

**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
2000**

Author	:	Akram Fathy Abd El Hamed.
Title	:	Effect of phonophoresis and thrapeutic exercises in treating of anterior shoulder impingement syndrome.
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors		1. Abd El-Rahman Ali Rezk Chabara. 2. Yoness Mahmoud Akl. 3. Yehia Nassef Mohamed.
Degree	:	Master.
Year	:	2000.
Abstract	:	<p>The study was conducted on thirty patients suffering from shoulder impingement syndrome, raning in age from 25 to 55 years, they were 10 femals and 20 males, and classified randomly into two equal groups, each of them containing fifteen patients. All the patients were exposed to the same therapeutic evaluation (visual analogue scale, Active ROM by electrical goniometer, grading muscle testing, and Neer`s test) before treatment, after two weeks, after four weeks, and after one month from the last session as a follow up. The first group (A) received a specially designed program including application of phonophoresis with diethylamine salicilate and rehabilitation program, while the second group (B) received subacromial local injection of 1 ml lidocaine 10%. Treatment results obtained from both groups indicate significant improvment in group (A) as compared to those results of group (B) .</p>
Key words		1. phonophoresis. 2. thrapeutic exercises. 3. anterior shoulder impingement syndrome. 4. shoulder impingement syndrome. 5. impingement syndrome.
Arabic Title Page	:	تأثير إنتقال العقاقير بالموجات الفوق الصوتية والتمرينات العلاجية فى علاج المتلازمة الامامية لانحشار الكتف.
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Author	:	Manal Farag Issa.
Title	:	The rehabilitation Exercise program for Chronic Osteoarthritic Knee Patients.
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Nadia Fayaz.
	2.	Salwa Fadle Abd El Mageed.
Degree	:	Master.
Year	:	2000.
Abstract	:	
<p>The purpose of this study was to determine the rehabilitation exercise program provided to osteoarthritis knee patients in different hospitals and clinics in cairo city the study was conducted at 60 hospitals and clinics which were selected randomly. A checklist was designed to collect the appropriate data. This study revealed that, there is alack of providence of adequate and proper therapeutic exercises that are needed to rehabilitate osteoarthritis knee patients and there is a great difference between the recommended exercise program and the few exercises which are provided too those patients. furthermore, the analysis of the results showed that, private clinics were the best among the other categories .</p>		
Key words	1.	rehabilitation Exercise.
	2.	Chronic Osteoarthritic Knee.
	3.	Knee.
Arabic Title Page	:	برنامج التأهيل بالتمريبات لمرضى الالتهاب العظمي المفصلي المزمن للركبة (دراسة مسحية) .
Library register number	:	760-761.

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Author	:	Sahar Mohmoud Mahmoud Hassan.
Title	:	Efficacy of hamstrings stretching regimen in the treatment of low back dysfunction.
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Mohamed Gamil El-Hanak.
	2.	Ahmed Nabil Abd El-Hamid Boraïy.
Degree	:	Master.
Year	:	2000.
Abstract	:	<p>Stretching of hamstring muscle is frequently prescribed in the management of low back dysfunction [LBD] .static stretch have been advocated as more effective type for increasing flexibility. The purpose of this study was to investigate the influence of optimal time [30 sec] and frequency [one and three] static stretch on hamstrings flexibility as measured by active knee extension test with LBD patients. Subjects. sixty patients with mechanical LBD [39 females, 21 males],age [27+-6.05] years, duration of suffering [7.75+-3.29]months and had short hamstrings ranged between 20 -70 limitation in knee extension[ROM]. they were randomly assigned to one of three groups: group[A]applied 3 SS for 30 sed. to each one, group [B] applied one SS for 30 sed. and group [C] as a control group. back program of modified spinal flexion exercises was conducted for all groups. the program was applied day/day for 6 weeks. results hamstrings flexibility was improved from 43.4+- 10 to12.05+-5.2 in group A and from 42.6+- 9.3 to 27.75+-11.37 in group B than group C. there were decrease in pain scores from 7.85+-2.03 to 1.70+-1.17 in group A,7.55+-1.70 to3.50+-1.85 in group B and from 7.90+-1.37 to 3.75+-1.55 in group C. the functional activities were significantly improved in all groups. discussion and conclusion. the data suggest that 30 sed. duration with three static stretch was able to achieve more increase in knee extension ROM than one static stretch. pain and functional abilities also revealed significant improvement in all groups with some variations. future researches may include other implications of the used technique on other muscles and clinical conditions.</p>
Key words	1.	hamstrings stretching regimen.
	2.	low back dysfunction.
	3.	stretching regimen.
Arabic Title Page	:	مدى تأثير اطالة عضلات خلف الفخذين في برنامج علاج خاص بالخلل الوظيفي لاسفل الظهر.
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