

Curriculum Vitae:

Assoc. Prof. Sainatee Pratanaphon



Contact Address: Department of Physiotherapy, Faculty of Associated Medical Sciences,
Chiang Mai University 50200, Thailand

E-mail: < sainatee10@gmail.com; sainatee.pra@cmu.ac.th > **URL:** www.ams.cmu.ac.th

Tel: +66 (053) 949248 **Mobile:** +66897001599 **Fax** +66 (053) 946042

Education:

M.Sc. Mahidol University, Thailand (Physiology)

B.Sc. Chiang Mai University, Thailand (Physical Therapy)

Positions & Appointments

Academic positions

2006 – present Associate Professor

2001 – 2005 Assistant Professor

1996 – 2000 Instructor

ปี พ.ศ.	เครื่องราชอิสริยาภรณ์ที่ได้รับ
2564	เหรียญจักรพรรดิมาลา
2563	มหาวชิรมงกุฏ (ม.ว.ม.)
2557	ประถมาภรณ์ช้างเผือก (ป.ช.)
2554	ประถมาภรณ์มงกุฎไทย (ป.ม.)
2551	ทวิติยาภรณ์ช้างเผือก (ท.ช.)
2547	ทวิติยาภรณ์มงกุฎไทย (ท.ม.)
2544	ตริตาภรณ์ช้างเผือก (ต.ช.)

Appointments

Executive

2022 – present	Associate Dean for Academic Studies, Faculty of Associated Medical Sciences, Chiang Mai University, Thailand
2018 – 2022	Assistant Dean for Graduate Education, Faculty of Associated Medical Sciences, Chiang Mai University, Thailand
2007 – 2011	Head of Department, Department of Physical Therapy, Chiang Mai University, Thailand
2003 – 2006	Assistant Dean for Undergraduate Student Affairs, Faculty of Associated Medical Sciences, Chiang Mai University, Thailand
2000 – 2006	Executive Board of AMS Clinical Service Center, CMU

Profession

2020 – present	Fellow College of Physical Therapy of Thailand (F.CPTT) (Pediatric Physical Therapy) (Lifelong)
2007 – present	Assessor of Quality Assurance in Higher Education, Thailand
2009 – 2010	Executive committee of Thai Physical Therapy Council

Academic

2017 – present	Teaching staff of Master of Education program in Special Education , Graduate school, Chiang Mai University, Thailand
2016 – present	Teaching staff of Master of Education program in Special Education , Faculty of Education, Chiang Mai University, Thailand
1999 – present	Teaching staff of Master of Science program in Sport Science , Graduate school, Chiang Mai University, Thailand
1996 – present	Teaching staff of Bachelor of Science program in Physical Therapy , Faculty of Associated Medical Sciences, Chiang Mai University, Thailand
2018 – 2024	Executive committee of Master program in Physical Therapy , Faculty of Associated Medical Sciences, Chiang Mai University, Thailand

2012 – 2023	Subcommittee of the Academic Assessor in Teaching and Documents applying for Academic Position (Physical Therapy), Faculty of Associated Medical Sciences, Chiang Mai University, Thailand
2019 – 2022	Executive committee of Master program in Sport Science , Graduate school, Chiang Mai University, Thailand
2018 –2022	Vice Chair of the Executive Committee of Doctoral program in Biomedical Sciences , Faculty of Associated Medical Sciences, Chiang Mai University, Thailand
2008 – 2012	Executive committee of Master program in Sport Science , Graduate school, Chiang Mai University, Thailand
2004 – 2017	Executive committee of Master program in Movement and Exercise Sciences , Faculty of Associated Medical Sciences, Chiang Mai University, Thailand

Professional Membership:

1996 – present	Thai Physical Therapy Association (Life membership)
2000 – present	The Sports Science Society of Thailand

Area of Interest:

- Fitness test development
- Exercise interventions to improve cardiovascular function, especially for those with obstructive sleep apnea and/or obesity
- Pediatric physical therapy for high-risk infants
- Development of mobility aids for individuals with physical disabilities

Student Awards

1. Nithitsutthibuta K, Sonsuwan N, Kunritt J, Yaicharoen P, Pratanaphon S. “*Hemodynamic Responses to 4-Week High-Intensity Interval Training in Individuals with Obstructive Sleep Apnea and Type 2 Diabetes Mellitus*”. Presented at The International Conference on Sports and Exercise Science. "Revolutionizing the Sport Landscape: Strategies for

Excellence and Sustainability". Chonburi, THAILAND. **Best oral presentation award (First Place Award)** 21-25 March, 2024.

2. Longlalerng K, Sonsuwan N, Kietwatanachareon S, Kumsaiyai W, Uthaikhup S, Traisathit P, Panyasak D, Pratanaphon S. *Combining High-Intensity Interval Training and Resistance Training on Sleep Indexes and Vascular Function in Obese Children with Obstructive Sleep Apnea*. Presented at *The International Conference on Adaptations and Nutrition in Sports (ICANS)*, 2018. Chonburi, THAILAND. **Best oral presentation award (Second Place Award)**
3. Chairat W, Panpanya Y, Namkorn J, Pattana S, Yankai A, Pratanaphon S. "The Resistance Motor tricycle for Children with Cerebral Palsy" awarded by *the Thailand Innovation Awards (Sport Innovation-Health Promotion)*, 2009. (Third Place Award)
4. Saivarin P, Anusri S, Pattana S, Pratanaphon S. "The Posterior Walker for Children with Cerebral Palsy" awarded by *the Industrial and Research Projects for Undergraduate students (IRPUS)*, 2008 (Popular Vote) (Third Place Award)
5. Chanpa S, Pratanaphon S. "The Portable Wheeled Walker for People with Poor Gait". awarded by *the Thailand Innovation Awards (Technology)*, 2007 (Third Place Award)

*** First Author/Corresponding Author**

Publications from the past 5 years = 53(9); H-index = 6

International publications:

1. Khamjing C, Ngukhiew A, Kasemsah A, Konghakote S, Yaicharoen P, **Pratanaphon S***. Validity and reliability of a novel jumping jacks test for estimating maximal oxygen consumption in healthy young adults. *Nat Life Sci Commun* 2025; 24(1): e2025018. *Doi: 10.12982/NLSC.2025.018*. (Q3)
2. Namprom N, Woragidpoonpol P, Chotibang J, **Pratanaphon S**, Phoowayanon S. Translation and Reliability of the Neonatal Neurobehavioral examination-Thai version. *J Neonatal Nurs* 2024; 101613. *Doi: 10.1016/j.jnn.2024.12.016*. (In Press, Q2)
3. Nithitsuttibuta K, Kunritt J, Kiatwattanacharoen S, **Pratanaphon S***. Effects of occlusion cuff pressures for determining brachial artery FMD in healthy Thai adults. *Nat Life Sci Commun* 2024; 23(4): e2024050. <https://doi.org/10.12982/NLSC.2024.050> (Q3)

4. Intawong O, Nithitsutthibuta K, Kunritt J, **Pratanaphon S***. Jump roping high-intensity interval training enhances vascular function in adults with overweight/obesity. *Nat Life Sci Commun*. 2024; 23(3): e2024042. <https://doi.org/10.12982/NLSC.2024.042> (Q3)
5. Nithitsutthibuta K, Sonswan N, Kunritt J, Yaicharoen P, **Pratanaphon S***. Hemodynamic Responses to 4-Week High-Intensity Interval Training in Individuals with Obstructive Sleep Apnea and Type 2 Diabetes Mellitus. *Full Proceedings of The International Conference on Sports and Exercise Science 2024. "Revolutionizing the Sport Landscape: Strategies for Excellence and Sustainability"*. Chonburi, THAILAND. 2024 March 21-25.
6. Konkeaw P, **Pratanaphon S***. Balance abilities in high dynamic-sport athletes with different maximal voluntary contraction. *J Assoc Med Sci* 2024; 57(2): 115-124. <https://he01.tci-thaijo.org/index.php/bulletinAMS/article/view/26549> (Q4)
7. Sa-nguanmoo P, Chuatrakoon B, **Pratanaphon S**, Thanagosai J, Sriarpon J. Impact of physical activity on pulmonary function and respiratory muscle strength in obese young adults. *Trends in Sciences* 2023; 20(11), 6802. (Q3, IF=0.160)
8. Sornkla S, Sonswan N, **Pratanaphon S***. Feasibility of inspiratory muscle training to improve pulmonary and respiratory muscle function, and for attenuating sleep apnea symptoms in children and Adolescent with Obstructive Sleep Apnea and Obesity: Case Report. *J Assoc Med Sci* 2022; 55(3): 19-25. (Q4)
9. **Pratanaphon S***, Sonswan N, Chaimano S, Chandee S, Autkhrua K, Sa-nguanmoo P, Wonglangka K. Obstructive sleep apnea effects on pulmonary and respiratory muscle function of obese children and adolescents: a preliminary study. *Turk Thorac J* 2022; 23(2): 104-8. Doi: 10.5152/TurkThoracJ.2021.0115. (Q3, IF=0.259)
10. Longlalerng K, Sonswan N, Uthaikhup S, Kietwatanachareon S, Kamsaiyai W, Panyasak D, **Pratanaphon S***. High intensity interval training combined with resistance training improved apnea hypopnea index but did not modify oxygen desaturation index and oxygen saturation nadir in obese children with obstructive sleep apnea. *Sleep Breath* 2020; 24(2): 571-80. Doi: 10.1007/s11325-019-01899-z. (Q2, IF=2.30)
11. Longlalerng K, Sonswan N, Uthaikhup S, Kumsaiyai W, Silitertpisan P, Traisathit P, **Pratanaphon S***. Translation, cross-cultural adaptation and psychometric properties of the Sleep-Related Breathing Disordered -Pediatric Sleep Questionnaire for obese Thai children

with obstructive sleep apnea. *Sleep Med* 2019; 53: 45-50. Doi: 10.1016/j.sleep.2018.08.033. (Q1, IF=2.56)

12. Leelarungrayub D, Saidee K, Pothongsunun P, **Pratanaphon S**, YanKai A, Bloomer RJ. Six weeks of aerobic dance exercise improves blood oxidative stress status and increases interleukin-2 in previously sedentary women. *JMBT* 2011; 15: 355-62.
13. Leelarungrayub D, **Pratanaphon S**, Pothongsunun P, Sriboonreung T, Yankai A, Bloomer RJ. *Vernonia cinerea* Less. supplementation and strenuous exercise reduce smoking rate: relation to oxidative stress status and beta-endorphin release in active smokers. *J Int Soc Sports Nutr* 2010; 7: 21-30.
14. Leelarungrayub D, Pothongsunun P, Yankai A, **Pratanaphon S**. Acute clinical benefits of chest wall-stretching exercise on expired tidal volume, dyspnea and chest expansion in a patient with chronic obstructive pulmonary disease. *JMBT* 2009; 13: 338-43.

National publications

15. Borkam R, Peungsuwan P, Chanavirut R, **Pratanaphon S**, Malila P, Donpunha W. Effects of a lower extremity strength training program on range of motion in children with spastic cerebral palsy. *Archives of Allied Health Sciences* 2020; 32(3): 39-49.
16. **Sainatee P***, Longlalerng K, Jitmana. J, Chaikla. K, Namkanya T, Pirunsan U, Booththa N. Content validity and psychometric characteristics of Thai translated version of the Physical Activity Questionnaire for Children (PAQ-C) and Adolescents (PAQ-A). *J Assoc Med Sci* 2020; 53(3): 84-91.
17. Borkam R, Donpunha W, Peungsuwan P, Chanavirut R, **Pratanaphon S**. Effect of lower extremities strengthening exercise on standing in children with spastic cerebral palsy. Proceeding at The 2nd National Conference, Ratchathani University (RTUNC 2017) July 26-27, 2017. Ubonratchathani, THAILAND.
18. Boontha K, Pirunsan U, Khamwong P, **Pratanaphon S**. Reliability of heart rate maximizer test using jumping jack in assessing cardiovascular fitness. *Bull Chiang Mai Assoc Med Sci* 2016; 49(3): 344-54. Doi: 10.14456/jams.2016.34.
19. Sukhajirachort K, Kasiyaphat A, Silalertdejkul S, **Pratanaphon S**, Kietwatanachareon S. The effects of core muscle strength and high-intensity interval endurance training on dragon boat rowers performance. *J Faculty Phys Educ* 2016; 19(1): 209-17.

20. Srisukjareon B, Theerapraditthaphon N, **Pratanaphon S***. Ankle Proprioception Deficit in Hockey Athletes with Previous Ankle Injury. *J Med Tech Phy Ther* 2015; 27(3): 298-306.
21. Srisukjareon B, Chamnongkich S, **Pratanaphon S***. Comparisons of Static and Dynamic Balance between Hockey Athletes with and without Ankle Injury. *J Sports Sci Technol* 2015; 15(1): 191-201.
22. Somchart W, Chamnongkich S, **Pratanaphon S***. Effects of aqua brisk walking and cycling on risk factors of metabolic syndrome and physical fitness in obese adults. *J Med Tech Phy Ther* 2015; 27(1): 68-78.
23. Boonyarom O, Somthavil S, Srisupornkornkool K, **Pratanaphon S**, Sangmuang N, Wongjaroen S, et al. Prevalence of obesity in primary school students in Muang, Phitsanulok province. *Royal Thai Air Force Medical Gazette (RTAFMG)* 2014; 60(2): 35-41.
24. Tijan J, **Pratanaphon S**, Khamwong P. Acute effects of warm up and dynamic stretching on vertical jump, speed and agility in youth male soccer players. *J Sports Sci Technol* 2014; 14(2): 31-42.
25. Chamnongkich S, **Pratanaphon S**. Measurement of trunk stability the Timed Up and Go Test in elderly women using an accelerometer. *Songkla Med J* 2014; 32(1): 23-33.
26. Chamnongkich S, Wongsaya E, **Pratanaphon S**. Trunk displacement during the sit-to-stand tests in young adults. *Bull Chiang Mai Assoc Med Sci* 2013; 46(2): 131-40.
27. Theerapraditthaphon N, Chamnongkich S, **Pratanaphon S***. Effects of static and dynamic stretching combined with a warm-up on lower extremity kinematics and 100 meters sprint performance. *J Sports Sci Technol* 2012; 12(1): 33-44.
28. Kitmee V, **Pratanaphon S***. The effects of dynamic warm up combining with static stretching on strength, sprint and flexibility. *J Sports Sci Technol* 2012; 12(2): 27-36.
29. Prakanta P, **Pratanaphon S***. Comparisons in physical fitness between obese, overweight and normal weight children aged 6-12 years old. *Bull Chiang Mai Assoc Med Sci* 2012; 45(3): 49-58.
30. Kaetwong S, **Pratanaphon S***. Acute effects of dynamic stretching with and without warm-up on sprint and vertical jump performance. *Bull Chiang Mai Assoc Med Sci* 2012; 45(3): 39-48.

31. Hensangvilai K, **Pratanaphon S**, Silsupadol P, Sunanchai A. The effectiveness of using VCD aerobic exercises on physical fitness in obese children. Bull Chiang Mai Assoc Med Sci 2012; 45(2): 52-8.
32. Chaimongkol N, **Pratanaphon S***. Effects of continuous and accumulated brisk walking on functional capacity and lipid profile in sedentary workers. J Med Tech Phy Ther 2011; 23: 177-85.
33. Ruangjun Y, Boriboon D, Khamwong P, **Pratanaphon S**. Effects of upper limbs plyometric exercises on anaerobic fitness, reaction time and rowing efficiency in Thai 5-oars paddlers. J Sports Sci Technol 2009; 9(1 & 2): 151-62.
34. Saivarin P, Anusri S, Pattana S, **Pratanaphon S***. Gait parameters, energy conservation and perceived exertion in children with cerebral palsy when walking with the developing posterior walker. Chiang Mai Med Bull 2008; 47(3): 125-33.
35. **Pratanaphon S***, Pun-Ai N, Chamnongkich S. Prolonged effect of children and family based intervention on treating childhood obesity. Chiang Mai Med Bull 2008; 47(1): 19-25.
36. Tawarat K, **Pratanaphon S***. The development of adjustable velcro weight. Bull Chiang Mai Assoc Med Sci 2008; 41(1): 39-45.
37. Chanpa S, **Pratanaphon S***. The development of Portable Wheeled Walker. Bull Chiang Mai Assoc Med Sci 2007; 40(3): 228-35.
38. **Pratanaphon S***, Chumnongkich S, Hensangvilai K. The development of prediction equations for BMI and fat mass from simple anthropometry in 6-to-8-year-old children. Chiang Mai Med Bull 2007; 46(1): 31-8.
39. Hensangvilai K, Panti S, Pirunsan U, **Pratanaphon S**. Development of moderate intensity aerobic exercise VCD for normal children aged 9 - 10 years old. J Med Tech Phy Ther 2007; 19(1): 80-8.
40. **Pratanaphon S***, Pun-Ai N, Chumnongkich S. Acute effect of children and family-based intervention on treating obesity. Chiang Mai Medical Bulletin 2006; 45(4): 151-9.
41. Wongpang K, Zaeleng N, **Pratanaphon S***. Reference body mass index for children aged 3-12 yrs in private schools: retrospective study. Bull Chiang Mai Assoc Med Sci 2006; 39(3): 29-37.

42. Hensangvilai K, **Pratanaphon S**. The Prolonged effects of 12 - Minute Walk Test exercise program on physical fitness in overweight women. Bull Chiang Mai Assoc Med Sci 2006; 39(1): 36-41.
43. **Pratanaphon S***, Sutabhaha T. Anaerobic fitness in Thai professional bullet students. J Sports Sci Technol 2004; 4(1): 75-80.
44. Maneechak W, **Pratanaphon S**. Survey of basic geometric form copying ability in preschoolers aged 3-5 in Amphur Muang, Chiang Mai. Bull Chiang Mai Assoc Med Sci 2004; 37: 71-7.
45. **Pratanaphon S***, Ananwattanakij K, Namwong P. Vital capacity and inspiratory muscle strength of individuals with mental retardation: a comparative study. Bull Chiang Mai Assoc Med Sci 2001; 34: 98-106.

Textbooks

46. **Pratanaphon S**. Cigarette toxicity in pregnancy, developing fetus and children. In: Vachalathiti R and Janewattanakul P, editors Physical Therapy and Cigarette toxicity Bangkok: Chulalongkorn University Printing House; 2007. p 153-194.
47. **Pratanaphon S**. Childhood obesity and Management. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University; 2006.
48. **Pratanaphon S**. Child Development. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University; 2005.
49. **Pratanaphon S**. Community-Based Rehabilitation. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University; 2004.
50. **Pratanaphon S**, Sriboonreung T, Cheewapanich S, Hensangvilai K. (2001). Training handbook of Pediatric Physical Therapy in Community. Chiang Mai: Chotana printing; 2001.
51. **Chenareon S**. Pediatric Neurologic Physical Therapy I. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University; 1999.
52. **Chenareon S**. Speech Therapy and Language. In: Hensaengwilai K, editor. Training handbook of Bobath course. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University. 1998. p 161- 80.

53. **Chenareon S.** Physiology of heat. In: Tanawan Techasubamorn, editor. Thermotherapy I.

Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University; 1997. p 1-18

Short Course Training & Visiting

Course	Organization	Date
Equipment & research related to Sport Sciences	- Laboratory of Exercise Biochemistry, Institute of Health & Sports Sciences, University of Tsukuba, JAPAN	Oct 27- Nov 4, 2013
	- Korean Institute of Sports Science (KISS), National University of Sports Science, World Cup Stadium, Soul, South Korea	Oct 22-26, 2010
	- School of Exercise and Sport Science, University of Sydney and Sydney Water Sports Center, Australia	Nov 16-18, 2009
	School of Exercise, University of New South Wales, Australia	Apr 1-16, 2002
	Beijing, People Republic of China	Aug 27-31, 2001
Traditional Chinese Medicine Camp	Wenzhou Medical University, China	Oct 12- 26, 2013
Thailand Quality Award (TQA)	Thailand Productivity Institute	2009-2012
Metabolic cart training	MedGraphics Co.Ltd., Minneapolis, MN, USA	Dec 13-22, 2007

3-D Motion analysis & Functional Electrical Stimulation (FES): Operation & Application	School of Exercise and Sport Science, University of Sydney, Australia	Apr 22-30, 2004
Botox in CP and Various form of Assessment	Sydney Children's hospital, New South Wales, Australia	Apr 6-21, 2004
Rehabilitation of Persons with Disabilities (Vocational rehabilitation and workshop management)	Japan International Cooperation Agency (JICA)	Sept 10-Nov 2, 2002
Pediatrics PT: Focusing on Preterm children, Hydrotherapy, and Hip surveillance in CP	Princess Margaret Hospital & King Edward Hospital, Perth, Western Australia via Curtin University	Mar 17-May 15, 2000