

**ELECTRONIC GUIDE TO THESES APPROVED BY
PHYSICAL THERAPY DEPARTMENT FOR MUSCULOSKELETAL
DISORDER AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

Physical Therapy Department for Musculoskeletal Disorder and Its Surgery

**Master Degree
1997**

Author	:	Enas Fawzy Youssef.
Title	:	The role of a developed exercise program on acceleration of motor recovery after arthroscopic meniscectomy.
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Ahmed Hassan Hussein.
	2.	Mohamed Mohamed Ibrahim.
	3.	Younis Mahamoud Akl.
Degree	:	Master.
Year	:	1997.
Abstract	:	
<p>The menisci are most frequently injured in the knee joint , which in turn allows repeated injuries and progressive damage to the articular surfaces . The purpose of this study was to evaluate the effect of a developed exercise program on motor recovery after arthroscopic meniscectomy , and to verify if the postsurgical instructions alone are enough to regain normal muscle strength. Forty subjects " mal and female ", ten normal subjects and thirty patients confirmed with medial or lateral partial arthroscopic meniscectomy whose age ranged between 19 and 50 years old , were included in the study , 16 patients participated in an exercise program for 5 weeks , and 14 patients received the post - surgical instructions from physiotherapist on the first day postoperative . The exercise program was mainly for strengthening the quadriceps and the hamstring muscles, proprioceptive , and closed kinetic chain exercises . Range of motion (ROM) , Knee effusion , muscle girth and peak torque were measured , preoperative and 5 weeks postoperative , the postoperative peak torque were compared with normal subjects . It was found that the motor recovery after arthroscopic meniscectomy in the exercise group was significantly greater than instruction group . It was concluded that the exercise program accelerate motor recovery after arthroscopic meniscectomy and could not be excluded.</p>		
Key words	1.	Exercises.
	2.	motor recovery.
	3.	arthroscopic meniscectomy.
	4.	meniscectomy.
Arabic Title Page	:	دور برنامج تمارينات متطور في تعجيل الشفاء الحركي بعد عمليات منظار غضروف الركبة .
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Author	:	Mahmoud Ibrahim Mohamed.
Title	:	Assessment of physical therapy management for ankle injuries among athletes.
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Ahmed Hassan Hussein.
	2.	Mostafa Kamel Bibars.
	3.	Ali Maher Khattab.
Degree	:	Master.
Year	:	1997.
Abstract	:	
<p>The purpose of this study was to assess physical therapy management for ligament us ankle injuries among athletes from 45 random selected sports clubs in Cairo city , 250 athletes and 20 Therapists participated in this study from the different clubs. Questionnaires were designed to collect appropriate information concerning , History of trauma, Medical management and Physical Therapy management . The questionnaires were filled out by each participant and were collected on the same day . Responding to the questionnaires concerned with this purpose , the results showed that , there were only 13 clubs contain Physical Therapy clinics, 10 qualified physical Therapists , 6 Physicians , and 4 Physical educators provided the Physical Therapy services . There was only three Physical Therapist provided ideal plan of treatment. There were 171 athletes received physical therapy management. Laser, and Ultrasound are the most common used modalities , and paraffin wax baths and Wobble board are the least modalities used in managing the athletes . There were 106 athletes (62%) treated by Physical Therapist ,63 athletes (36.8%) treated by physician and 2 athletes (1.2%) treated by physical educators . 81 athletes were not applied strengthening exercises for foot ankle muscles after Physical Therapy management. 26 athletes received Physical Therapy treatment were not complain from any thing, whereas 111 athletes complaint from recurrent instability . These results suggest that physical therapy services are not complete and not based on scientific basis for the majority of this clinics , also the majority of the individuals who provided the services are not qualified enough . In some sports clinics, there are many modalities unfortunately , they are frequently used badly and ineffectively in sports Physical Therapy . So that , the athletes take a long time to return to their games and suffering from recurrent ankle instability.</p>		
Key words	1.	Ankle injuries.
	2.	Athletes.
Arabic Title Page	:	دراسة لتقييم وسائل العلاج الطبيعي لاصابات مفصل الكاحل عند الرياضيين .
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