

**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
2003**

Author	:	Hossam Ramadan Ail Helal.
Title	:	Open versus closed kinematic chain exercises in treatment of patellofemoral pain syndrome.
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors		1. Ahmed Hassan Hussein.
		2. Abd El-Aziz Abd El-Aziz El-Sengery.
		3. Yehia Nassef Mohamed.
Degree	:	Master.
Year	:	2003.
Abstract	:	
<p>The purpose of this study was to compare between open and closed kinematic chain exercises results of treatment of patellofemoral pain syndrome thirty patients were randomly divided into two equal groups , the first group received ultrasound , patellar mobilization and open chain exercises the second group received ultrasound , patellar mobilization and closed chain exercises twelve treatment sessions were given for four week It was found that pain and functional activity and Q-angle were increased significantly in each group , but no significant differences were found between both groups , while it was found that the congruence angle improvement was more significant in group (B)than in group (A).</p>		
Key words		1. Patellofemoral pain syndrome.
		2. Kinematic.
		3. Pain.
		4. Q-angle.
		5. congruence angle.
		6. open chain.
		7. closed chain.
Arabic Title Page	:	تمارين السلسلة الحركية المفتوحة مقابل المغلقة في علاج متلازمة الام مفصل عظمة الرضفة مع اسفل عظمة الفخذ.
Library register number	:	1012-1013.

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Author	:	lilian Albert Zaky.
Title	:	Efficacy of myofascial release in chronic masticatory myofascial pain dysfunction syndrome.
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Ahmed Hassan Hussein.
	2.	Almoatez Bellah Hassan Hosny.
	3.	Yehia Nassef Mohamed.
Degree	:	Master.
Year	:	2003.
Abstract	:	
<p>The purpose of this study was to investigate the effect of myofascial release in chronic masticatory myofascial pain dysfunction syndrome. thirty patients were randomly divided into two equal groups . the first group received myofascial release of the masticatory muscles followed by an exercises program . the second group received the same exercises program only . six treatment sessions were given for two weeks . it was found that pain intensity was more significantly lowered in group (A) than in group (B), while it was found that the range of motion of active mouth opening was increased significantly in each group , but no significant difference was found between both groups.</p>		
Key words	1.	myofascial pain dysfunction syndrome.
	2.	temporomandibular joint.
	3.	masticatory muscles.
	4.	myofascial release.
	5.	exercises therapy.
Arabic Title Page	:	تأثير انفراج النسيج العضلي الضام على مجموعة الاعراض المصاحبة لالام الاختلال الوظيفي المزمن للنسيج العضلي الضام لعضلات المضغ.
Library register number	:	960-961.

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Author	:	Magdoline Micheal Samy Saad.
Title	:	Lumber stabilization exercises versus combined spinal flexion-extension exercises in treating chronic mechanical low back pain.
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Ibrahim Magdy Elnaggar.
	2.	Youssry M. K. El-Hawary.
	3.	Salwa Fadle Abd El-Majeed.
Degree	:	Master.
Year	:	2003.
Abstract	:	
<p>The purpose of this study was to compare the effect of lumber stabilization exercises and combined flexion-extension exercise program on increasing the range of motion of trunk flexion, extension, right bending, reducing pain severity ; and reducing functional disability . both groups had significantly less low back pan after treatment and less functional disability (P < 0.05)but .the lumber stabilization exercise group was more effective in reducing pain and reducing functional disability than the combined spinal flexion-extension group (P < 0.05). the combined spinal flexion-extension exercise group was more effective in increasing range of motion of lumber flexion than the lumber stabilization exercise program (P < 0.05). there were no significant differences between groups regarding increasing the range of motion of lumber extension , right trunk bending and left trunk bending.</p>		
Key words	1.	low back pain.
	2.	lumber stabilization.
	3.	Flexion.
	4.	Extension.
	5.	Pain.
	6.	functional disability.
	7.	right bending.
	8.	left bending.
Arabic Title Page	:	تمريبات التثبيت القطني مقابل تمرينات ثني و فرد العمود الفقري في علاج الم اسفل الظهر الميكانيكي المزمن.
Library register number	:	966-967.

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Author	:	Magy Mohsen Kamel.
Title	:	Infrared Laser Therapy Versus Manual Techniques In Treatment of Lateral Epicondylitis.
Dept.	:	Physical Therapy Department for musculoskeletal disorder and its Surgery.
Supervisors	1.	Ahmed Hassan Hussein.
	2.	Alaa Eldin Abed El-Hakeem Balbaa.
	3.	Abed El-salam Ahmos El-hamamsy.
Degree	:	Master.
Year	:	2003.
Abstract	:	
<p>background and objectives: this study evaluated the effects of both gallium arsenide (904 nm) laser, and Cyrix technique in treatment of lateral epicondylitis materials and methods:30 patients with lateral epicondylitis with aged between 30 and 40 years feel pain in the common extensor tendon with resisted wrist extension and radial deviation with elbow full extended all patients have lateral epicondylitis for at least 4 weeks to 12 weeks these patients were divided randomly into two group , the laser group (G1), and cyriax group (G2) patients received 3 sessions / week for 4 weeks patients pain free grip strength was assessed by dynamometer at first and then at 12 session results: the findings indicated significant statically difference between pre- and post treatment in both laser and Cyrix group while the differences were not significant statistically between laser and cyriax groups conclusion: It would seem that both laser and cyriax improved pain free grip strength in patients with lateral epicondylitis , but no significant difference in pain free grip strength between laser and cyriax group.</p>		
Key words	1.	lateral epicondylitis.
	2.	Handgrip.
	3.	laser therapy.
	4.	Cyrix techniques.
	5.	Lasers.
Arabic Title Page	:	اشعة الليزر تحت الحمراء العلاجية مقارنة بالعلاج اليدوى فى علاج حالات التهاب العضلة الكعبرية الباسطة للمعصم.
Library register number	:	1010-1011.