



Low Level Laser Therapy Versus Ultrasonic Cavitation in Abdominal Adiposity After Gastric Bypass in Female

Saly Maher Ahmed Elkablawy¹, ZakariaMowafyEmam²,
SamahH. Nagib²

¹Physical Therapist, Egypt

²Physical Therapy Department for Surgery, Faculty of Physical Therapy,
Cairo University, Egypt

Abstract: The purpose of this study was to investigate the effect of the ultrasonic cavitation versus low level laser therapy in the treatment of abdominal adiposity in female post gastric bypass. **Subjects:** Sixty female suffering from localized fat deposits at the abdomen area after gastric bypass were divided randomly and equally into three equal groups Group (1): were received low level laser therapy plus bicycle exercises and abdominal exercises for 3 months, Group (2): were received ultrasonic cavitation therapy plus bicycle exercises and abdominal exercises for 3 months, and Group (3): were received bicycle exercises and abdominal exercises for 3 months. **Methods:** data were obtained for each patient from waist circumferences, skin fold and ultrasonography measurements were done after six weeks postoperative (pre- exercise) and at three months postoperative. The physical therapy program began, six weeks postoperative for experimental group. Including aerobic exercises performed on the stationary bicycle, for 30 min, 3 sessions per week for three months **Results:** showed a statistically significant decrease in waist circumferences, skin fold and ultrasonography measurements in the three groups, with a higher rate of reduction in Group (1) and Group (2). Also there was a non-significant difference between Group (1) and Group (2). **Conclusion:** these results suggested that both low level laser therapy and ultrasonic cavitation had a significant effect on abdominal adiposity after gastric bypass in female.

Keywords: Gastric Bypass, Low level laser therapy, Ultrasonic cavitation, obesity.