pulsed electromagnetic field therapy (PEMFT) (10 minutes session over each maxillary sinus day after day for three months), and <b>Group (C):</b> composed of 20 patients received the traditional physical therapy in the form of (5 minutes facial infrared superficial heating and 5 minutes cheek massage) over each maxillary sinus day after day for three months. All patients received the same medical care. Measurements were conducted before starting the treatment as a first record and at the end of the third month of treatment as a second (final) record. <b>Results and conclusion:-</b> Results showed that application of BLT, PEMFT and the traditional physical therapy were effective in improving the chronic rhinosinusitis as evidenced by the highly significant decreases in sinusitis symptom score (SSS) and the computerized tomography scan for maxillary sinus (CTS). But both BLT and PEMFT were effective and more fruitful than the traditional physical therapy and nearly equivalent in improving the chronic rhinosinusitis as evidenced by the highly significant decreases in sinusitis symptom score (SSS) and the computerized tomography scan for maxillary sinus (CTS).</p>		
<b>Key words</b>	1.	<b>Bioptron light therapy</b>
	2.	<b>Pulsed electromagnetic field therapy</b>
	3.	<b>Infrared heating</b>
	4.	<b>Chronic rhinosinusitis</b>
	5.	<b>Physical Therapy Modalities</b>
	6.	<b>Cheek massage</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>104 p.</b>
<b>Arabic Title Page</b>	:	<b>مقارنة ما بين ثلاث وسائل علاجية مختلفة على الجيوب الأنفية المزمنة.</b>
<b>Library register number</b>	:	<b>5089-5090.</b>

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AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	Hoda Hagag EL Dahesh
<b>Title</b>	:	Effect of manual therapy on extra pelvic trigger points on chronic pelvic pain
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Hala Mahmud Hanfy Omara
	2.	Hassan Omar Ghareeb
	3.	Ghada Ebrahim El Refaye
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	<p>The purpose of study was to investigate changes in intensity pain and pressure pain thresholds after manual treatment of active external pelvic trigger points in chronic pelvic pain. Subjects: Forty women with active trigger points, their age ranged from 25-50 years and BMI less than 30 kg/m<sup>2</sup>. The participants were randomly assigned into two groups of equal numbers. The study group (A) received myofascial release (for a minimum of 2 minutes or until a release occurred), progressive pressure (for at least 30 seconds and up to 2 minutes) and self-stretching exercise program, 3 days per week for 6 weeks, while the control group (B) didn't receive any treatment only advice to deal with chronic pain. Pressure pain threshold (PPT) and visual analogue scale (VAS) were used to evaluate patients (pretreatment, post treatment). Results: The results of this study revealed significant improvement in VAS and PPT when comparing pre and post treatment results in each group. Also significant improvement was observed in favor of the study group (A) when comparing the post treatment results of the two groups (A, B). Conclusion: On basis of the present results, it can be concluded that manual therapy program can be used as an effective method for decreasing pain intensity and increasing pressure pain thresholds of active trigger points in chronic pelvic pain.</p>
<b>Key words</b>	1.	Manual therapy
	2.	Extra pelvic trigger points
	3.	Chronic pelvic pain
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	125 p.
<b>Arabic Title Page</b>	:	تأثير التمرينات الهوائية مختلفة الشدة على هرمون الكوريتزول في البالغين ذوي الوزن الزائد.
<b>Library register number</b>	:	4985-4986.

**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**

<b>Author</b>	:	Ismail Hussein Ismail Mohamed
<b>Title</b>	:	Effect of Central Weight Reduction on Postnatal Rectus Diastasis In Obese Women
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Amel Mohamed Yousef,
	2.	Hanan Elsayed El Mekawy
	3.	Magdy Mohamed Abd El Rahman
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	<p>The purpose of this study was to assess the effect of central weight reduction on postnatal rectus diastasis in obese women. Fifty multiparous women who had a diastasis recti more than 2.5cm and less than 4cm after two months of normal vaginal delivery. All of them had given birth two to three times, their ages ranged from 25-35 years, and their BMI ranged from 30.0 to 34.9 kg/m<sup>2</sup> and waist circumference was more than 88 cm. All participated women had no previous cesarean section, other abdominal and/or back operations, abdominal skin diseases, spinal disorders. They were selected from Outpatient Clinic of Obstetric and Gynecology, EL Matarya Teaching Hospital and divided randomly into two groups equal in numbers (A) and (B). Group (A); enrolled in ultrashape program by using bodyson machine for 20 minutes, and faradic stimulation for 30 minutes in addition to abdominal exercise program for 30 minutes three times per week for eight weeks and Group (B); received the same program as group (A) except ultrashape program. Rectus diastasis was assessed by ultrasound examination for all participants above umbilicus before and after treatment. The results of the study showed that the combination of ultrashape program, faradic stimulation and exercises characterized by a higher efficiency than faradic stimulation and exercises. It could be concluded that central weight reduction is an effective method for reducing rectus diastasis postnatally in obese women.</p>
<b>Key words</b>	1.	Obesity
	2.	Faradic stimulation
	3.	Low frequency non thermal ultrasound
	4.	abdominal exercises
	5.	Central Weight Reduction
	6.	Postnatal Rectus Diastasis
	7.	Obese Women
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	111 p.
<b>Arabic Title Page</b>	:	تأثير إنقاص الوزن المركزي على التباعد بين عضلتي البطن المستقيمتين بعد الولادة في السيدات البدنيات.
<b>Library register number</b>	:	<b>5183-5184.</b>

**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**

<b>Author</b>	:	<b>Kerolous Ishak Shehata Kelini</b>
<b>Title</b>	:	<b>Effect Of Mulligan Mobilization Technique Versus Core Stability Exercise On Post Natal Low Back Pain</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Mohamed Ahmed Mohamed Awad</b>
	2.	<b>Abdel Hamid Abdel Aziz Atta Allah</b>
	3.	<b>Wafaa Mohammad Kamal</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to compare the effect of mulligan mobilization technique and core stability exercise on post-natal low back pain. Forty primegravidae or multigravidae postnatal women complained of low back pain selected randomly from physical therapy department in Al Zahraa University Hospital in Cairo, Al Azhar University. Their ages were ranged from 25 to 35 years old and their body mass index was not exceeding 30 kg/m<sup>2</sup>. They were divided into two groups equal in number, group (A) treated by Mulligan mobilization technique three times a week for four weeks while group (B) treated by core stability exercises three times a week for four weeks. Visual analogue scale (VAS) was used to measure pain intensity and Oswestry Disability Index was used to assess functional disability for both groups (A&amp;B) before and after treatment. The results of this study found that, there was a statistically highly significant decrease (P&lt;0.01) in low back pain intensity and functional disability in both groups (A&amp;B) after the performance of mulligan mobilization technique and core stability exercises on post natal women. But the obtained results showed that the statistically highly significant decrease in low back pain intensity and functional disability were better after the performance of core stability exercises than mulligan mobilization technique on post natal women. Accordingly, it can be concluded that the performance of Core stability exercises is more effective in reducing low back pain intensity and functional disability than mulligan mobilization technique on post natal women.</p>		
<b>Key words</b>	1.	<b>Mulligan Mobilization Technique</b>
	2.	<b>Post-natal low back pain</b>
	3.	<b>Core stability exercise</b>
	4.	<b>Oswestry Disability Index</b>
	5.	<b>Visual analogue scale</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>90 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير تقنية موليجان للتل بين مقابل تمارينات الثبات للمحور المركزي على آلام أسفل الظهر بعد الولادة.</b>
<b>Library register number</b>	:	<b>4775-4776.</b>

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Khaled Sayed Ahmed Abd Allah</b>
<b>Title</b>	:	<b>Effect of pelvic floor exercises on post partum low back pain</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Adly Aly Heider Sabbour</b>
	2.	<b>Abeer Mohammed ElDeeb</b>
	3.	<b>Walid Ahmed Ayad</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of pelvic floor exercises on post partum low back pain. Forty women with post partum low back pain aged 25 to 35 years old assigned into two groups equal in number: control group received lumbar stabilization exercises addressing transverses abdominus and multifidi muscles; while study group received the same stabilizing exercises, in addition to pelvic floor exercises three times per week for twelve weeks. Evaluation was done through assessment of pain severity using visual analogue scale, functional disability using Oswestry disability index questionnaire, lumbar range of motion of flexion and extension using modified- modified schober test and through assessing intra vaginal pressure using kegel perineometer pre-and post-treatment. Results revealed that control group and study group showed a highly significant decrease in pain severity (<math>P=0.0001</math>), and functional disability (<math>P=0.0001</math>), and a highly significant increase in lumbar flexion range of motion (<math>P=0.0001</math>), lumbar extension range of motion (<math>P=0.0001</math>) and intra vaginal pressure (<math>P=0.0001</math>). Compared with the control group, the study group showed a highly significant decrease in pain severity (<math>P=0.0001</math>), functional disability (<math>P=0.0001</math>) and highly significant increase in intra vaginal pressure (<math>p=0.0001</math>), while lumbar flexion range of motion and lumbar extension range of motion showed no significant difference between both groups post-treatment (<math>P=0.816</math>), (<math>P=0.355</math>) respectively. It can be concluded that pelvic floor exercises decrease post partum low back pain, improve functional abilities and increase strength of pelvic floor muscles.</p>		
<b>Key words</b>	1.	<b>Post partum low back pain</b>
	2.	<b>Lumbar stabilizing exercises</b>
	3.	<b>Pelvic floor exercises.</b>
	4.	<b>low back pain</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>97 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير تمارينات الحوض الرافعة على الام أسفل الظهر بعد الولادة.</b>
<b>Library register number</b>	:	<b>4927-4928.</b>

**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**

<b>Author</b>	:	Mahitab Mohammed Yosri Ibrahim
<b>Title</b>	:	Effect of visceral manipulation on polycystic ovarian syndrome
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Amel Mohamed Yousef
	2.	Hossam El-din Hussein Kamel
	3.	Marwa Abd El Rahman Mohammed
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of visceral manipulation on menstrual irregularities and hormonal profile in women with polycystic ovarian syndrome. Thirty women having polycystic ovarian syndrome (PCOS) participated in this study. They were chosen from the Outpatient Clinic of Gynecology at Bab El Shaaria University Hospital. Their age ranged from (20-34) years, <math>25 \leq</math> body mass index (BMI) <math>&lt; 30 \text{ kg/m}^2</math> and waist/ hip ratio <math>\leq 0.8</math>. They were randomly assigned into two groups equal in number. Group (A) (Control group), 15 PCOS women received low caloric diet (1200 Kcal/day) only for 3 months, while Group (B) (Study group), 15 PCOS women received visceral manipulation to the pelvic organs and their related structures (8 sessions, once per week in the 1<sup>st</sup> month then once every other week for 2 months) in addition to low caloric diet as in group (A). Evaluation pre and post study was done by measuring body weight, BMI, female reproductive hormones [luteinizing hormone (LH) , follicle-stimulating hormone (FSH) and LH/FSH ratio] and menstruation- related problems were evaluated by Polycystic Ovarian Syndrome Questionnaire (PCOSQ). Results showed that there was a statistically significant increase in FSH, a statistically significant reduction in weight, BMI, LH and LH/FSH ratio as well as a statistically significant improvement in menstrual complaints when comparing between pre and post study results in both groups (A&amp;B). On comparing both groups, there was a statistically significant improvement in menstruation-related problems in group (B) than in group (A), while female reproductive hormones showed statistically non-significant difference between both groups (A&amp;B) post study . Thus, it can be concluded that visceral manipulation is an effective, safe and easy to apply modality that can affect reproductive hormonal levels and improve menstrual irregularities in PCOS women.</p>		
<b>Key words</b>	1.	Female Reproductive Hormones
	2.	Hypocaloric Diet
	3.	Polycystic Ovarian Syndrome
	4.	Visceral Manipulation
	5.	Menstrual Irregularities
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	114 p.
<b>Arabic Title Page</b>	:	تأثير المحاكاة اليدوية للأنسجة الحشوية على متلازمة تكيسات المبايض.
<b>Library register number</b>	:	4911-4912.



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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Mahmoud Abd Elhay Hassan Sorour</b>
<b>Title</b>	:	<b>Effect Of Kinesio Tape On Lower Limb Edema During Pregnancy</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hala Mohamed Hanfy Omara,</b>
	2.	<b>Tamer Hanafy Mahmoud</b>
	3.	<b>Engy Mohamed Ibrahim El-Nahas</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>The purpose of this study was to determine the effect of the kinesio tape on lower limb edema during pregnancy. Thirty pregnant women suffering from lower limb edema participated in this study. Their ages were ranged from 25-35 years. Participants were assigned into two groups equal in number; Study group (Group A) who used kinesio tape and performed circulatory exercises for the lower limbs from the beginning of the 3<sup>rd</sup> trimester (21-24 weeks of gestation) for 4 weeks, 15 minutes for each session, three times per week. Control group (Group B) who performed circulatory exercises of the lower limbs only from the beginning of the 3<sup>rd</sup> trimester (21-24 weeks of gestation) for 4 weeks, 15 minutes for each session, three times per week. All participants in both groups (A and B) were assessed pre- and post- treatment through measuring blood flow level by doppler ultrasound and lower limb circumference by tape measurement at three different level of lateral malleolus. The results showed that there was a non statistical significant difference between both groups (A&amp;B) pre and post treatment regarding the mean value of blood flow and round measurement at the three different levels where the P value was (&gt;0.05) for both groups . Although, the percent of improvement was higher in the group (A) than in the group (B) in favor of group (A). It could be concluded that kinesio tape with circulatory exercise can decrease lower limb edema during pregnancy.</p>		
<b>Key words</b>	1.	<b>Kinesio tape</b>
	2.	<b>Pregnancy</b>
	3.	<b>Circulatory exercises</b>
	4.	<b>Lower limb edema</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>106 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير رباط الكنيسيو اللاصق على التورم بالساقين أثناء الحمل .</b>
<b>Library register number</b>	:	<b>5067-5068.</b>

**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**

<b>Author</b>	:	<b>Mai Ahmed El Sherif</b>
<b>Title</b>	:	<b>Effect of local cryostimulation therapy on symphysis pubis pain during pregnancy</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hanan El Sayed EL Mekawy</b>
	2.	<b>Ahmed Abd EL Megged Abd Alla</b>
	3.	<b>Abeer Mohamed El Deed</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of local cryostimulation therapy on symphysis pubis pain during pregnancy. Thirty pregnant female aged from 20-40 years complaining from symphysis pubis pain in their second and third trimester were selected from out patient clinic at Defense Industries Medical Center. they were randomly distributed into two groups: group A (study group) received local cryostimulation therapy for 10 min 3 times per week for 4 weeks in addition to medical treatment in the form of paracetamol 3 times per day for 4 weeks and group B(control group) received medical treatment only in the form of paracetamol 3 times per week for 4 weeks. Symphysial diastasis was assessed by using ultrasonography before starting the treatment then after 4 weeks ,and pain severity was assessed by using numerical rating scale( NRS) before starting the treatment then after 2 weeks of application of treatment then after 4weeks at the end of treatment. Result revealed that that there was no significant difference between pre- and post-ultrasound measurements within group A and group Band no significant difference in mean pre- and post-ultrasound measurements between group A and group B. Group A showed highly significant decrease in symphysial pain, there was highly significant difference (P=0.0001; P&lt;0.05) in group A, While group B showed a significant decrease in symphysial pain, there was significant difference (P=0.003 ;P&lt;0.05) in group B. The statistical analysis by independent t-test revealed that there was no significant difference in the mean pre-treatment NRS(P=0.579; P&gt;0.05) and the mean NRS after 2-weeks (P=0.080; P&gt;0.05) between group A and B. While, there was a highly significant difference in the mean NRS after 4-weeks (P=0.001; P&lt;0.05)between group A and B.it can be concluded that paracetamol have positive effect on decreasing symphysis pubis pain, However, the local cryostimulation with paracetamol are more effective in treating the symphysis pubis pain.</p>		
<b>Key words</b>	1.	<b>Symphysis pubis diastasis</b>
	2.	<b>Symphysialpain</b>
	3.	<b>nulation</b>
	4.	<b>pregnancy</b>
	5.	<b>Paracetamol.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>75 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير العلاج بالتبريد الموضعي علي الام العانة اثناء فترة الحمل.</b>
<b>Library register number</b>	:	<b>5093-5094.</b>

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Mai Ibrahim Mohamed Hussien</b>
<b>Title</b>	:	<b>Effect of Epley Maneuver on Vertigo in Postmenopausal Women</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hanan Elsayed Mekawy,</b>
	2.	<b>Sherif Mahmoud El Minawi</b>
	3.	<b>Wanees Mohammed Elamir</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p><b>Objectives:</b> The study aimed to determine the effect of Epley maneuver on unilateral posterior canal benign paroxysmal positional vertigo in postmenopausal women. <b>Study design:</b> This is a controlled randomized study. <b>Intervention:</b> This is a therapeutic intervention. <b>Patients:</b> Thirty female patients, aged between 50-60 years old, were diagnosed as having unilateral benign paroxysmal positional vertigo of posterior canal based on the modified Dix-Hall pike test and videonystagmography. The patients were randomly allocated to one of two equal groups on the basis of the date of the first visit. <b>Group (A)</b> was a control group that did not receive any treatment maneuvers or medications and observed for the progression of vertigo for four successive weeks. <b>Group (B)</b> was the study group that treated by Epley maneuver by one maneuver per one session per week for four successive weeks. <b>Results:</b> There were no significant differences between the two groups in terms of: age, weight, height, body mass index, affected ear, duration of nystagmus (measured by videonystagmography) and vertigo intensity (measured by modified Dix-Hall pike test and provoked vertigo scale). There was a significant decrease in the median values of nystagmus duration post treatment of study group compared with control group (0 and 18 seconds respectively). There was a significant decrease in the median values of vertigo intensity post treatment of study group compared to control group (0 and 4 respectively). <b>Conclusions:</b> Results of the current study revealed that Epley maneuver is a very effective treatment approach for postmenopausal women with unilateral posterior canal benign paroxysmal positional vertigo.</p>		
<b>Key words</b>	1.	<b>Benign paroxysmal positional vertigo</b>
	2.	<b>Epley maneuver</b>
	3.	<b>Vertigo</b>
	4.	<b>Postmenopausal Women</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>75 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير وضعية إبلي في الدوار بعد انقطاع الطمث للسيدات.</b>
<b>Library register number</b>	:	<b>4711-4712.</b>

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Mai Ibrahim Tolba</b>
<b>Title</b>	:	<b>Effect of Mulligan technique on sacroiliac dysfunction during pregnancy</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Adly Ali Heidar Sabbour</b>
	2.	<b>Mohamed Ahmed Mohamed Awad,</b>
	3.	<b>Amr Adel Mansy</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of mobilization with movement on sacroiliac dysfunction in women during pregnancy. Forty pregnant women were selected from El Shatbe University Hospital in Alexandria, Alexandria University, having sacroiliac joint dysfunction shared in this study. Their ages were ranged from 20-35 years old and their BMI didn't exceed 40 kg/m<sup>2</sup>. They were primigravida and multigravida and in the second trimester. They were divided into two equal groups: group A was treated by postural correction exercises, 30 minutes three times per week for two weeks, and group B was treated by postural correction exercises and mobilization with movement 10 repetitions each session three times per week for two weeks. Pain threshold was assessed using pressure algometer and pain related disability was assessed by modified Oswestry disability questionnaire. Lumbosacral flexion range of motion (L5, S1) was assessed using universal inclinometer. Results showed that there was highly significant decrease in pain threshold in both groups (A and B) post treatment in pressure algometer and modified Oswestry disability questionnaire. When compared both groups (A and B) post treatment together there was a significant difference between both groups (more decrease in group B). There was highly significant increase in lumbosacral flexion ROM in both groups (A and B) post treatment using universal inclinometer. When compared both groups (A and B) post treatment together there was highly significant difference between both groups (more increase in group B). It can be concluded that mobilization with movement is valuable and an effective method in improving pain, lumbosacral flexion ROM and disability for pregnant women suffering from SIJD.</p>		
<b>Key words</b>	1.	<b>Pregnancy</b>
	2.	<b>Mobilization with Movement</b>
	3.	<b>Sacroiliac Joint Dysfunction</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>83 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير طريقة موليجان علي الخلل العجزى الحرقفي خلال فترة الحمل.</b>
<b>Library register number</b>	:	<b>5115-5116.</b>

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Mai Mahmoud Mahmoud El Sayed.</b>
<b>Title</b>	:	<b>Effect of aerobic exercise on blood coagulation in pregnant obese women</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Adly Aly Sabour</b>
	2.	<b>Fayez Farouk Ibrahim</b>
	3.	<b>Hayam Fathy Mohamed</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p><b>This study was conducted to examine the effect of aerobic exercise on coagulation factors and to decrease formation of venous thromboembolism in obese pregnant women. The design of the study was a clinical controlled trial of 30 volunteers of obese pregnant women; their ages ranged between 25 to 35 years and their BMI ranged from 30 to 34.9 kg/m<sup>2</sup> were participated in the study from outpatient clinic of obstetrics and gynecology of Abbassiachest hospital. They were assigned randomly into 2 groups (A and B) equal in numbers : group (A) study group : participated in an aerobic exercise program in the form of walking on a treadmill for 30 minutes , 3 times per week for 4 weeks, and group (B) control group : acted as control group and did not receive any exercising programs. Evaluation of both groups (A&amp; B) was done before starting and after the end of the study period through measuring levels of platelet aggregation and fibrinogen. The results of this study showed a statistically significant improvement in platelet aggregation and fibrinogen levels in group (A) compared with group (b).Accordingly, it could be concluded that aerobic exercise improves the coagulation factors and decrease formation of venous thromboembolism in obese pregnant women.</b></p>		
<b>Key words</b>	1.	<b>Aerobic exercise</b>
	2.	<b>Coagulation factors</b>
	3.	<b>Venous Thromboembolism</b>
	4.	<b>Obesity</b>
	5.	<b>Maternity.</b>
	6.	<b>blood coagulation</b>
	7.	<b>pregnancy</b>
	8.	<b>obese women</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>86 p.</b>
<b>Arabic Title Page</b>	:	
<b>Library register number</b>	:	<b>4753-4754.</b>

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Manal Ahmed El Shafei Mohamed</b>
<b>Title</b>	:	<b>Relation between core muscles' strengthening exercises and menstrual low back pain</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hanan El-Sayed El-Mekawy</b>
	2.	<b>Amir Arabi Gabr</b>
	3.	<b>Engy Mohamed Ibrahim El Nahas</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>The purpose of this study was to determine the relation between core muscles' strengthening exercises and menstrual low back pain. Thirty adolescent females participated in this study, their age ranged from 18 to 24 years. They were divided randomly into two groups equal in number: Study group (group A) performed core strengthening exercises, 3 times per week for 8 weeks, 20 minutes per day, in addition to NSAIDs with onset of menstrual pain and Control group (group B) received only NSAIDs with onset of menstrual pain. All participants in both groups (A and B) were assessed pre- and post-treatment through measuring peak torque of trunk flexors by using isokinetic dynamometer and assessment of pain and functional disability by using Oswestry disability index (ODI). Results showed that pre-treatment, there was a non statistical significant difference between both groups (A&amp;B) in mean value of ODI&amp; peak torque of trunk flexors where the p-value was (<math>&gt;0.05</math>). While, post-treatment, there was a highly statistical significant difference between both groups (A&amp;B) in mean value of ODI&amp; peak torque of trunk flexors where the p-value was (0.001). So, it could be concluded that core strengthening exercises has an effect on menstrual low back pain.</p>		
<b>Key words</b>	1.	<b>core muscles strengthening exercises</b>
	2.	<b>menstrual low back pain</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>118 p.</b>
<b>Arabic Title Page</b>	:	<b>العلاقة بين تأثير تمارينات الثبات المحوري و آلام أسفل الظهر المصاحبة للدورة الشهرية.</b>
<b>Library register number</b>	:	<b>4915-4916.</b>

**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**

<b>Author</b>	:	Mariam Hamdy Lamey Fares
<b>Title</b>	:	Response of pain and range of motion to kinesiotape following orofacial surgery
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Mohamed Mahmoud Abd EL-Khalak Khalaf
	2.	Mahmoud Hamdy Mohamed Eid
	3.	Ashraf Hassan Mohamed Soliman
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	
<p>The purpose: This study was conducted to investigate the response of pain and range of motion to kinesio tape following orofacial surgery. Subject: Forty patients (males and females) with ages ranged from 35 to 45 years were selected and randomly divided into two equal groups in number. Group (A): 20 patients who had orofacial surgeries and they received medical care only without using Kinesio tape and group (B) 20 patients who had orofacial surgeries and they were using kinesio tape in additional to receiving medical care. Assessment: The patients in both groups were assessed before treatment (pre), after 3 weeks of treatment (post1) and after 6weeks (post2) for pain by visual analogue scale and orofacial range of motion were assisted by digital caliper. Results: the results of this study showed that kinesio tape is effective in the treatment of pain and improving range of motion after orofacial surgery. Conclusion: It was concluded that kinesio tape is effective in management of pain and improving range of motion after orofacial surgery.</p>		
<b>Key words</b>	1.	Kinesio tape
	2.	Pain
	3.	Orofacial surgery
	4.	Range of Motion
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	72 p.
<b>Arabic Title Page</b>	:	استجابة الالم والمدى الحركى لشريط الكنيسيو فيما بعد جراحة الفم والوجه.
<b>Library register number</b>	:	4771-4772.

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
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PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Marwa Mohamed Ahmed Mahran</b>
<b>Title</b>	:	<b>Impact of vestibular rehabilitation on premenstrual syndrome in adolescents</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hanan El-Sayed El-Mekawy</b>
	2.	<b>Mohamed Hassan Mustafa</b>
	3.	<b>Abeer Mohamed ElDeeb</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of vestibular rehabilitation on premenstrual symptoms and physical, emotional and functional impacts related to vestibular disorders in adolescent females diagnosed with premenstrual syndrome (PMS). Forty adolescent females participated in this study. They were randomly distributed into two groups: control group (19 adolescents) received calcium (1200 mg), vitamin B6 (50 mg) and low salt diet daily for 4 weeks, and the study group (21 adolescents) received the same medical supplements, low salt diet, in addition to sessions of vestibular rehabilitation training daily for 4 weeks. Premenstrual symptoms were evaluated using premenstrual syndrome questionnaire (PMSQ) and the vestibular complains were assessed using Dizziness handicap inventory questionnaire (DHIQ) at the starting and after the end of the treatment course. Results revealed that the study group showed a statistically highly significant decrease (<math>P=0.001</math>) in premenstrual syndrome – anxiety (PMS-A), premenstrual syndrome – craving (PMS-C), premenstrual syndrome – depression (PMS-D), premenstrual syndrome – hydration (PMS-H), premenstrual syndrome related to other symptoms, premenstrual syndrome symptoms during first two days, as well as physical, emotional, and functional impacts related to vestibular complains, while the control group showed a statistically significant decrease only in PMS-H (<math>P=0.047</math>) and a non-significant change in PMS-A (<math>P=0.205</math>), PMS-C (<math>P=0.431</math>), PMS-D (<math>P=0.832</math>), other symptoms (<math>P=0.070</math>), symptoms during first two days (<math>P=0.102</math>), as well as physical symptoms (<math>P=0.892</math>), emotional (<math>P=0.102</math>), functional impacts (<math>P=0.527</math>) after treatment. Compared to the control group, the study group showed a statistically highly significant decrease in PMS-A (<math>P=0.001</math>), PMS-D (<math>P=0.004</math>), other symptoms (<math>P=0.001</math>), symptoms during first two days (<math>P=0.001</math>), and physical (<math>P=0.001</math>), emotional (<math>P=0.001</math>), and functional impacts (<math>P=0.001</math>) related to vestibular disorders and a significant decrease in PMS-C (<math>P=0.017</math>) and PMS-H (<math>P=0.015</math>). Thus, the vestibular rehabilitation is an effective treatment for improving premenstrual symptoms, as well as physical, emotional and functional impacts related to vestibular disorders in adolescents with PMS.</p>		
<b>Key words</b>	1.	<b>Premenstrual Syndrome</b>
	2.	<b>Vestibular rehabilitation</b>
	3.	<b>Vestibular disorders</b>
	4.	<b>Adolescence</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>90 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير إعادة التأهيل الدهليزي على متلازمة ما قبل الحيض لدى المراهقات.</b>
<b>Library register number</b>	:	<b>4693-4694.</b>



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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	Marwa Samy Ahmed
<b>Title</b>	:	Effect of Active Life Style on Liability to Urinary Tract Infection in Postmenopausal Women
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Hanan El Sayed El Mekawy
	2.	Essam Tawfik
	3.	Engy Mohamed Ibrahim El Nahas
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	
<p>This study was conducted to determine the effect of active life style on liability to urinary tract infection in post menopausal women. Five hundred post menopausal women were participated in this study, their age ranged from 50 to 60 years old. Regarding activity, the participants were divided into two groups (A&amp; B). Group (A): (active group) consisted of 360 post menopausal women with active life style. Group (B): (sedentary group) consisted of 140 post menopausal women with sedentary life style. Each post menopausal woman in either groups (A&amp;B) was asked to answer 15 questions included in 2 questionnaires (Physical Activity questionnaire and UTI questionnaire). The results of this study revealed that there was a high statistically significant difference between both groups (A&amp;B) in their response to survey questions of physical activity questionnaire where the p-value was (0.001) for all questions in favor of group (A). The percentage of urinary tract infection showed statistically significant higher values in group (B) (46.6%) than in group (A) (36%) . So ,it could be concluded that post menopausal women with sedentary life style may be more liable to urinary tract infection than women with active life style.</p>		
<b>Key words</b>	1.	Active life style
	2.	Post menopausal women
	3.	Urinary tract infection.
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	91 p.
<b>Arabic Title Page</b>	:	تأثير نظام الحياة اليومية النشطة على قابلية عدوى مجرى البول للسيدات بعد إنقطاع الدورة الشهرية.
<b>Library register number</b>	:	4661-4662.

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Mohamad Abd El Moneim Saeed Sayed Ahmed</b>
<b>Title</b>	:	<b>Effect of Oral Contraceptives On Balance In Women</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Wafaa Mohamad Kamal</b>
	2.	<b>Emad Mohamad Salah Eldin</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p><b>Objective of this Study:</b> was to evaluate the effect of oral contraceptives on balance in women. <b>Method:</b> Thirty middle aged women with age of 20-35 years old. They were divided into two groups; each group consisted of fifteen volunteers. The first group (group A) received oral contraceptive pills, the second group (group B) did not use oral contraceptive pills or any other hormonal contraceptive method. Overall, antero-posterior, and medio-lateral stability indices (OSI, APSI &amp; MLSI) were measured for both groups at the mid luteal phase. Also blood sample was collected to measure the level of Estrogen (E2) and Progesterone levels during the mid-luteal phase of the menstrual cycle for the both groups. <b>Results:</b> The results of this study revealed that, there was a statistically highly significant decrease in the mean values of balance parameters (OSI, APSI &amp; MLSI) of the oral contraceptives users compared to non-users (P = 0.0001), and highly significant decrease in mean values of Estrogen (E2) and Progesterone in OCP users compared to nonusers values. <b>Conclusion:</b> Oral contraceptive stabilize serum levels of Estrogen (E2) and Progesterone throughout the menstrual cycle and improves postural balance</p>		
<b>Key words</b>	1.	<b>Oral Contraceptives,</b>
	2.	<b>Overall Stability Index</b>
	3.	<b>Medio-Lateral Stability Index</b>
	4.	<b>Antero-Posterior Stability Index</b>
	5.	<b>Women</b>
	6.	<b>Estrogen</b>
	7.	<b>Progesterone</b>
	8.	<b>Balance</b>
	9.	<b>Biodex Balance System</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>102 p.</b>
<b>Arabic Title Page</b>	:	<b>العلاقة بين تأثير تمارينات الثبات المحوري و آلام أسفل الظهر المصاحبه للدوره الشهرية.</b>
<b>Library register number</b>	:	<b>4951-4952.</b>

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AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Mohamed Atia Mohamed Mohsen
Title	:	Effect of Suggested Physical Therapy Program On Renal Functions For Burned Patients
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Wafaa Hussien Borhan
	2.	Sherif Ahmed Gabr Swar
	3.	Khadra Mohamed Ali
Degree	:	Master.
Year	:	2016.
Abstract	:	<p>Burn is an injury cause destruction of skin and underling tissue. Post burn complications are severe. Renal complications due to burn are common and present in high percentage of patients. High cost of dialysis and shortage of donors for renal transplantation put more load in finding new approaches which may help these patients. Aerobic and resisted exercises are good approach to improve renal functions and overall quality of life for these patients. <i>Purpose:</i> This study was conducted to determine the effect of suggested physical therapy program on renal functions for burned. <i>Subjects:</i> Thirty patients males and females with renal complications after burn injury participated in this study. Their ages ranged from 30 to 50 years. They divided into two groups, control group which include 15 patients received normal routine of medications for six weeks, and study group which include 15 patients received Aerobic and resisted exercises program in addition to normal medication routine for six weeks at frequency five sessions per week. Both groups were assessed pre and post treatment for serum creatinine and albumin using laboratory analysis and fatigue assessment using Piper fatigue Scale. <i>Results:</i> There was significant difference between both groups as follow, There was a significant increase in the median values of serum albumin post treatment of study group compared with control group (<math>p = 0.0001</math>) and There was a significant decrease in the median values of piper fatigue scale results and serum creatinine post treatment of study group compared with control group (<math>p = 0.0001</math>). <i>Conclusion:</i> it was concluded that Aerobic and resisted exercises program using treadmill, bicycle and cuff weights has significant effect on renal functions and fatigue post burn.</p>
Key words	1.	Renal functions
	2.	Burn
	3.	Aerobic and resisted exercise
	4.	Suggested Physical Therapy Program
Classification number	:	000.000.
Pagination	:	93 p.
Arabic Title Page	:	تأثير برنامج العلاج الطبيعي المقترح علي وظائف الكلي للمرضى المصابين بالحروق.
Library register number	:	5155-5156.

**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**

Author	:	Mohamed Bedir Abd Elmegeed Halwa
Title	:	Effect of Kinesio Taping on Neck Pain During Pregnancy
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Soheir Mahmoud Elkosery
	2.	Ibrahim Abd Allatef Ghanem
	3.	Marwa Abd El-Rahman Mohamed
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>The aim of this study was to investigate the effect of Kinesio Taping on neck pain during pregnancy. Thirty primigravida women suffered from mechanical neck pain during second and third trimester of pregnancy participated in this study. They were selected from Outpatient Clinic of Obstetrics and Gynecology, Desoque General Hospital , Kafr Elshekh. This study was conducted between March and August 2015. They were divided randomly into 2 equal groups by using closed envelop, group (A): (study group): included 15 women ,their age ranged from (<math>28.07 \pm 3.73</math> yrs.) and their body mass index was (<math>32.06 \pm 2.28</math> kg/m<sup>2</sup>), they received the routine vitamin supplementation, general antenatal advices about good posture in addition to Ares Kinesio Taping for 6 successive weeks each was separated by day off taping for rest and group (B):(control group) : 15 women ,their age ranged from (<math>27.67 \pm 4.15</math> yrs.) and their body mass index was (<math>31.8 \pm 2.27</math> kg/m<sup>2</sup>),They received the routine vitamin supplementation and general antenatal advices only. Results: Showed that there was a statistical significant increase in cervical range of motion including (cervical flexion ,extension ,lateral flexion and rotation) in group (A) more than group (B), as well as, there was increase in neck stability measured by Pressure biofeedback stabilizer in both groups favoring group(A).Pain measured by Visual Analogue Scale revealed decrease in level of pain in both groups in favor group (A). Conclusion: it could be concluded that Kinesio Taping was an effective physiotherapeutic modality for alleviating neck pain, increasing cervical range of motion and improving neck stability during pregnancy.</p>		
Key words	1.	Kinesio taping
	2.	neck pain
	3.	pregnancy
Classification number	:	000.000.
Pagination	:	91 p.
Arabic Title Page	:	تأثير التآين السطحي مقابل العميق لايونات نانو الفضة على إلتنام الجروح ما بعد الحروق.
Library register number	:	4879-4880.

**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**

<b>Author</b>	:	Mona Ali Ahmed
<b>Title</b>	:	Resistive exercises versus aerobic exercises in treatment of postmenopausal hypertension
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Soheir Mahmoud Ali Elkosery
	2.	Hanaa Abd elmeneam younis
	3.	Ghada Ebrahim El Refaye
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	
<p>The Purposes of study was to determine and compare between the effects of resistive exercise versus aerobic exercise in the treatment of postmenopausal hypertension. Study design: This is a controlled randomized study. Intervention: This is a therapeutic intervention. Subjects: sixty female patients with postmenopausal hypertension they were randomly divided into 3 equal groups. Group A: received resistive exercise Program (by using green thera-band), group B: received aerobic exercise program (by using treadmill) and group C: left without any exercise (taking hypertensive medication only). Results: after 6 weeks (post-treatment 1) and 12 weeks (post-treatment two) of treatment, all groups recorded a statistical significant decrease in both systolic and diastolic blood pressure when compared with their corresponding values measured at pre-treatment. As well as there was no statistical significance difference in the mean value of both systolic and diastolic blood pressure between the three studied groups at difference time of measurements except that at post-treatment two the mean diastolic blood pressure was significantly decrease in group A when compared with its corresponding values in both group B and C. Conclusions: Results of the current study revealed that both aerobic and resistive training together with medical treatment twelve weeks add no effect to the treatment of SBP when treated with medication only. In addition, aerobic training with medication for twelve weeks adds no effect to the treatment of DBP. However, resistive training together with medication reduces DBP more than aerobic exercises with medication and even more than medication only. Accordingly , it could be conducted that resistive training were effective adjunct methods in reducing systolic blood pressure and diastolic blood pressure in postmenopausal women.</p>		
<b>Key words</b>	1.	Postmenopausal
	2.	Aerobic training
	3.	resistive training
	4.	Hypertension
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	85 p.
<b>Arabic Title Page</b>	:	تمريبات المقاومة مقابل التمرينات الهوائية في علاج ارتفاع ضغط الدم فترة مابعد إنقطاع الطمث.
<b>Library register number</b>	:	5239-5240.

**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**

<b>Author</b>	:	<b>Noha Mohammed Magdy ElHarmeel</b>
<b>Title</b>	:	<b>Long lasting effect of focused ultrasound on abdominal fat thickness in postnatal woman.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hanan El Sayed El Mekawy</b>
	2.	<b>Adly ALI Sabbour</b>
	3.	<b>Mohamed Mostafa Shahin</b>
	4.	<b>Makram Louka Daniel</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	<p>This study was conducted to determine the long lasting effect of Focused Ultrasound on abdominal fat thickness in postnatal women. Thus, forty volunteer primipara obese women at 12 weeks' postnatally were participated in this study. They were selected from the outpatient clinic of the family planning of Elshahel Teaching Hospital. All participants were undergone low caloric diet which ranged from 1600 Kcal to 2000 Kcal /day for weight maintenance program. They were randomly assigned into two groups A and B. Each of them consisted of 20 participants. Group (A) followed low caloric diet alone. While, group (B) received cavitation ultrasound therapy on the abdomen region and follows low caloric diet then stopping session of focused ultrasound treatment for 6 weeks from last session of Group (B) and continues in same diet program. The study lasted for three consecutive months. Evaluations of all women in both groups (A &amp; B) were done before starting, after 6 weeks of treatment sessions and 6 weeks after stopping of treatment sessions through measuring their weight, BMI, WC, HC, WHR, abdominal subcutaneous fat thickness at three levels (at the umbilical level, above the umbilicus as well as below the umbilicus by 5cm). Results revealed that before starting the study there was statistically no significant difference between them and at the end of the study, there was statistically no significant difference between them in WHR. While there was a statistically highly significant decrease in body weight ,BMI ,WC ,HC, abdominal subcutaneous fat thickness (at the level of the umbilicus, supraumbilical and infraumbilical) at 6 weeks of treatment (Post I), and at 6 weeks after stopping treatment (Post II) in the study group compared with control group. Focused ultrasound treatment technology (cavitation) is considered safe, non-invasive and long last effect method for decreasing the abdominal fat thickness postnatally. So, it could be concluded that this study confirmed and added strong evidence that focused ultrasound treatment sessions is considered an effective, safe, noninvasive and long lasting modality in reducing abdominal fat thickness in post-natal women.</p>
<b>Key words</b>	1.	<b>focused ultrasound</b>
	2.	<b>abdominal fat thickness</b>
	3.	<b>postnatal</b>
	4.	<b>diet program</b>
	5.	<b>woman.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>108 p.</b>
<b>Arabic Title Page</b>	:	<b>التأثير طويل الامد للموجات فوق الصوتيه علي سمك دهون منطقه البطن في السيدات بعد الولادة.</b>
<b>Library register number</b>	:	<b>4913-4914.</b>

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Omnia Mohamed EL-Sayed EL-Sayed Marie</b>
<b>Title</b>	:	<b>Effect of Whole Body Vibration on Motor Neuron Excitability in Normal Subjects</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Neveen Abd El-Latif Abd El-Raouf</b>
	2.	<b>Salah El Din Bassit Ahmed</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p><b>Modulation of spinal reflexes is necessary for normal motor performance and locomotor control. It is known that modulation of the H-reflex is altered after neurological injury. Therefore, modulation of the H-reflex by Whole Body Vibration would have clinical implications for use in the rehabilitation setting to improve functional performance. The purpose of this study was to investigate the effect of Whole body vibration on motor neuron excitability in normal subjects. Materials and methods: Forty normal male subjects from Zagazig University participated in this study ranging between 18 and 25 years old. They were randomly selected by sealed envelopes and divided into two equal groups (Experimental and Control groups), each group contained twenty normal subjects. Experimental group received WBV with a frequency (50-60 Hz) and amplitude (0-10 mm) for 1 minute, 1minute rest period between each vibration set and this was repeated 5 times. Control group stood on WBV device for the same duration while the device was off. H-reflex amplitude, H/M ratio were measured from soleus muscle (posterior tibial nerve) before the study, immediately and 30 minutes after the study in both groups using surface EMG device. Results: There was a significant decrease in H reflex amplitude at 0 min measurement in the study group compared with control group (p=0.002). Also, there was a significant decrease in H reflex amplitude at 30 min measurement in the study group compared with control group (p=0.01). There was a significant decrease in <math>H_{max}/M_{max}</math> ratio at 0 min in the study group compared with control group (p = 0.0001). Also, there was a significant decrease in <math>H_{max}/M_{max}</math> ratio at 30 min measurement in the study group compared with control group (p = 0.03). Conclusion: WBV with a frequency (50-60) Hz and amplitude (0-10 mm) could decrease motor neuron excitability in normal subjects.</b></p>		
<b>Key words</b>	1.	<b>Whole Body Vibration</b>
	2.	<b>Motor neuron excitability</b>
	3.	<b>H-reflex</b>
	4.	<b><math>M_{max}</math> ratio</b>
	5.	<b><math>H_{max}</math></b>
	6.	<b>Normal Subjects</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>120 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير الاهتزاز الكلي للجسم على استجابة الخلية العصبية الحركية للأشخاص الأصحاء</b>
<b>Library register number</b>	:	<b>5113-5114.</b>

**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**

<b>Author</b>	:	<b>Ramez Yousry Fawzy Bakhoom</b>
<b>Title</b>	:	<b>Effect of myofascial release versus low level laser therapy on Post Natal Low Back Pain</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Mohamed Ahmed Mohamed Awad</b>
	2.	<b>Abdel Hamid Abdel Aziz Atta Allah</b>
	3.	<b>Engy Mohamed Ibrahim El Nahas</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>This study was conducted to compare the effect of myofascial release technique versus low level laser therapy on post natal low back pain. Forty primigravidae or multigravidae women complaining from post natal low back pain selected randomly from physical therapy department in Al Zahraa University Hospital in Cairo, Al Azhar University. Their ages ranged from 20 to 35 years old and their body mass index was not exceeding 30 kg/m<sup>2</sup>. They were divided into two groups equal in number, group (A) treated by myofascial release technique for 20 minutes, three sessions per week, for four weeks and group (B) treated by low level laser therapy for 20 minutes, three times per week for four weeks. Visual analogue scale (VAS) was used to measure pain intensity and Oswestry Disability Questionnaire was used to assess functional disability for both groups (A&amp;B) before and after treatment. The results of this study found that, within groups there was a statistically highly significant decrease (P&lt;0.01) in low back pain intensity and functional disability in both groups (A&amp;B) after the performance of myofascial release technique and low level laser therapy on post natal women. But between groups the obtained results showed that the statistically highly significant decrease in low back pain intensity and functional disability were better after the performance of myofascial release technique than low level laser therapy on post natal women. Accordingly, it can be concluded that the performance of myofascial release technique is more effective in reducing low back pain intensity and functional disability than low level laser therapy on post natal women</p>		
<b>Key words</b>	1.	<b>Myofascial release</b>
	2.	<b>Low level laser therapy</b>
	3.	<b>Post natal low back pain.</b>
	4.	<b>Low Back Pain.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>130 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير الإفراج الليفي العضلي مقابل الليزر منخفض الشدة على آلام أسفل الظهر بعد الولادة.</b>
<b>Library register number</b>	:	<b>4777-4778.</b>



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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	Reem Hamdy Ahmed Abd El-hady
<b>Title</b>	:	Efficacy of Adding Active Techniques to Pelvic Floor Muscles Training on Female Stress Urinary Incontinence- A Systematic Review
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Hanan El-Sayed El-Mekawy
	2.	Hesham Gaber Al-Inany
	3.	Abeer Mohamed El-Deeb
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	<p><b>Background:</b> Stress urinary incontinence is the most common type of urinary incontinence in women. It involves involuntary leakage of urine in response to abdominal pressure caused by activities, such as sneezing and coughing. The condition affects millions of women worldwide, causing physical discomfort as well as social distress and even social isolation. <b>Objectives:</b> The purpose of this study is to assess whether active techniques as biofeedback, vaginal cones and pelvic floor electrical stimulation provide additional benefits to PFMT in treating women with stress urinary incontinence. <b>Methods:</b> Search of published studies was performed in the electronic database through PubMed, Cochrane controlled trials registers (CENTRAL) and physiotherapy evidence database (PEDro) from 1990 to 2014, Data collection was performed by 2 reviewers. When there was a discrepancy, the opinion of the third reviewer was asked. A standard data extraction form used to extract the following information: characteristics of the study (design, participants, interventions and outcomes). Assessment risk of bias done by Cochrane risk of bias assessment tools used for assessing the included trials. <b>Results:</b> 12 trials involving 682 women met the inclusion criteria; 8 trials included in meta-analysis. The results show that there was no statistically significant difference in the cure rate after adding biofeedback to pelvic floor muscles training risk ratio (RR) of 1.13 with 95% CI [0.88 to 1.47], There was no statistically significant difference in the cure rate after adding weighted vaginal cones to pelvic floor muscles training risk ratio (RR) of 1.14 with 95% CI [0.56 to 2.32]. <b>Conclusion:</b> This review demonstrated there was no statistically significant difference in cure rate of stress urinary incontinence in females after adding active techniques to PFMT. But further studies are still needed.</p>
<b>Key words</b>	1.	Pelvic Floor Muscles Training (PFMT)
	2.	Stress urinary incontinence (SUI)
	3.	Female
	4.	Systematic Review
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	97 p.
<b>Arabic Title Page</b>	:	فاعلية اضافة الوسائل النشطة إلى تدريبات عضلات الحوض الرافعة على السلس البولي للسيدات - دراسة منهجية.
<b>Library register number</b>	:	5251-5252.

**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**

<b>Author</b>	:	<b>Rehab Adel Ragab Eid</b>
<b>Title</b>	:	<b>Effect of lumbar manipulation on postnatal low back pain</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	<b>1.</b>	<b>Soheir Mahmoud El Kosery</b>
	<b>2.</b>	<b>Mohamed Ahmed Awad</b>
	<b>3.</b>	<b>Amir Arabi Gabr</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p><b>This study was conducted to investigate the effect of lumbar manipulation on postnatal low back pain. Forty postnatal women complained from low back pain (diagnosed by a gynecologist/orthopaedist) from Kasr Al Ainy Hospital, Cairo University participated in this study. Their ages ranged from 20 to 40 years old. They were divided randomly into two groups equal in number, according to their ages group (A) from 20 to 30 years old and group (B) from 30 to 40 years old, group (A) treated by core stability exercise only while group (B) treated by core stability exercise and lumbar manipulation sessions. The results of this study showed that, there was a statistically significant increase (<math>P&lt;0.01</math>) in back range of motion (using inclinometer and schober test) and there was a statistically significant decrease (<math>P&lt;0.01</math>) in pain intensity (using VAS and serum cortisol level) in both groups after treatment. When comparing both groups, there was a significant difference between both groups (favouring group B). So that, it could be concluded that the lumbar manipulation was very effective in reducing postnatal low back pain and increasing back range of motion.</b></p>		
<b>Key words</b>	<b>1.</b>	<b>Lumbar manipulation</b>
	<b>2.</b>	<b>Postnatal</b>
	<b>3.</b>	<b>Back range of motion</b>
	<b>4.</b>	<b>Low back pain.</b>
	<b>5.</b>	<b>postnatal low back pain</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>125 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير التحريك اليدوي للفقرات القطنية على الأم أسفل الظهر لدى السيدات بعد الولادة.</b>
<b>Library register number</b>	:	<b>4685-4686.</b>

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	Reham Hamed Saad Hamza
<b>Title</b>	:	Effect Of Resistive Exercises On Immunological Factors of Breast Milk In Anemic Lactating Women
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Hala Mohamed Hanafy
	2.	Laila Ahmed Rashed
	3.	Marwa Abd El-Rahman Mohamed
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	<p><b>Objectives:</b> investigate the effect of resistive exercise on immunological properties of breast milk. <b>Subjects and methods:</b> 30 breast feeding anemic lactating women were selected from the outpatient clinic of Obstetrics and Gynecology of Kasr Al Ainy Hospital, Cairo University to participate in this study, their ages range from 20 to 35 years old and their body mass index was &lt; 30 kg /m<sup>2</sup>. They were assigned randomly into two groups equal in number. Group (A) (study group) were treated through a program resistive exercise for 45 minutes 3 times/week for 4 weeks and was instructed to eat diet rich in iron (80-100 mg/day) in addition to iron supplementation at least (10-15) mg daily, whereas, Group (B) (control group) were only instructed to eat diet rich in iron (80-100 mg/day) in addition to iron supplementation at least (10-15) mg daily as in group (A). <b>Results:</b> There were significant differences regarding the secretory immunoglobulin A (SIgA), lactoferrin, lysozyme concentration in the breast milk. There was significant difference in improvement in the secretory immunoglobulin A (SIgA), lactoferrin, lysozyme concentration in the breast milk. <b>Conclusion:</b> Moderate resistive exercise has emerged as an approach that leads to positive outcomes in addressing breast feeding anemic lactating women. So, Moderate resistive exercise is a necessary adjunct to improve immunological properties of breast milk.</p>
<b>Key words</b>	1.	IgA
	2.	lactoferrin
	3.	Moderate Resistive Exercise.
	4.	Breast Milk
	5.	Immunological Properties
	6.	Anemic Lactating Women
	7.	lysozyme
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	93 p.
<b>Arabic Title Page</b>	:	تأثير تمارين المقاومة على العوامل المناعية للبن الأمهات اللاتي تعانين من الأنيميا أثناء الرضاعة.
<b>Library register number</b>	:	5187-5188.

**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**

<b>Author</b>	:	<b>Rovan Mohamed Saad</b>
<b>Title</b>	:	<b>Effect of muscle energy technique on chronic cyclic pelvic pain</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Khadija Syed Abdul Aziz</b>
	2.	<b>Hossam Al Din Hussien</b>
	3.	<b>Engy Mohamed Elnahas</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>The purpose of this study was conducted to detect the effect of muscle energy technique on cyclic chronic pelvic pain; Thirty women suffering from CCPP were participated in this study, their age ranged from 35 to 35 years. They were divided randomly according to closed envelop into two groups equal in number: Study group (group A), consisted of fifteen women who received muscle energy technique, Six sessions divided into two sessions per cycle for three cycles before menstruation by one week and after the end of menstruation by one week, in addition to their medical treatment non-steroidal anti-inflammatory drugs (NSIADs). Control group (group B), consisted of fifteen women who took their medical treatment only non-steroidal anti-inflammatory drugs (NSAIDs). All women in both groups (A and B) were assessed pre and post treatment, menstrual pain was evaluated by visual analogue scale (VAS) and menstrual distress questionnaire (MDQ). The result of this study showed that, pretreatment, there was statistically non-significant difference between both groups (A&amp;B) in VAS scores &amp; MDQ. Where the p-value was (<math>&lt;0,05</math>). While, post treatment there was statistically high significant difference between both groups (A&amp;B) in VAS scores &amp; MDQ where the p-value was (0,001), in favor of group (A). So that, it could be concluded that muscle energy technique was effective method for treating CCPP. it was safe and inexpensive method.</p>		
<b>Key words</b>	1.	<b>muscle energy technique</b>
	2.	<b>Chronic cyclic pelvic pain</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>102 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير العلاج بتقنية الطاقة العضلية على الأم الحوض الدورية المزمنة.</b>
<b>Library register number</b>	:	<b>4885-4886.</b>

**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**

<b>Author</b>	:	Sally Osama Baraka
<b>Title</b>	:	Effect of weight reduction on prolactin level in obese nursing mothers
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Hala Mohamed Hanafy
	2.	Hossam El Din Kamel
	3.	Marwa Abd El Rahman Mohamed
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	
<p>The purpose of this study was to determine the effect of weight reduction on prolactin level in obese nursing mothers. Thirty obese nursing mothers were participated in this study. All participants had given birth to a singleton healthy term baby. The participants were divided into two groups equal in number (A&amp; B). Group (A): consisted of 15 obese nursing mothers who were committed to a low caloric diet (from 1500 to 2000 kcal/day). Their age was <math>25.9 \pm 3.29</math> years old. Their BMI was <math>32.83 \pm 1.46</math> kg/m<sup>2</sup>. Group (B): consisted of 15 obese nursing mothers who were committed to an exercise program treatment. Their age was <math>25.7 \pm 3.51</math> years old. Their BMI was <math>32.66 \pm 1.25</math> kg/m<sup>2</sup>. All participants were nursing their babies, not suffering from any diseases and were not using any hormonal contraceptive. Both treatments lead to weight loss and decreased BMI in obese nursing mothers after 12 weeks. Diet restriction treatment showed a significant increase (<math>p \leq 0.05</math>) in the serum prolactin level among obese nursing women after 12 weeks while, exercise showed non-significant change (<math>p &gt; 0.05</math>) in the prolactin level among obese nursing women after 12 weeks</p>		
<b>Key words</b>	1.	Weight loss
	2.	Postpartum obesity
	3.	Serum prolactin level
	4.	obese nursing mothers
	5.	Exercise
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	93 p.
<b>Arabic Title Page</b>	:	تأثير انخفاض الوزن علي هرمون اللين في السيدات البدنيات المرضعات.
<b>Library register number</b>	:	4749-4750.

**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**

<b>Author</b>	:	<b>Sandy Samir Hassan</b>
<b>Title</b>	:	<b>Effect of Aerobic Exercise On iron Absorption in Anemic Pregnant Women</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Hannan El-Sayed El-Mekawey</b>
	2.	<b>Amir Arabi Gabr</b>
	3.	<b>Gehan Ali Abd El Samea</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p><b>This study was conducted to examine the effect of aerobic exercise on iron absorption in anemic pregnant women: Thirty volunteer anemic pregnant women, their age ranged from 25 to 35 years old participated in this study. They were selected from the ante natal care of out patient clinic of OM El Masreen general hospital. They were assigned randomly into two groups (A&amp;B)equal in number: group (A) control group: take iron supplementation, and group (B) study group: participated in an aerobic exercise program(walking on treadmill),three times per week, for 4weeks in addition to taking their iron supplementation as for group (A).Evaluations of both groups (A&amp;B) were done before starting and after the end of the study through measuring their blood hemoglobin level. Results of this study showed a statistically significant (<math>P&lt;0.05</math>) increase in hemoglobin level in group (A)as well as in group (B),comparison between both groups (A&amp;B) before starting the study reveals that there was a statistically on significant difference between them while at the end of the study, there was a statistically significant difference(<math>P&gt;0.005</math>). With an increase in hemoglobin levels in favor to group (B). Accordingly, it could be concluded that aerobic exercise has positive effect on iron absorption in anemic pregnant women.</b></p>		
<b>Key words</b>	1.	<b>Anemia</b>
	2.	<b>Aerobic exercise</b>
	3.	<b>Pregnancy</b>
	4.	<b>Anemic Pregnant Women</b>
	5.	<b>iron Absorption</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>64 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير التمارين الرياضية على امتصاص الحديد لدى النساء الحوامل المصابات بفقر الدم.</b>
<b>Library register number</b>	:	<b>5029-5030.</b>

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	<b>Shiamaa Mohammed Hamed Elmarakby</b>
<b>Title</b>	:	<b>Effect of electro-acupuncture on post-partum low back pain.</b>
<b>Dept.</b>	:	<b>Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.</b>
<b>Supervisors</b>	1.	<b>Magda Sayed Morsy</b>
	2.	<b>Hasan Omar Ghareb</b>
	3.	<b>Engy Mohamed Ibrahim El Nahas</b>
<b>Degree</b>	:	<b>Master.</b>
<b>Year</b>	:	<b>2016.</b>
<b>Abstract</b>	:	
<p>The purpose of this study was to determine the effect of electro-acupuncture on postpartum low back pain. Fourty multiparous women suffering from postpartum low back pain (6 weeks after delivery), were participated in this study. They were selected from gynecological outpatient clinic of New Cairo Hospital. Their ages were ranged from 25-35 years old, their body mass index (BMI) was not exceed 28 kg/m<sup>2</sup>, and their number of parity was ranged from 2 - 3 children. The type of delivery was normal and cesarean section. All participants were free from any gynecological diseases (uterine prolapse, retroversion flexion of the uterus, chronic pelvic pain), neurological diseases (lumber disc prolapse, lumber spondylosis or spondylolisthesis), leukemia or tumor (spinal or pelvic tumor) or any other causes of low back pain. All the women were randomly divided into two groups equal in number, study group (group A) and control group (group B). Study group (group A): This group was consisted of 20 multiparous women. Each woman in this group received electro acupuncture on the points (UB23 and UB25) for 20 minutes, 3 times/week for 4 weeks, additionally she was asked to perform abdominal strengthening exercises, posterior pelvic tilting and postural correction exercises for 60 minutes, 3 times/week for 4 weeks. Control group (group B): This group was consisted of 20 multiparous women. Each woman in this group was asked to perform abdominal strengthening exercises, posterior pelvic tilting and postural correction exercises only for 60 minutes, 3 times/week for 4 weeks. All participants in both groups (A&amp;B) were evaluated at the beginning of the study and after the end of the study. Assessment of pain level was done by using PPI scale and plasma cortisol level in the blood. The results of this study showed that, present pain intensity (PPI) scores as well as plasma cortisol level after treatment in study group who treated by electro-acupuncture (EA) combined with abdominal exercises, posterior pelvic tilting and postural correction exercises were greatly decreased than control group who was treated only by strengthening exercises for abdominal muscles, posterior pelvic tilting and postural correction exercises. Also, percentage of improvement in pain sensation as well as percentage of decrease in blood cortisol level in study group were greater than control group. This means that using electro-acupuncture combined with strengthening exercises for abdominal muscles, posterior pelvic tilting and postural correction exercises were better than using strengthening exercises for abdominal muscles, posterior pelvic tilting and postural correction exercises alone in relieving low back pain after delivery.</p>		
<b>Key words</b>	1.	<b>Postpartum low back pain</b>
	2.	<b>electro-acupuncture</b>
	3.	<b>abdominal exercises.</b>
<b>Classification number</b>	:	<b>000.000.</b>
<b>Pagination</b>	:	<b>113 p.</b>
<b>Arabic Title Page</b>	:	<b>تأثير الوخز الكهربائي بالإبر الصينية في تخفيف آلام أسفل الظهر ما بعد الولادة.</b>
<b>Library register number</b>	:	<b>4679-4680.</b>

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THERAPY DEPARTMENT FOR OBSTETRICS AND GYNAECOLOGY  
AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

<b>Author</b>	:	Shimaa Saad Mohamed El-Said Nasr
<b>Title</b>	:	Effect of pulsed electromagnetic field on inflammation in obese polycystic ovarian syndrome
<b>Dept.</b>	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
<b>Supervisors</b>	1.	Amel Mohamed Yousef
	2.	Magdy Mohamed Abd El Rahman
	3.	Gehan Ali Abd El-Samea
<b>Degree</b>	:	Master.
<b>Year</b>	:	2016.
<b>Abstract</b>	:	<p>This study was conducted to investigate the effect of Pulsed Electromagnetic Field on inflammation in obese polycystic ovarian syndrome (PCOS). Thirty volunteer obese women diagnosed as having PCOS, their age ranged between 20 to 35 years old, were participated in this study from the Outpatient Clinic of Gynecology of Al Mataria Teaching Hospital. They were randomly assigned into two groups (A &amp; B) equal in numbers: Group (A) study group: received Pulsed electromagnetic field three times per week for 12 weeks in addition to diet control therapy, and Group (B): control group: followed diet control therapy only as in group (A). Evaluations of both groups (A &amp; B) were done before starting and after the end of the study through measuring their reproductive hormones [(Follicular stimulating hormone (FSH), Luteinizing hormone (LH), and LH/FSH ratio) and C-reactive protein (CRP), and anthropometric measurements [weight, body mass index (BMI), waist hip ratio (WHR)]. The results of this study showed a statistically significant decrease (<math>P&lt;0.05</math>) in CRP in addition to weight, BMI, WHR in group (A) as well as in group (B). Comparison between both groups (A&amp;B) before starting the study reveals that there was a statistically no significant difference between them. And at the end of the study, there was a statistically no significant difference between both groups (A&amp;B) in LH/FSH ratio, weight and WHR. While there was a statistically significant differences (<math>P&lt;0.05</math>) in CRP, BMI, FSH and LH in favor to group (A). Accordingly, it could be concluded that pulsed electromagnetic field is effective in decrease inflammation and BMI in obese polycystic ovarian syndrome and modulate hormonal variables.</p>
<b>Key words</b>	1.	Polycystic ovarian syndrome
	2.	Inflammation
	3.	Pulsed electromagnetic field
	4.	Obesity
<b>Classification number</b>	:	000.000.
<b>Pagination</b>	:	93 p.
<b>Arabic Title Page</b>	:	تأثير المجال الكهرومغناطيسي المتقطع على الالتهابات المصاحبة لمتلازمة تكيس المبايض المتعدد في السيدات البدينات.
<b>Library register number</b>	:	4869-4870.



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AND ITS SURGERY  
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Author	:	Yara Nabil Zaki Marwan
Title	:	Effect of Visceral Manipulation on Female Pelvic Congestion Syndrome
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Hanan El-Sayed El-Mekawy
	2.	Abeer Mohamed ElDeeb
	3.	Mohammed Saeed Eldin Elsafty
Degree	:	Master.
Year	:	2016.
Abstract	:	
<p>Pelvic congestion syndrome (PCS) is a long-lasting (chronic) pain lasting for more than six months in the lowest part of the pelvis which is a common cause of chronic pelvic pain. The purpose of this study was to provide an evidence based for the effectiveness of visceral manipulation techniques on pain and ovarian vein diameter in premenopausal women with PCS. Thirty premenopausal women participated in the study, their age ranges from 35-45 years and BMI &gt;25 kg/m<sup>2</sup> and &lt;30 kg/m<sup>2</sup>. They were assigned into two equal groups: Control group consisted of 15 patients who received a medical treatment in the form of non-steroidal anti-inflammatory drug (NSAID) 400-800 mg PO /6hr for 10 days, medroxyprogesterone acetate (MPA) given orally 30 mg/day for 3 months period and conservative management for varicosities and Study group: consisted of 15 patients who received the same medical treatment and conservative management for varicosities, in addition to visceral manipulation techniques on pelvis 45 minutes one session every 2 weeks for a total of 6 sessions for 3 months period. Evaluation: was performed through assessment of pain using McGill pain questionnaire and assessment of ovarian vein diameter using Doppler ultrasound at starting and after the end of the study course. Results: revealed that the control group showed no statistically significant difference in ovarian vein diameter (p= 0.061), while it showed a statistically significant decrease in pain feel like (dullness) (p=0.020), and statistically significant decrease of pain rating index (p= 0.025) as well as a highly statistically significant increase of pain change with time (p=0.003) post-treatment. However, the study group showed a statistically highly significant decrease in ovarian vein diameter (p=0.001), a highly significant decrease in pain feel like (dullness) (p= 0.001), as well as a highly significant decrease of pain rating index (p= 0.001) and a statistically highly significant increase in pain change with time (p=0.003) post-treatment. Compared to the control group, the study group showed a statistically highly significant decrease in ovarian vein diameter (p=0.001), pain fell like (dullness) (p=0.001), and pain rating index (p=0.001) while, it showed a statistically highly significant increase of pain change with time (p=0.003). Osteopathic manipulative treatment by virtue of its philosophy, could participate in the management of PCS in women by decreasing pain and ovarian vein diameter through addressing the structural aspects of this complex phenomenon.</p>		
Key words	1.	Pelvic congestion syndrome
	2.	visceral manipulation
	3.	Pain
	4.	Ovarian vein diameter
	5.	Female
Classification number	:	000.000.
Pagination	:	123 p.
Arabic Title Page	:	تأثير المعالجة اليدوية الحشوي على متلازمة احتقان الحوض لدي السيدات.
<b>Library register number</b>	:	<b>4953-4954.</b>