بسم الله الرحمن الرحيم

شبكة المعلومـــــات الجامعية

التوثيق الالكتروني والميكروفيلم

شبكة المعلومات الجامعية

جامعة عين شمس

التوثيق الالكتروني والميكروفيلم

﴿ قـــسـم ﴾

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
علي هذه الأفلام قد اعدت دون آية تغيرات

يجب أن

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To be kept away from dust in dry cool place of
15 – 25c and relative humidity 20-40 %

بعض الوثائق الأصلية تالفة

بالرسالة صفحات

لم ترد بالأصـــل

Influence of Aerobic Exercises Training on Type II Diabetic Hypertensive Patients

By

Tamer Mahmoud Sabry Mowafy

B.SC. in Physical Therapy 1994

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Faculty of Physical Therapy

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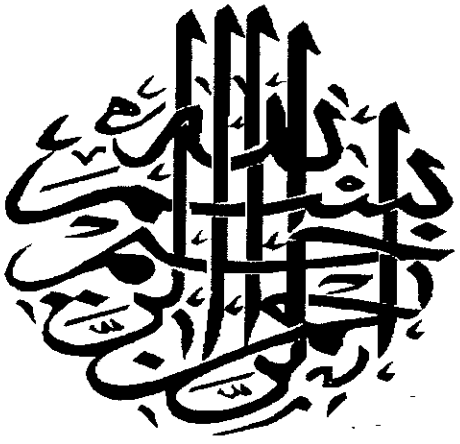
قال الله تعالى :



﴿فتعَالى اللهُ الملكُ الحقُ ولا تعجلْ
بالقرآنِ منْ قبلِ أنْ يُقضى إِليكَ
وحيُهُ وقُلْ ربِ زدني علماً ﴾

صدق الله العظيم

(الآيـة ١١٤ ســـــورة طـه)

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Dedication

To my parents, my wife and my sister

Abstract

Tamer Mahmoud Sabry Mowafy.

Infuence of Aerobic Exercises training on type 2 Diabetic Hypertensive patient.

Tamer Mahmoud Sabry / Supervisors; Prof. Dr / Zeinab Mohamoud Helmy , Assistant Professor of Physical Therapy for Cardiopulmonary and geriatrics Disorders, Faculty of Physical Therapy,Cairo University, Prof. Dr/Alaa Afify, Professor of Physiology, Faculty of Medicine, Cairo University, Prof. Dr / Hala Mohamed Ez EL-Dine, Assistant Professor of Physical Therapy for Cardiopulmonary and geriatrics Disorders, Faculty of Physical Therapy, Cairo University. Master Thesis. 2003.

This research was Conducted to study the effect of aerobic training (treadmill training) on diabetic (type 2) hypertensive patient from Diabetic clinic in Sherpien Hospital. Twenty patients were trained by aerobic exercise with treadmill at 80 % of maximum heart rate. The other twenty patients were taken as a control group. Both groups were on their medications and were instructed to be on their normal activities. All patients were evaluated in the first and final evaluation. The results of this study revealed as significant reduction in body mass index for the training group (group A), while they revealed insignificant increase for the control group (group B). The results also revealed a significant reduction of fasting and post prandial blood glucose level for group (A), while for group (B), there was insignificant reduction in fasting and post prandial blood glucose.

The results also revealed a significant reduction in resting systolic and resting diastolic blood pressure in-group (A), while in-group (B), there was insignificant reduction in resting systolic and resting diastolic blood pressure.

The results also revealed a significant an increase in post-exercise systolic and post-exercise diastolic blood pressure in-group (A), while in-group (B), there was insignificant increase in post-exercise systolic and post-exercise diastolic blood pressure.

Exercise tolerance test variables (maximum heart rate , training heart rate, duration of exercise test) in group (A) significantly increased and pre-exercise (resting) heart rate in group (A) significantly reduced .

While in-group (B) there was insignificant increase in maximum heart rate, training heart rate) but significant mild increase in duration of exercise test and was insignificant decrease in pre-exercise heart rate.

Key words: Aerobic training, females, Diabetes (type 2), Hypertension.

List of Content

List of tables

NO **Page**