



Department: Physical Therapy Department for Woman and Child Health

Course Code: PT411

Course Title: Physical Therapy for Woman's Health

Instructions for students

- 1- The following research topic must be done by literature review research (reading and summarizing all research done at these topics)
- 2- Final format of each topic must be written in the form of cover page, introduction, body, conclusion and references for each of the subheadings mentioned after each topic by the student own words, in a range of 7-15 pages.
- 3- Contribution of each student in group work research is essential.
- 4- Number of students is determined beside each topic (mandatory)
- 5- Use times new roman font 14 for text and bold 16 for titles.
- 6- Figures and diagram are recommended.

Research Topics

- 1- Role of Physiotherapy in post menopausal osteoporosis (5 students)
 - Define menopause and describe effect of menopause on bone mineral density in post menopausal females
 - Differentiate between normal bone density, bone osteopenia and bone osteoporosis
 - Name and explain main advanced test used to diagnose osteoporosis
 - Explain consequences of osteoporosis on post menopausal females



- Describe different physiotherapy interventions used to overcome bone osteopenia and bone osteoporosis in postmenopausal females (mechanism of action of each intervention and application, with regards to therapeutic exercises frequency, intensity, type, time of exercise are essential components)

2- Role of physiotherapy in diastasis of Rectus Abdominis Muscle in postpartum women (3 students)

- Define diastasis of Rectus Abdominis Muscle and describe causes and prevalence of it in postpartum females
- Describe relevant physiotherapy test that is used to diagnose this condition
- Describe different physiotherapy interventions used in treatment of this condition (mechanism of action of each intervention and application, with regards to therapeutic exercises frequency, intensity, type, time of exercise are essential components)

3- Role of physiotherapy in different breast feeding difficulties (1 student)

- Describe different breast feeding difficulties commonly encountered in physiotherapy clinics
- Describe different physiotherapy interventions used to manage these conditions (mechanism of action of each intervention and application, with regards to therapeutic exercises frequency, intensity, type, time of exercise are essential components)



4- Role of physiotherapy in acute and chronic post partumperineal pain (1 student)

- Define post partumperineal pain and describe its degrees
- Describe different physiotherapy interventions used to treat this pain during acute and chronic stages (mechanism of action of each intervention and application, with regards to therapeutic exercises frequency, intensity, type, time of exercise are essential components)

5- Role of physiotherapy in pelvic organ prolapse (5 students)

- Define and describe different types and degrees of pelvic organ prolapse
- Describe common risk factors leading to different types of pelvic organ prolapse
- Describe different physiotherapy interventions used to manage different types of pelvic organ prolapse either conservatively or operatively emphasizing different methods of diagnosis and treatment (mechanism of action of each intervention and application, with regards to therapeutic exercises frequency, intensity, type, time and description of exercise are essential components)

6- Role of physiotherapy in stress urinary incontinence (3 students)

- Define urinary incontinence
- Describe stress urinary incontinence in terms of its definition, etiology, risk factors and degrees
- Describe different physiotherapy interventions used to manage stress urinary incontinence either conservatively or operatively emphasizing



different methods of diagnosis and treatment (mechanism of action of each intervention and application, with regards to therapeutic exercises frequency, intensity, type, time and description of exercise are essential components)

7- Role of physiotherapy in cesarean section (3 students)

- Describe cesarean section in terms of its definition, indications, types and complications
- Describe pre operative and post operative role of physiotherapy in cesarean section (mechanism of action of each intervention and application, with regards to therapeutic exercises frequency, intensity, type, time and description of exercise are essential components)

8- Role of physiotherapy in normal labor (3 students)

- Describe normal labor in terms of its definition, stages and onset of labor
- Describe different types of episiotomy
- Describe role of physiotherapy in each stage of labor and early postpartum days (mechanism of action of each intervention and application, with regards to therapeutic exercises frequency, intensity, type, time and description of exercise are essential components)

9- Role of physiotherapy in primary dysmenorrhea

- Describe dysmenorrhea in terms of its definition, types
- Describe role of physiotherapy in primary dysmenorrhea (mechanism of action of each intervention and application, with regards to



therapeutic exercises frequency, intensity, type, time and description of exercise are essential components)