Physical Therapy Department for Musculoskeletal Disorder and Its Surgery

Master Degree

2017

Author	**:**	**Aalaa Mohamed El-Amin Sweelam**
Title	**:**	**Effect of foot posture on knee function in knee osteoarthritis**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Salwa Fadl Abdelmageed**
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Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	**Master.**

BACKGROUND: Knee osteoarthritis (KOA) is one of the most common musculoskeletal conditions affecting old population and is rated as the 4thsuspected cause of disability by year 2020. Recent studies have reported differencein foot characteristics between people with medial compartment KOA and asymptomatic controls. Abnormal feet position is associated with altered Lower Extremity functional and muscle activation patterns. OBJECTIVES: The purpose of the study was to investigate the effect of foot posture on knee function in females with KOA.METHODS: Sixty six female patients with knee osteoarthritis participated in this study. Foot posture assessment was done first to categorize them into 3 groups (Normal, Pronated and Supinated) feet using foot posture index. Group (A) Normal foot consisted of 24 participants with mean age and BMI values of 61.79±5.97 years and 28.71±1.16 Kg/m^2 respectively. Group (B) Pronated foot consisted of 24 participants with mean age and BMI values of 62.58±6.07 years and 28.59±0.97 Kg/m^2 respectively. Group (C) Supinated foot consisted of 18 participants with mean age and BMI values of 60.27±5.10 years and 28.19±1.54 Kg/m^2 respectively; then knee function assessment was done by measuring lower limb functional disability using The Arabic version of WOMAC(ArWOMAC) index, Quadriceps Muscle Isometric Strength assessment using Digital Hand-Held Dynamometer (HHD) and finally measuring mobility using The Timed Up& Go Test (TUG).RESULTS: The results demonstrated that there was no significant difference among three groups at the tested dependent variables; (Quadriceps Strength, WOMAC for pain, WOMAC for stiffness and TUG) except significant difference between (group B Vs. group C) with significant increase in WOMAC subscale for physical function in favor to group B (F=1.368, P=0.203).CONCLUSION: It can be concluded that there is no effect of foot posture(Normal, Pronated, Supinated)on knee function using Quadriceps Strength, ArWOMAC (Pain,stiffness subscales),TUG except for a significant effect of pronated foot on ArWOMAC physical function subscale.

Key words	**1.**	**Knee osteoarthritis**
	2.	**Foot posture**
	3.	**Knee Functional Tests**
	4.	**knee function in knee osteoarthritis**
Classification number	**:**	**000.000.**
Pagination	**:**	**76 p.**
Arabic Title Page	**:**	**تأثير وضع القدم علي وظيفة الركبة في الالتهاب العظمي المفصلي للركبة.**
Library register number	**:**	**5691-5692.**

Author	**:**	**Abdelhameed Fathi Abdelhameed**
Title	**:**	**Effect of Correction of Knee Flexion Deformity on SpinoPelvic Parameters in Knee Osteoarthritis**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Khaled Ayad**
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Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	

Background: Loss of muscle strength and flexibility of the lower limb most common seen in patients with knee OA which impair normal knee range of motion and has harmful impact on spine and considered as a predisposing factor for injuries, non-specific low back pain and changing in spino-pelvic parameters. Objective: To investigate the effect of correction of knee flexion deformity on lumbar lordotic angle, sacral slope angle , hamstring flexibility, and pain in patients with knee osteoarthritis (OA). Methods: Thirty patients (males and females) were recruited from the outpatient physical therapy clinical setting in Zneen hospital. The patients were allocated into two groups, group (A) control group and group (B) experimental group. Group (A) received *Transcutaneous Electrical Nerve Stimulation (TENS)*, Low Level Laser Therapy (LLLT) and straight leg raising exercise while group (B) received *TENS*, LLLT, Hamstring and Calf stretching exercise and Quadriceps strengthening exercises. Knee flexion angle, hamstrings flexibility, sacral slope angle, lumbar lordotic angle and pain intensity in both groups were assessed before and after treatment using universal goniometer, active knee extension test, radiographs of the lumbar spine, visual analogue scale respectively. Results: Statistical analysis showed that there was a statistical significant reduction regarding knee flexion angle and visual analogue scale in the experimental group when compared with its corresponding value in the control group ($p \leq 0.005$). Also, it showed a significant increase regarding active knee extension test, lumbar lordotic angle and sacral slope angle in the experimental group when compared with its corresponding value in the control group ($p \leq 0.007$). Conclusion: Based on these findings, it was concluded that correction of osteoarthritic knee flexion deformity by therapeutic exercises in addition to TENS and LLLT restore normal spino-pelvic parameters and result in a significant improvement in pain and range of motion.

Key words	**1.**	**Sagittal spinal alignment**
	2.	**Hamstring flexibility**
	3.	**Knee osteoarthritis**
	4.	**Knee flexion deformity**
	5.	**Lumbar lordosis**
	6.	**Sacral slope angle.**
	7.	**Spino Pelvic Parameters**
Classification number	**:**	
Pagination	**:**	**96 p.**
Arabic Title Page	**:**	**تأثير تصحيح تشوه ثني الركب ة على قياسات العمود الفقري والحوض في الالتهاب العظمي المفصلي للركبة.**
Library register number	**:**	**5375-5376.**

Author	**:**	**Afaf Mohamed Omar**
Title	**:**	**Flexibility and Strength Deficits in Chronic Ankle Instability**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Salwa Fadl Abdel Mageed**
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Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	

Background: Ankle sprains are among the most common musculoskeletal injuries and can lead to chronic ankle instability (CAI). CAI caused by sensorimotor deficits and mechanical impairment. Previous studies addressed invertors and evertors role with inconclusive results. Other studies referred to different proximal deficits associated with CAI, however, hamstring (HM) flexibility hasn't been assessed before. Objective: To assess and compare between CAI and control non-injured group regarding strength of invertors and evertors and HM flexibility. Patients and methods: Twenty one patients with unilateral CAI and 21 subjects as non-injured control were included. Isometric testing for invertors and evertors at 3 different angles using handheld dynamometer was performed. HM flexibility was measured by passive knee extension test using digital inclinometer. Results: Peak torque (PT) and normalized PT of evertors were significantly affected at neutral and minimum range angles while at full range angle only normalized PT was affected. For invertors PT and normalized PT were significantly decreased at minimum range angle only. Hamstring flexibility was statistically and clinically significant decreased in CAI. Conclusion: CAI associated with invertors and evertors weakness but at specific angles that related to mechanical demands on these muscles during gait. In addition to HM tightness that may cause proximal malalignments and dysfunctions.

Key words	**1.**	**Chronic Ankle Instability**
	2.	**Hamstring**
	3.	**Flexibility deficit**
	4.	**strength deficit**
Classification number	**:**	**000.000.**
Pagination	**:**	**128 p.**
Arabic Title Page	**:**	**مدي العجز في القوة والمرونة لعدم ثبات مفصل الكاحل المزمن.**
Library register number	**:**	**5327-5328.**

Author	**:**	**Aya Fawzy Mohamed Ali**
Title	**:**	**The Effects of Selected Pilates Exercise on Chronic Mechanical Low Back Pain**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**khaled El-Sayed Ayad**
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Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	

The purpose of this study was to assess the effect of selected Pilates exercises on patient with chronic mechanical low back pain. Thirty patients both males and females with chromic mechanical low back pain were randomly selected and divided into two equal groups. The selected exercises were conducted three times a week for 4 weeks for a total of 12 session, in both groups a hot pack followed by deep heat by ultrasonic for 10 minutes on paraspinal muscles in lumbar area then one group performed a back stretch, abdominal strength exercise in form of active movement of knee to chest exercise then back muscles strengthening by active bridging exercise, the other group performed six selected Pilates exercise, all patients in both groups were assessed before and after treatment by using Oswestery functional scale and flexion / extension endurance test. Result showed that Pilates exercises just show significant difference in the following aspects (functional scale when compared pre-and post treatment and also show improvement in the values of the ratio between right bending and extension when comparing pre-and post treatment) other values show no significant difference when compared pre-and post-treatment, it can be expected from results that we needed longer treatment time or another assessment methods.

Key words	**1.**	**Pilates Exercises**
	2.	**Flexion**
	3.	**Extension endurance test**
	4.	**Mechanical low back pain**
Classification number	**:**	**000.000.**
Pagination	**:**	**80 p.**
Arabic Title Page	**:**	**تأثير تمرينات بيلاتس المختارة على ألم أسفل الظهر الميكانيكي المزمن .**
Library register number	**:**	**5475-5476.**

Author	**:**	**Basma Hesham Hasaneen El-Fayoumi**
Title	**:**	**Effect of suboccipital muscle inhibition technique in patients with chronic mechanical low back pain**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Alaa Eldin Abd El-Hakim Balbaa**
	2.	**Reda Sayed Ahmed Eweda**
Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	

Background chronic mechanical low back pain is a common clinical condition encountered by physical therapist. It is caused by mechanical origin that lasts more than three months. Purpose the aim of this study was to investigate the effect of suboccipital muscle inhibition technique on pain intensity, lumbar range of motion, and functional disability in patients with chronic mechanical low back pain. Methods thirty female patients with mean age (23.8±0.86) years old who have chronic mechanical low back pain were randomly assigned into two equal groups. Group (A) received exercises (stretching and strengthening) and suboccipital muscle inhibition technique for five consecutive sessions. Group (B) received the same exercises (stretching and strengthening) only for five consecutive sessions. Both groups were assessed using visual analogue scale for pain intensity, modified- modified schober's test for range of motion of lumbar (flexion, extension), and oswestry functional disability questionnaire for functional disability. Assessment was done before and at the end of the treatment sessions. Results the study results showed that there is significant improvement in pain intensity, range of motion of both lumbar (flexion, extension) and functional disability in both groups (A & B) with (P<0.05). There was no statistical significant difference between the two groups, however there was clinical difference in favor to group (A). Conclusion it is concluded that, there is no statistical significant difference between the two groups in dealing with patients with chronic mechanical low back pain.

Key words	**1.**	**Chronic**
	2.	**Mechanical low back pain**
	3.	**Suboccipital muscle inhibition technique**
Classification number	**:**	**000.000.**
Pagination	**:**	**108 p.**
Arabic Title Page	**:**	**تأثير تقنية تثبيط عضلة تحت القذال فى مرضى ألم أسفل الظهر الميكانيكي المزمن.**
Library register number	**:**	**5605-5606.**

Author	**:**	**Dalia Muhammad Mosa Edris**
Title	**:**	**Association between Forward Head Posture and Upper Quadrant Anthropometry in Healthy Adults**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Nadia Abdelazeem Fayaz**
	2.	**Aliaa Mohammed Rehan Youssef**
Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	

Background: Forward head posture (FHP) is the most common postural fault of the cervical spine in the sagittal plane. This faulty posture has been associated with many pathological conditions such as neck pain, cervicogenic headache, asthma, carpal tunnel syndrome and impingement syndrome. Interestingly, trunk posture and developmental cervical canal stenosis have been linked to a few upper quadrant anthropometric measures. Thus, investigating the role of upper quadrant anthropometry as a predictor for the development of FHP could help in detecting subjects at risk of developing forward head, and hence, preventive measures could be employed. Purpose*: To investigate if there would be any association between selected upper quadrant anthropometric variables and the severity of FHP.*** **Participants***: Forty asymptomatic adults (26 female and 14 male) were enrolled in this study.* **Methods***: The severity of FHP was assessed by measuring the craniovertebral angle (CVA) and gaze angle using the photogrammetric method. Upper quadrant anthropometric variables were measured using a medical tape and an anthropometer. In addition, weight and height were measured using a weight scale and a height meter and then the body mass index was calculated.* **Results***: Correlations between CVA and gaze angle, and all measured upper quadrant anthropometric variables were non-significant (p<0.05).* **Conclusion***: There is no statistical evidence to support that upper quadrant anthropometry could predict the severity of FHP as measured by CVA and gaze angle.*

Key words	**1.**	**craniovertebral angle**
	2.	**anthropometry**
	3.	**chest anthropometry.**
	4.	**upper limb anthropometry**
	5.	**gaze angle**
	6.	**forward head posture**
	7.	**Head Posture**
	8.	**Healthy Adults**
Classification number	**:**	**000.000.**
Pagination	**:**	**67 p.**
Arabic Title Page	**:**	**الارتباط بين وضع الرأس الأمامى والمقاييس الأنثروبومترية للجزء العلوى من الجسم فى الأشخاص الأصحاء البالغين.**
Library register number	**:**	**5441-5442.**

Author	**:**	**Doaa Abd El-Mageed**
Title	**:**	**Efficacy of low frequency microcurrent therapy on lumbar radiulopathy.**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Salwa Fadl**
	2.	**Ayman Khalil**
	3.	**Enas Metwaly Abdelmenam**
Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	
Background: The lumbosacral radicular syndrome (LRS), also called sciatica, is a disorder with radiating pain felt in the leg along the distribution of the sciatic nerve and sometimes accompanied by low back pain, Purpose: to clarify the effect of MENS on pain, back function, amplitude and latency of soleus H- reflex in patients with lumbar radiculopathy . Method : Thirty patients who received MENS for 12 sessions. back and leg pain severity were assessed using numerical pain rating scale , back function were assessed through back disability index , amplitude and latency of soleus H- reflex were assessed through EMG study before and after 4-weeks . Result: MENS is effective in reducing back pain, leg pain, functional disability, latency of soleus H- reflex and increase amplitude of soleus H- reflex .Conclusion: MENS is effective in treating patients with lumbar radiculopathy.		
Key words	**1.**	**lumbar radiculopathy**
	2.	**Micro current electrical neuromuscular stimulation (MENS).**
	3.	**microcurrent therapy on lumbar radiulopathy.**
Classification number	**:**	**000.000.**
Pagination	**:**	**92 p.**
Arabic Title Page	**:**	**فاعلية التيارالدقيق المنخفض التردد في علاج اعتلال جذور الاعصلب القطنية.**
Library register number	**:**	**5473-5474.**

Author	**:**	**Eman Masry Abdel Aty Al Tantawy**
Title	**:**	**Relationship between Mechanical Neck Pain and Dorsal Hyperkyphosis**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Nadia Abdelazem Fyaz**
	2.	**Karima Abdelaty Hassan**
	3.	**Ahmed Hamdi Azzam**
Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	

Background: Dorsal hyperkyphosis is a condition indicated by the abnormal increase in the curvature convexity of the thoracic vertebral column. The neck pain is a common clinical complaint that commonly seen at physiotherapy clinics all over the world. In order to properly prevent or treat a clinical problem, potential risk factors need to be identified. Objective: The purpose of this study was to investigate the correlation between thoracic hyperkyphosis and cervical ROM, neck pain and functional abilities of the neck. Subjects and method: Fifty seven subjects with dorsal hyperkyphosis of both sexes participated in this study. Their ages ranged from 20 to 40 years. The degree of hyperkyphosis was measured by gravity dependent inclinometer, Assessment of cervical range of motion was performed by using OB Myrin inclinometer, VAS scale was used for assessment of neck pain and NDI was used for assessment of neck disabilities.Results: For subjects with dorsal hyperkyphosis there was a statistically significant positive correlation between degree of hyperkyphosis and neck pain, there was a statistically significant negative correlation between degree of hyperkyphosis and neck extension, there was no correlation between degree of hyperkyphosis and neck disabilities and there was no correlation between degree of hyperkyphosis and neck flexion, side bending and neck rotation. Conclusion: degree of dorsal hyperkyphosis could affect the severity of neck pain and could decrease the mobility of the neck in the extension range of motion. On the other hand degree of dorsal hyperkyphosis couldn't affect neck disabilities and the mobility of the neck in the other directions.

Key words	**1.**	**Dorsal Hyperkyphosis**
	2.	**Mechanical Neck Pain**
	3.	**Neck and Hyperkyphosis**
Classification number	**:**	**00.0.**
Pagination	**:**	**78 p.**
Arabic Title Page	**:**	**العلاقة بين الم الرقبة الميكانيكى وذيادة التحدب الصدرى**
Library register number	**:**	**5673-5674.**

Author	**:**	**Fatma Mohamed Abdel Azim**
Title	**:**	**Effect of low level laser therapy on complex regional pain syndrome After stroke**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Nahed**
	2.	**Islam**
Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	

Background and Purpose: The common complication after stroke is pain and dysfunction of shoulder of paralyzed arm, as well as the swelling of the hand. Different noninvasive modalities of treatment were used to reduce pain of shoulder and swelling of hand. The aim of this study was to determine the effects of LASER therapy on complex regional pain syndrome in stroke patients. Subjects: 30 stroke patients with pain and dysfunction of shoulder of paralyzed arm, as well as the swelling of the hand participated in this study. Methods: The patients were divided into two equal groups. The study group received 15 successive session three times per week for 5 weeks of low level LASER therapy over stellate ganglia and sympathetic chain. The control group received placebo treatment sessions of low level LASER therapy. Both groups received a selected physical therapy program for complex regional pain syndrome patients for total six weeks. Visual analogue scale, DASH index, barthel index, volumeter measurement were performed for all patients before and after treatment sessions. Results: The results revealed that, patients of the study group (A) showed greater improvement in shoulder pain compared with placebo stimulation group. Volumeter measurement shows a significant decrease of hand edema in all patients receiving active treatment than the control group regarding to visual analogue scale results revealed that there was no statistical significance between before and after treatment in group (B). ADL function of paralyzed arm using bartel index and DASH index showed more improvement in the study group compared to the control group. Conclusions: Low level LASER therapy reduces pain in shoulder and edema of hand in complex regional pain syndrome patients with stroke.

Key words	**1.**	**Low Level LASER Therapy**
	2.	**Complex Regional Pain Syndrome**
	3.	**Stroke**
	4.	**laser on pain after stroke**
Classification number	**:**	**000.000.**
Pagination	**:**	**91 p.**
Arabic Title Page	**:**	**تأثير العلاج بالليزر منخفض الشدة على أعراض الألم الجزئى المركب بعد السكتة الدماغية.**
Library register number	**:**	**5513-5514.**

Author	**:**	**Ibrahim Tobba Ibrahim Mohamed**
Title	**:**	**Prevalence of Low Back Pain Among Physical Therapists In Cairo-Egypt**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Salwa Fadl Abd Elmageed**
	2.	**Abd Elrahman Diab**
	3.	**Maha Mustafa Mohammed**
Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	

Background: Work-related Low back pain (WRLBP) is an impacting musculoskeletal disorder. Hence, this study was commenced. Purposes: to acquire lifetime, twelve-month and point prevalence of WRLBP among physical therapists (P.Ts) who are currently working in the teaching hospitals in CAIRO-EGYPT, as well as factors related to the workplace or the individual, and WRLBP characteristics. Methods: A specifically designed questionnaire was distributed to the P.Ts who are currently working in teaching hospitals in Cairo-Egypt (eighty four P.Ts). Results: Seventy seven of the eighty four P.Ts (91.6%) have completed the questionnaire. The lifetime prevalence of WRLBP was 54.5% (95% CI from 43% to 65%), twelve-month prevalence of WRLBP was 44.1% (95 CI from 33% to 55%), point prevalence of WRLBP was 38.9% (95% CI from 28% to 49%), Gender prevalence of WRLBP (male-59.2%, female-52%), most prevalent physical therapy specialties with WRLBP were cardio-pulmonary (66.6%), pediatric (57.1%), and orthopedic (54.4%), pain was commonly moderate with (3-4 points on the numerical pain scale). Conclusion: Work-related low back pain is common among Egyptian P.Ts at the three prevalences, making Cairo's teaching hospitals P.Ts a high-risk group, which necessitate appropriate intervention to manage such sequelae.

Key words	**1.**	**prevalence**
	2.	**Egyptian**
	3.	**Musculoskeletal disorders**
	4.	**Cairo-Egypt**
	5.	**physical therapists**
	6.	**low back pain**
	7.	**risk factors**
Classification number	**:**	**000.000.**
Pagination	**:**	**68 p.**
Arabic Title Page	**:**	**أنتشار ألم أسفل الظهر بين أخصائي العلاج الطبيعى فى القاهرة – مصر.**
Library register number	**:**	**5429-5430.**

Author	**:**	**Ramy Salah El Den Hussein**
Title	**:**	**Efficacy of specific exercise program on patients with thoracic outlet syndrome**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Magdy Ahmed Arafa**
	2.	**Waleed Talat Mansour**
	3.	**Mostafa Mohammed Kotb**
Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	

Background and objectives: Neurogenic Thoracic Outlet Syndrome is a set of signs and symptoms existing due to compression of brachial plexus in the cervical area. This study was conducted to evaluate the efficacy of a specific exercise program on patients with thoracic outlet syndrome. Subjects and Methods: Thirty Thoracic outlet syndrome patients (25 males and 5 females) in a sub-acute stage were participated in this study. Their ages ranged from 18-35 years. patients were randomly divided into two equal groups: study group: received a specific exercise program in addition to selected designed program physical therapy program for eight weeks in a day after day at a private clinic. control group: received only the selected designed physical therapy program for eight weeks in a day after day in a private clinic. Outcome measures included muscle test to flexor carpi ulnaris , palmar interosssi and dorsal interossi muscles and sensory ulnar nerve conduction velocity by electromyography (EMG).Recording was done before and after eight weeks of treatment. Results: post treatment results revealed that there was a significant improvement in all variables in study group more than control group post treatment. Conclusion: current study showed that the exercise program in addition to selected designed physical therapy program could improve pain and posture in patients with thoracic outlet syndrome.

Key words	**1.**	**Thoracic outlet syndrome**
	2.	**Sensory Ulnar nerve conduction velocity**
	3.	**Exercise program**
	4.	**Muscle strength.**
Classification number	**:**	**000.000.**
Pagination	**:**	**62 p.**
Arabic Title Page	**:**	**فاعلية برنامج تمارين خاصه لمرضى متلازمة مخرج الصدر.**
Library register number	**:**	**5325-5326.**

Author	**:**	**Reem Mohamed Tawfeek Mohamed**
Title	**:**	**Effect Of Kinesio Taping On Diastasis Recti**
Dept.	**:**	**Physical Therapy Department for musculoskeletal disorder and its Surgery.**
Supervisors	**1.**	**Mohamed Ahmed Mohamed Awad**
	2.	**Hesham Mohamed El-Ghazaly**
	3.	**Afaf Mohamed Mahmoud**
Degree	**:**	**Master.**
Year	**:**	**2017.**
Abstract	**:**	

This study was conducted to investigate the effect of kinesio taping on diastasis recti. Forty postpartum women with diastasis recti selected randomly from outpatient clinic of obstetrics department of El-Kasr El-Ainy university hospital in Cairo shared in this study. Their ages were ranged from 25 to 35 years. Their body mass index was ranged from 25-30 Kg/ m². All women were normal vaginal delivery, number of parity was 2-3 children and in good self-reported general health. Women with skin over sensitivity to the tape, open wound, skin diseases, abdominal hernia, caesarean section and BMI less than 25 kg/m² or more than 30 kg/m² were excluded from this study. Women were randomly divided into two equal groups: Group A (Control group) received no treatment for diastasis recti. Group B (Study group) treated by kinesio tape application on abdomen for three continuous days and one day off for one month. Rectus diastasis was assessed by ultrasound examination above and below umbilicus for both groups A and B before and after treatment. The results showed that there was a significant decrease in the inter-recti distance above and below the umbilicus in both groups A and B. When compare both groups together, there was no significant difference between both groups A and B pre treatment. But, there was a significant difference between both groups post treatment (more decrease in group B). Accordingly, it could be concluded that Kinesio tape was effective in reducing diastasis recti in postpartum women.

Key words	**1.**	**Kinesio taping**
	2.	**Diastasis recti.**
Classification number	**:**	**000.000.**
Pagination	**:**	**76 p.**
Arabic Title Page	**:**	**تاثير شريط كينيزيو على التباعد بين عضلتى البطن المستقيمتين.**
Library register number	**:**	**5479-5480.**