



มหาวิทยาลัยศรีนครินทรวิโรฒ

คณะกายภาพบำบัด

ประวัติและผลงานอาจารย์

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การศึกษา

ปีที่จบ

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ความเชี่ยวชาญ

Ergonomics, Low back pain, Stature change, Lumbar instability,

Core stabilization exercise

ผลงานวิจัย ( 5 ปีที่ผ่านมา )

JOURNAL ARTICLES

1. Pongsatorn Saiklang, Kwanhathai Phanthaso,Peerapa Tangnamprasert, Montanan Chantarujikapong, Sunisa Tepsiri, Thunwarat Samong, Raksina Poonsawad, Teerawat Nithiatthawanon,and Rungrudee Tupsila (2024). The Effect of Lumbar Stabilization Exercises with the Abdominal Drawing-In Maneuver via Telerehabilitation on Lumbar Position Sense in Seated Sedentary Workers with Chronic Low Back Pain and Lumbar Instability: A Pilot Study. Thai journal of physical therapy, 46(3), 141-156.
2. Rungrudee Tupsila and Pongsatorn Saiklang (2024). Intra-and inter-raters reliability of lumbar joint repositioning sense test in seated sedentary behavior with chronic low back pain. Thai Journal of Ergonomics, 7 (1), 119-130.



3. Pongsatorn Saiklang, Thiwaphon Chatprem, Orapin Karoonsupcharoen, Nitaya Viriyatharakij, Parvinee Saiklang, and Rungthip Puntumetakul (2024). The Effect of Time of Day on Lumbar Repositioning Sense Variability in Asymptomatic Participants with Seated Sedentary Behavior Over Two Consecutive Days. *Trends in Sciences*, 21(5), 7685.
4. Pongsatorn Saiklang, Thiwaphon Chatprem, Orapin Karoonsupcharoen, Parvinee Saiklang, and Rungthip Puntumetakul (2024). The Comparison of the Effect of Prolonged Sitting on Lumbar Repositioning Error in Asymptomatic and Chronic Low Back Pain Participants with Seated Sedentary Behavior. *Trends in Sciences*, 21(3), 7332.
5. Rungthip Puntumetakul, Thiwaphon Chatprem, Pongsatorn Saiklang, Arisa Leungbootnak. (2023) The Effect of Two Types of Back Pillow Support on Transversus Abdominis and Internal Oblique Muscle Fatigue, Patient Satisfaction, and Discomfort Score during Prolonged Sitting. *Environmental Research and Public Health*, 20(4), 3742. doi: 10.3390/ijerph20043742.
6. Pongsatorn Saiklang and Parvinee Saiklang (2022). Stature recovery of the spine. *Thai journal of physical therapy*, 44(3), 238-257.
7. Rungthip Puntumetakul, Thiwaphon Chatprem, Pongsatorn Saiklang, Supaporn Phadungkit, Worawan Kamruech, Surachai Sae-Jung (2022). Prevalence and Associated Factors of Clinical Myelopathy Signs in Smartphone-Using University Students with Neck Pain. *International Journal of Environmental Research and Public Health*. 19(8):4890. doi.org/10.3390/ijerph19084890.
8. Pongsatorn Saiklang, Rungthip Puntumetakul, Thiwaphon Chatprem (2022). The Effect of Core Stabilization Exercise with the Abdominal Drawing-in Maneuver Technique on Stature Change during Prolonged Sitting in Sedentary Workers with Chronic Low Back Pain. *International Journal of Environmental Research and Public Health*, 19(3):1904. doi.org/10.3390/ijerph19031904.
9. Pongsatorn Saiklang, Rungthip Puntumetakul, James Selfe and Gillian Yeowell (2022). An Evaluation of an Innovative Exercise to Relieve Chronic Low Back Pain in Sedentary Workers. *Human Factors*, 64(5):820-834. doi:10.1177/0018720820966082.



10. Rungthip Puntumetakul, Pongsatorn Saiklang, Weerasak Tapanya, Thiwaphon Chatprem, Jaturat Kanpittaya, Preeda Arayawichanon, and Rose Boucaut (2021). The Effects of Core Stabilization Exercise with the Abdominal Drawing-in Maneuver Technique versus General Strengthening Exercise on Lumbar Segmental Motion in Patients with Clinical Lumbar Instability: A Randomized Controlled Trial with 12-Month Follow-Up. *International Journal of Environmental Research and Public Health*, 18(15), 7811, doi: 10.3390/ijerph18157811.
11. Su Su Hlaing, Rungthip Puntumetakul, Sawitri Wanpen and Pongsatorn Saiklang (2021). Updates on Core Stabilization Exercise and Strengthening Exercise: A Review Article. *Asia-Pacific journal of Science and Technology*, 26(4).
12. Pongsatorn Saiklang, Rungthip Puntumetakul, Wantanan Siritaratiwat and Rose Boucaut (2021). Effect of time of day on the magnitude of stature change response variability in participants with chronic low back pain on consecutive two days. *Trends in Sciences*, 18(23),678. doi.org/10.48048/tis.2021.678.
13. Rungthip Puntumetakul, Pongsatorn Saiklang, Wantanee Yodchaisarn, Torkamon Hunsawong and Janyawat Rungsri (2021). Effects of Core Stabilization Exercise versus General Trunk-Strengthening Exercise on Balance Performance, Pain Intensity and Trunk Muscle Activity Patterns in Clinical Lumbar Instability Patients: A Single Blind Randomized Trial. *Walailak Journal of Science and Technology (WJST)*, 18(7), 9054 , Doi:10.48048/wjst.2021.9054.
14. Pongsatorn Saiklang, Rungthip Puntumetakul, Manida Swangnetr Neubert and Rose Boucaut (2020). The immediate effect of the abdominal drawing-in maneuver technique on stature change in seated sedentary workers with chronic low back pain, *Ergonomics*, 64(1), 55-68, DOI: 10.1080/00140139.2020.1810326.
15. Pongsatorn Saiklang, Rungthip Puntumetakul, Manida Swangnetr Neubert and Rose Boucaut (2019) Effect of time of day on height loss response variability in asymptomatic participants on two consecutive days, *Ergonomics*, 62(12), 1542-1550, Doi: 10.1080/00140139.2019.1663941.



16. Rungthip Puntumetakul, Rawiporn Pithak, Suwalee Namwongsa, Pongsatorn Saiklang and Rose Boucaut (2019). The effect of massage technique plus thoracic manipulation versus thoracic manipulation on pain and neural tension in mechanical neck pain: a randomized controlled trial. *Journal of Physical Therapy Science*, 31(2), 195-201.
17. Rungthip Puntumetakul, Rungthip Chalermisan, Su Su Hlaing, Weerasak Tapanya, Pongsatorn Saiklang and Rose Boucaut (2018). The effect of core stabilization exercise on lumbar joint position sense in patients with subacute non-specific low back pain: a randomized controlled trial. *Journal of Physical Therapy Science*, 30(11), 1390-1395.
18. Pongsatorn Saiklang, Rungthip Puntumetakul, Manida Swangnetr, Orawan Buranruk, Wantana Siritaratiwat, Suwalee Namwongsa and Wantanee Yodchaisarn (2017). Height loss. *Thai journal of physical therapy*, 39(3), 120-133.

#### CONFERENCE PRESENTATIONS/POSTERS

1. Pongsatorn Saiklang, Rungthip Puntumetakul, Wantana Siritaratiwat, Orawan Buranruk. (2019). Intratester and intertester reliability of repositioning test for lumbar motor control in sedentary workers with chronic low back pain participants. Full- Proceedings of International Conference of the 40th Anniversary of AMS-KKU Foundation 2019 Khon Kaen, Thailand (November 6-8).



2. Pongsatorn Saiklang, Rungthip Puntumetakul, Wantana Siritaratiwat, Orawan Buranruk. (2019). The immediate effect of Abdominal drawing-in maneuver technique response in sitting sedentary workers with chronic low back pain: a pilot study. TRSI Congress 2019 Bangkok, Thailand (August 8).
3. Pongsatorn Saiklang, Rungthip Puntumetakul, Wantana Siritaratiwat, Orawan Buranruk. (2019). Reliability of height loss response measured in sitting in chronic low back pain participants. Full-Proceedings of 13th International Society of Physical and Rehabilitation Medicine World Congress (ISPRM 2019) Kobe, Japan (June 9-13).
4. Pongsatorn Saiklang, Rungthip Puntumetakul, Manida Swangnetr, Orawan Buranruk, Wantana Siritaratiwat, Suwalee Namwongsa. (2017). Reliability of height loss response measured in sitting in asymptomatic subjects. Full-Proceedings of the 2nd Thailand National Ergonomics Conference 2017 Bangkok, Thailand (December 20-22).
5. Pongsatorn Saiklang, Rungthip Puntumetakul, Wantana Siritaratiwat, Orawan Buranruk. (2016). Reliability of height loss measuring stadiometer. Full-Proceedings of the 1st Thailand National Ergonomics Conference 2016 Bangkok, Thailand (December 15-17).

หนังสือ/ตำรา/บทความ

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