



Publications Template

	Research Title	Field	Abstract	Year of Publication Publishing	Publishing Link "URL"
	Effect of Dry Needling on Post Natal Low Back Pain.	Physical therapy	<p>Background: Low back pain is considered one of the most common problems which occurs during pregnancy and may be persistent for months after delivery. It can be disabling and can limit function of mother after delivery. Objectives:</p> <p>The purpose of the study was to evaluate the impact of dry needling on postnatal low back pain. Methods: This study included 50 multiparous women who had experienced low back discomfort (for at least 3 months) after giving birth. Their body mass index did not exceed 30 kg/m², the parity ranged from 2 to 4 times, while the type of birth was normal labor. Their ages ranged from 25 to 35 years old. After being randomly distributed into two groups of similar size, The study group: which included 25 patients, received dry needling on the lower back for 20 minutes, three times per week for six weeks, Additionally, each patient completed an exercise program consisting of abdominal, back, and pelvic floor strengthening exercises as well as postural correction exercises for 60 minutes, three times weekly for a period of six weeks. The control group: which included 25 patients, only completed an exercise program for 60 minutes, three times weekly for a period of six weeks. The pain levels of all women in both groups were assessed using a pressure algometry device and a visual analogue scale before as well as after treatment program. Results: there was a statistically highly significant decrease in visual analogue scale and significant increase in pressure algometry in the study group when comparing both groups (A&B) together. Conclusion: dry needling was an effective method to alleviate post-natal low back pain.</p>	2023	https://search.ebscohost.com/login.aspx?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=02537214&AN=173168185&h=8xB02vGNe%2BLcby8OENJ4GBwJC%2BgZStmGWip4nzXpyAnKf5WI0GPwQfKVYLBIVaM4%2BefonaC6rvltbOput%2B2IA%3D%3D&cr1=c



Effect of Endermology on postpartum abdominal obesity	Physical therapy	<p>This study was conducted to determine the effect of endermology on postpartum abdominal obesity. Fifty postpartum women diagnosed clinically by gynecologist/ physician as postpartum women with abdominal obesity; they were selected from outpatient clinic of obstetrics and gynecology in damanhour medical national institute. They suffered from abdominal obesity based on BMI, waist hip ratio and skin fold thickness assessment. Their age ranged from 25 to 35 years. Their body mass index (BMI) {u2265} 30 kg/m². They were assigned randomly into two groups (A, B) equal in numbers. group A (control group) received aerobic exercise, 30 minutes, 3 times per week for 6 weeks. While, group B (study group) received aerobic exercise plus endermology on abdomen for 30 minutes per session, 3 times/week for 6 weeks. Abdominal obesity was evaluated by BMI, waist hip ratio and skin fold thickness assessment before and after the intervention. The results of this study revealed that there was a statistically highly significant decrease in mean value of waist hip ratio, skin fold thickness of study group (B) who received endermology and aerobic exercise when compared with its corresponding value in control group (A) who received aerobic exercise only. Therefore, it could be concluded that endermology was an effective method in decreasing postpartum abdominal obesity</p>	2018	https://srv3.eulc.edu.eg/eulc_v5/Libraries/Thesis/BrowseThesisPages.aspx?fn=PublicDrawThesis&BibID=12844135