Physical Therapy Department of Surgery

Master Degree
2020

Author	**:**	**Amr El Sayed El Azizy.**
Title	**:**	**Effect Of Weight Bearing Exercises On Osteoporosis In Prostate Cancer Patients Undergoing Androgen Deprivation Therapy.**
Dept.	**:**	**Physical Therapy Department for Surgery.**
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Degree	**:**	**Master.**
Year	**:**	**2020.**
Abstract	**:**	

Objective: This study was conducted to evaluate the effect of weight bearing exercises on osteoporosis in prostate cancer patients undergoing androgen deprivation therapy. Patients and methods: The current study was conducted during a period of 3 months starting from 1st October 2019 till 31st December 2019.Thirty Prostate Cancer who have osteoporosis induced by Androgen Deprivation Therapy were participated in this study, their ages were over 50 years. They were selected from the Oncology Hospital Menoufia University and randomly distributed into two equal groups, Group A (Study group): included 15 patients who received 30 minutes of weight bearing exercises through walking on treadmill, in addition to conventional medical care 3 days per week and Group B (Control group):included 15 patients who on their conventional medical care.Results: Our study showed that there was a statistically significant increase in bone mineral density of spine, femoral neck and total femur post treatment compared with that pre-treatment in the group A and B. Conclusion: It can be concluded that weight bearing exercises had a significant effects in cases of osteoporosis in prostate cancer patients receiving androgen deprivation therapy as evidenced by the significant increase in bone mineral density and T-score mean. The percent of increase in bone mineral density of spine,femoral neck,total femur ingroup A were 38.94,40.6 and 38.46% respectively,while that in grouB were14.63,15.86 and 15.29% respectively.

Key words	**1.**	**Prostate Cancer, Osteoporosis.**
	2.	**Weight Bearing Exercises**
	3.	**Prostate Cancer Patients.**
	4.	**Androgen Deprivation Therapy.**
Classification number	**:**	**000.000.**
Pagination	**:**	**68 p.**
Arabic Title Page	**:**	**تأثيرتمارين تحميل الوزن على هشاشة العظام لمرضى سرطان البروستاتا الخاضعين للعلاج بتثبيط الأندروجين.**
Library register number	**:**	**7115-7116.**

Author	**:**	**Beshoy George Youssef Kher.**
Title	**:**	**Effect Of Weight Bearing Exercise On Ionized Calcium Level In Hemodialysis Patients.**
Dept.	**:**	**Physical Therapy Department for Surgery.**
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Year	**:**	**2020.**
Abstract	**:**	

Background: Chronic kidney disease (CKD) is a type of kidney disease in which there is gradual loss of kidney function over a period of months to years Complications include an increased risk of heart disease, high blood pressure, bone disease, and anemia. Blood calcium measurement is recommended in patients on HD. The Kidney Disease Improving Global Outcomes (KDIGO) foundation recommends the measurement of Ionized Ca levels if possible. Exercise encourages calcium absorption in bone. Like muscles bones respond to increase of blood flow and it is thought that the increased circulation prompted by exercise transports of vital nutrients and minerals such as calcium to bones. Purpose: The purpose of the study was to determine the effect of weight bearing exercise on ionized calcium status in hemodialysis patients. Subject and Methods: Thirty male patients who diagnosed as CKD with age ranged from 30 to 60 years were selected randomly from Hemodialysis Unit of Ain Shams General Hospital .Only who agreed to be volunteers participated in this study and were randomized into two groups of equal number, 15 patients for each group, Group (A) received weight bearing exercise through walking on treadmill for 30mintes, 3times/week for 12 successive weeks plus their medical care. Group (B) control group not received any exercise just their medical care. Parameters: Laboratory assessment (ionized calcium) before the initiation of the training program and after the completion of the study (after 12 weeks). Results: The results showed that there was a statistically significant increase in ionized calcium of group (A) with a percentage of improvement that reaches 67.64% Conclusion: It can be concluded that weight bearing exercise is very important for hemodialysis patients.

Key words	**1.**	**Hemodialysis**
	2.	**Ionized Calcium**
	3.	**Renal failure**
	4.	**Weight bearing exercises**
	5.	**Weight Bearing Exercise.**
Classification number	**:**	**000.000.**
Pagination	**:**	**66 p.**
Arabic Title Page	**:**	**تأثير تمرين تحميل الوزن على الكالسيوم المتأين في مرضي الغسيل الكلوي.**
Library register number	**:**	**7247-7248.**

Author	**:**	**Mahmod Adel Abdelhakim.**
Title	**:**	**Effect Of Ozone Therapy On Anemic Cancer Patients Undergoing Chemotherapy.**
Dept.	**:**	**Physical Therapy Department for Surgery.**
Supervisors	**1.**	**Emad Tawfik Ahmed.**
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Degree	**:**	**Master.**
Year	**:**	**2020.**
Abstract	**:**	

Aim: The aim of this study was to evaluate effect of ozone therapy on anemic cancer patients undergoing chemotherapy.Methods: A randomized controlled study was carried out,Thirty cancer patients of both sexes who have mild to moderate anemia which induced by chemotherapy were participated in this study. Their ages were between 35-55 years. The participants were selected from the out- patient clinic at national cancer institute and randomly distributed into two equal groups.Group A (Study group): includes 15 patients who received 40 minutes of ozone therapy and aerobic exercise in addition to conventional medical care, for three months.Group B(Control group): includes 15 patients who received 40 minutes of aerobic exercise in addition to conventional medical care, for three months.Method of assessment included: Red blood cells (RBCs) count, Hemoglobin concentration(HB) and mean corpuscular volume (MCV) .Patients in both groups were assessed before treatment and after 12 weeks of treatment. Results: The results of this study showed that there was a significant increase in Hb, RBCs and MCV post treatment in the study and control groups compared with that pretreatment (p > 0.001). Conclusion: It was concluded that both ozone therapy and aerobic exercise were effective for treatment of anemia in cancer patients undergoing chemotherapy.

Key words	**1.**	**Anemia.**
	2.	**Chemotherapy.**
	3.	**Ozone Therapy.**
	4.	**Aerobic exercise.**
	5.	**Cancer.**
Classification number	**:**	**000.000.**
Pagination	**:**	**p.**
Arabic Title Page	**:**	**تأثير العلاج بالأوزون على أنيميا مرضى السرطان الخاضعين للعلاج الكيماوي.**
Library register number	**:**	**7233-7234.**

Author	**:**	**Mohamed Mahmoud Tawfik.**
Title	**:**	**Effect Of Aerobic Exercises On Lipid Profile After Renal Transplantation.**
Dept.	**:**	**Physical Therapy Department for Surgery.**
Supervisors	**1.**	**Ashraf Hassan Mohamed**
	2.	**Sherif Ahmed Gabr Swor**
	3.	**Asmaa Fawzy El – Sayed**
Degree	**:**	**Master.**
Year	**:**	**2020.**
Abstract	**:**	

Background To assess the therapeutic efficacy of aerobic exercises on lipid profile after renal transplantation.Material and Methods: Thirty patients (15 male & 15 females) their ages was ranged from 30 to 45 years who lipid profile after renal transplantation (after 3 months of operation) and were selected randomly from the national institute of urology and nephrology in Cairo, and These patients were divided by using computer generated random numbers table subdivided into two equal groups; (15 patients for each). Group (A) (Study group):The study group includes 15 patients who had Lipid Profile dysfunction received aerobic exercises in the form of training for 3/weeks up to 12 weeks and the session was 50 minutes in addition to their routine of medications. Group (B) (Control group): That group was received medications only. Assessment we asses lipid profile by (mg/dl) before exercise and after 12 weeks and exercise will be by treadmill for 50 minutes, Paired test "T" test was used also to compare between pre-test and post-test in each group while the unpaired test was used to compare between two group. Patients who had cardiac abnormalities (e.g. cardiac pacemakers) were excluded, who had previous surgical procedures which may affect the study as open heart operations: Results: there were significant effect of aerobic exercises (treatment) improving lipid profile, Conclusion: It could concluded that aerobic exercises had significant P<0.05 effect on lipid profile after renal transplantation.

Key words	**1.**	**Aerobic exercise**
	2.	**lipid profile**
	3.	**Renal transplantation**
Classification number	**:**	**000.000.**
Pagination	**:**	**95 p.**
Arabic Title Page	**:**	**تأثير التمارين على الدهون فى الدم بعد زراعة الكلى.**
Library register number	**:**	**7345-7346.**

Author	**:**	**Sara Emad Mohamed Fawzy.**
Title	**:**	**Impact of aerobic versus resistance exercises on lipid profiles in patients undergoing hemodialysis.**
Dept.	**:**	**Physical Therapy Department for Surgery.**
Supervisors	**1.**	**Prof.Zakaria Mowafy Emam Mowafy**
	2.	**Sherif Ahmed Swar**
	3.	**Hany Mohamed Ibrahim Elgohary**
Degree	**:**	**Master.**
Year	**:**	**2020.**
Abstract	**:**	

Background: Chronic kidney disease is an important risk factor for cardiovascular diseases and mortality. Physical inactivity is a modifiable risk factor that may affect the development and course of CKD. It is well established that exercise improves a number of metabolic factors, blood pressure and insulin resistance, which would be expected to preserve renal function and lower cardiovascular risks. Purpose: The purpose of the study was to compare the impact of both aerobic and resistance exercises on lipid profiles among patients undergoing hemodialysis. Subject and Methods: Forty patients who established diagnosis of chronic renal failure with age ranged from 45-60years were selected randomly from Hemodialysis Unit of Ain Shams General Hospital ,Only who agreed to be volunteers participated in the study and were randomized into two groups of equal number, twenty patients for each group, Group (A) received moderate intensity aerobic exercise program during dialysis using cycle ergometer for 30mintes,3times/week for 12 consecutive weeks plus their medical care.Group (B) who received moderate intensity resistance exercises during dialysis for lower limbs using ankle free weights for 30 minutes, 3times/week for 12 consecutive weeks plus their medical care, Parameters: Laboratory assessment (lipid profile)before the initiation of the training program and after the completion of the study (after 12 weeks). Results: The results showed that there was significant increase in high-density lipoprotein (HDL) and decrease in triglyceride (TG), total cholesterol (TC) and low-density lipoprotein (LDL) in both groups; but the results of group (A) were superior to that of group (B) when comparing the groups results together. Conclusion: It can be concluded that both moderate aerobic and resisted exercise improve lipid profile and can lower cardiovascular risks in patients with chronic renal failure undergoing haemodyalisis.

Key words	**1.**	**Hemodialysis,**
	2.	**Aerobic exercise.**
	3.	**lipid profile.**
	4.	**Resistance exercises.**
	5.	**Renal failure.**
Classification number	**:**	**000.000.**
Pagination	**:**	**114 p.**
Arabic Title Page	**:**	**تأثير التمارين الهوائية مقابل التمارين ذات المقاومة على مستوى الدهون في المرضى الخاضعين للغسيل الكلوي.**
Library register number	**:**	**7169-7170.**

Author	**:**	**Sarah Taha Ahmed Ali.**
Title	**:**	**Immediate Effect of Suboccipital Release Versus Sternocleidomastoid Stretching on Resting Electromyographic Activity of Masseter Muscle in Forward, Head Posture.**
Dept.	**:**	**Physical Therapy Department for Surgery.**
Supervisors	**1.**	**Abdul-Rahman Shabara**
	2.	**Hamed Mohamed El-Khozamy**
Degree	**:**	**Master.**
Year	**:**	**2020.**
Abstract	**:**	

Background: As the forward head posture has become widespread over the population in early adulthood due to technical issues, and temporomandibular disorders presents in most patients with forward head posture it becomes necessary to investigate the adverse effect of muscle imbalance associated with forward head posture with other nearby region of temporomandibular joint and masseter muscle. Purpose: To investigate the effect of Sternocleidomastoid muscle stretching and suboccipital release on resting electromyography activity of masseter muscle in moderate and severe forward head posture. Methods: 46 subjects with age ranged from 18 to 40 years were divided into 2 groups. Group A that received Sternocleidomastoid stretching and group B that received suboccipital release. Head electronic posture instrument was used to determine crainovertebral angle, then electromyography machine was used to investigate resting masseter activity for pre intervention. The both groups underwent the intervention and re assessment of the masseter activity made again. Results: Comparison of both groups before and after intervention showed that there was a statistically significant difference before and after intervention in right side of both groups (P < 0.05) but not for left side. Conclusion: Sternocleidomastoid stretching and suboccipital release decreases the relatively hyperactive masseter muscle at rest in moderate and severe forward head posture on the right side only but not for the left side.

Key words	**1.**	**Temporomandibular disorders.**
	2.	**Sternocleidomastoid.**
	3.	**forward head posture**
	4.	**suboccipital muscles,**
	5.	**masseter muscle.**
	6.	**Electromyographic activity.**
Classification number	**:**	**000.000.**
Pagination	**:**	**64 p.**
Arabic Title Page	**:**	**التأثير المباشر لتقنية تثبيط عضلة تحت القذال ضد شد العضله القصيه الترقويه الحلميه على نشاط التخطيط العضلي الكهربي أثناء الراحه للعضله الماضغه في الميل الامامي للرأس.**
Library register number	**:**	**7149-7150.**

Author	**:**	**Shahira Sami Abdelmawgod Abdelrazeq.**
Title	**:**	**Negative pressure versus intermittent pneumatic compression on lymphedema Post mastectomy.**
Dept.	**:**	**Physical Therapy Department for Surgery.**
Supervisors	**1.**	**Amal Mohamed Abd El Baky**
	2.	**Samy Ramzy Shahata**
	3.	**Hussein Gamal Hussein Mogahed**
Degree	**:**	**Master.**
Year	**:**	**2020.**
Abstract	**:**	

Background and Objective: Postoperative lymphedema post mastectomy is a secondary lymphedema that alters lymph drainage of the breast. Its signs and symptoms include increased weight and size of the limb. Materials and Methods: Thirty female patients suffering from unilateral upper limb lymphedema post mastectomy. Their ages were ranged from 40 to 60 years. The patients were randomly divided into two equal groups: Group (A) composed of 15 female patients who received negative pressure therapy for 30min in addition to their physical therapy program (elevation and active range of motion exercises), hygiene and skin care. Group (B) composed of 15 female patients who received intermittent pneumatic compression for 30min in addition to their physical therapy program (elevation and active range of motion exercises), hygiene and skin care. Methods of evaluation were circumference measurement and volumetric measurement. The study conducted for six months from July 2019 to December 2019. Results: There were a decrease in limb volume and limb circumference post treatment in both groups compared with that pretreatment. There was a significant decrease in limb volume of the group B compared with that of the group A. Conclusion: There was a difference between before and after treatment between both groups, but treatment with intermittent pneumatic compression device was effective in reducing limb volume and limb circumference than negative pressure therapy so that intermittent pneumatic compression can be considered more effective in reducing lymphedema post mastectomy

Key words	**1.**	**Intermittent pneumatic compression.**
	2.	**Negative pressure therapy.**
	3.	**Lymphedema**
	4.	**Post mastectomy.**
Classification number	**:**	**000.000.**
Pagination	**:**	**82 p.**
Arabic Title Page	**:**	**الضغط السلبي مقابل الانضغاط الهوائي علي التورم الليمفاوي بعد استئصال الثدي.**
Library register number	**:**	**6985-6986.**