



Assistant Professor Dr. Ubon Pirunsan

**Personal Information**

**Address:** Department of Physical Therapy, Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, 50200 Thailand

**Telephone:** 66-5394-9243      **Mobile phone number:** 66-63954-5292      **Fax:** 66-5394-6042

**E-mail:** ubon.p@cmu.ac.th

**Education**

- 2003      PhD in Health Science, University of South Australia, Adelaide, Australia
- 1997      Master of Apply Sciences, University of South Australia, Adelaide, Australia
- 1992      Graduated Diploma in Manipulative Physiotherapy, University of South Australia, Adelaide, Australia
- 1988      Bachelor of Sciences in Physical Therapy, Chiang Mai University, Chiang Mai, Thailand

**Professional**

**Memberships**

- 1988 - Present      Active member of Physical therapy Association of Thailand

**Work Experience**

- 1990 – present      Lecturer, Department of Physical Therapy  
Faculty of Associated Medical Sciences, Chiang Mai University , Chiang Mai, Thailand  
Areas of teaching : physical therapy in musculoskeletal system, physical agent, physical examination, mobilization, therapeutic exercise, sport injury and clinical practice
- 2007- 2010      Volunteer in Hippo-therapy program for children with cerebral palsy at Ladda Land Equestrian club, Chiang Mai, Thailand

(Collaboration between Department of Physical therapy, Faculty of Veterinary Medicine and Ladda Land Equestrian club)

#### Research

##### Interests:

- Work related musculoskeletal disorders
- Classroom Action Research

Research	Publications
2020	Coe-O'Brien, R., Joseph, L., Kuisma, R., Paungmali, A., Sitalertpisan, P., & Pirunsan, U. (2020). Outcome measures used in the smartphone applications for the management of low back pain: a systematic scoping review. <i>Health Inf Sci Syst</i> , 8(1), 5. doi:10.1007/s13755-019-0097-x
	Joseph, L., Standen, M., Paungmali, A., Kuisma, R., Sitalertpisan, P., & Pirunsan, U. (2020). Prevalence of musculoskeletal pain among professional drivers: A systematic review. <i>J Occup Health</i> , 62(1), e12150. doi:10.1002/1348-9585.12150
	Mohamed Mohamed, W. J., Joseph, L., Canby, G., Paungmali, A., Sitalertpisan, P., & Pirunsan, U. (2020). Are patient expectations associated with treatment outcomes in individuals with chronic low back pain? A systematic review of randomised controlled trials. <i>Int J Clin Pract</i> , 74(11), e13680. doi:10.1111/ijcp.13680
	Sitalertpisan, P., Joseph, L. H., Paungmali, A., Pirunsan, U., & Chunchai, T. (2020). Investigation of the contraction ratio of transversus abdominis and internal oblique muscles during lumbopelvic stability test. <i>Muscles, Ligaments and Tendons Journal</i> , 10(1), 86-91.
	Pratanaphon, S., Longlalerng, K., Jitmana, J., Chaikla, K., Nankanya, T., Pirunsan, U., & Boontha, N. (2020). Content validity and psychometric characteristics of the Thai translated version of the physical activity questionnaire for children (PAQ-C) and adolescents (PAQ-A). <i>Journal of Associated Medical Sciences</i> , 53(3), 84-91
2018	พงศ์สันติ ไยเจริญ, ภัทรพร สิทธิเลิศพิศาล, อุบล พิรุณสาร, รุ่งทิภา กันทะอินทร์, เชียงใหม่เวชสาร 2018:58:87-97.การบาดเจ็บและการดูแลรักษานักกีฬา มหาวิทยาลัยเชียงใหม่ ในการแข่งขันกีฬามหาวิทยาลัย ครั้งที่ 44 ปีการศึกษา 2560
	Joseph, L. H., Hancharoenkul, B., Sitalertpisan, P., Pirunsan, U., & Paungmali, A. (2018). Effects of Massage as a Combination Therapy with Lumbopelvic Stability Exercises as Compared to

	Standard Massage Therapy in Low Back Pain: a Randomized Cross-Over Study. <i>Int J Ther Massage Bodywork</i> , 11(4), 16-22. (Q3)
	Paungmali, A., Joseph, L. H., Punturee, K., Sitalertpisan, P., <b>Pirunsan, U.</b> , & Uthaihpup, S. (2018). Immediate Effects of Core Stabilization Exercise on beta-Endorphin and Cortisol Levels Among Patients With Chronic Nonspecific Low Back Pain: A Randomized Crossover Design. <i>Journal of Manipulative and Physiological Therapeutics</i> , 41(3), 181-188. doi:10.1016/j.jmpt.2018.01.002 (Q1)
	Henry Joseph, L., Hancharoenkul, B., Sitalertpisan, P., <b>Pirunsan, U.</b> , & Paungmali, A. (2018). Comparison of Effects Between Core Stability Training and Sports Massage Therapy Among Elite Weightlifters with Chronic Non-Specific Low Back Pain: A Randomized Cross-Over Study. <i>Asian J Sports Med</i> , 9(1), e58644. doi:10.5812/asjrm.58644 (Q3)
2017	Joseph LH, <b>Pirunsan U</b> , Sitalertpisan P, Paungmali A. (2017). Effect of lumbopelvic myofascial force transmission on glenohumeral kinematics – A myo-fasciabiomechanical hypothesis. <i>Polish Annals of Medicine</i> 24(2),276-282.
	Paungmali A, Joseph L, Sitalertpisan P, <b>Pirunsan U</b> , Uthaihpup S. (2017). Lumbo-pelvic core stabilization exercise and pain modulation among individuals with chronic non-specific low back pain. <i>Pain Practice</i> 17(8):1008-14.
	Tasai, P., <b>Pirunsan, U.</b> , Rapipong, J., & Boontha, N. (2017). Effects of educational and back exercise program in transfer workers with chronic low back pain. <i>Journal of Associated Medical Sciences</i> , 50(2); 245-252.
2016	Paungmali A, Joseph L, Sitalertpisan P, <b>Pirunsan U</b> , Uthaihpup S. (2016). Improvements in tissue blood flow and lumbopelvic stability after lumbo-pelvic core stabilization training among patients with chronic non-specific low back pain. <i>Journal of Physical Therapy Science</i> : 28(2): 635-640.
	Boontha, K., <b>Pirunsan, U.</b> , Khamwong, P., & Pratanaphon, S. (2016). Reliability of heart rate maximizer test using jumping jack in assessing cardiovascular fitness. <i>Bulletin of Chiang Mai Associated Medical Sciences</i> , 49(3), 344-354.
	Boontha, K., <b>Pirunsan, U.</b> , & Khamwong, P. (2016). Cardiovascular response and energy expenditure of a novel heart rate maximizer test in healthy volunteers. <i>Bull Chiang Mai Assoc Med Sci</i> , 49(2), 263-275.
2015	Joseph L. Paungmali A, Sitalertpisan P, <b>Pirunsan U</b> , Uthaihpup S. (2015). Changes in Transversus Abdominis muscle thickness after lumbo-pelvic core stabilization training among chronic low back pain individuals. <i>Clinical Therapeutics</i> 166(5): e312-316.

	Benjaboonyanupap D, Paungmali A, <b>Pirunsan U</b> . (2015). Effect of therapeutic sequence of hot pack and ultrasound on physiological response over trigger point of upper Trapezius. <i>The Asian Journal of Sports Medicine</i> 6(3): e23806.
	Khamwong P, Paungmali A, <b>Pirunsan U</b> , Joseph LH. (2015). Prophylactic effects of Sauna on delayed-onset muscle soreness of the wrist extensors. <i>The Asian Journal of Sports Medicine</i> 6(2): e25549.
	Joseph LH, Hussain R, Naicker AS, Htwe O, <b>Pirunsan U</b> , Paungmali A. (2015). Pattern of changes in local and global muscle thickness among individuals with sacroiliac joint dysfunction. <i>Hong Kong Physiotherapy Journal</i> . 33(1): 28-33.
2014	Joseph LH, Hussain RI, Naicker AS, Ohnmar H, <b>Pirunsan U</b> , Paungmali A. (2014). Myofascial force transmission in sacroiliac joint dysfunction increases anterior translation of humeral head in contralateral glenohumeral joint. <i>Polish Annals of Medicine</i> . 21(2): 103-108.
	Joseph LH, Naicker AS, Htwe O, <b>Pirunsan U</b> , Paungmali A. (2014). Alterations in the posterior oblique chain muscle activity among individuals with sacroiliac dysfunction. <i>Middle East Journal of Scientific Research</i> . 21(4): 580-594.
	Joseph LH, Hussain RI, <b>Pirunsan U</b> , Naicker AS, Htwe O, Paungmali A. (2014). Clinical evaluation of the anterior translation of glenohumeral joint using ultrasonography: an intra- and inter-rater reliability study. <i>Acta Orthop Traumatol Turc</i> . 48(2):169-74.
2013	Joseph L, Hussain RI, Naicker AS, Htwe O, <b>Pirunsan U</b> , Paungmali A. (2013). (in-press) Anterior translation of humeral head in glenohumeral joint: Comparison between limb dominance and gender using ultrasonography. <i>Polish Annals of Medicine</i> ( <a href="http://dx.doi.org/10.1016/j.poamed.2013.09.006">http://dx.doi.org/10.1016/j.poamed.2013.09.006</a> ).
2012	Joseph L, <b>Pirunsan U</b> , Paungmali A. (2012). Effectiveness of two manipulative therapies in sacroiliac joint syndrome- Thoughts for research and clinical applications. <i>Journal of Bodywork and Movement Therapies</i> 16: 409-410. (doi: 10.1016/j.jbmt.2012.01.001).
	Paungmali A, Sitalertpisan P, Taneyhill K, <b>Pirunsan U</b> , Uthaikhup S. (2012). Intrarater Reliability of Pain Intensity, Tissue Blood Flow, Thermal Pain Threshold, Pressure Pain Threshold and Lumbo-Pelvic Stability Tests in Subjects With Low Back Pain. <i>The Asian Journal of Sports Medicine</i> 3(1): 8-14.
	Sitalertpisan P, Hides J, Stanton W, Paungmali A, <b>Pirunsan U</b> . (2012). Multifidus muscle size and symmetry among elite weightlifters. <i>Physical Therapy in Sport</i> , 13 (1):11-5
2011	Joseph L, Paungmali A, <b>Pirunsan U</b> , Srijit D. (2011). Sacroiliac joint and weight distribution to feet: An opinion towards clinical and research practice. <i>Manual Therapy</i> , 17(4): e7 (doi:10.1016/j.math.2011.09.003).

	Khamwong P, Nosaka K, <b>Pirunsan U</b> , Paungmali A. (2011). Prophylactic effect of hot pack on symptoms of eccentric exercise-induced muscle damage of the wrist extensors. <i>European Journal of Sport Science</i> 1-11 (DOI:10.1080/17461391.2011.566359).
	Sitilertpisan P, <b>Pirunsan U</b> , Puangmali A, Ratanapinuchai J, Kiatwattanacharoen S, Neamin H, Laskin JJ. (2011). Comparison of lateral abdominal muscle thickness between weightlifters and matched controls. <i>Physical Therapy in Sport</i> 12(4): 171-174.
	Uthaikhup S, Paungmali A, <b>Pirunsan U</b> . (2011). Validation of Thai versions of the Neck Disability Index and Neck Pain and Disability Scale in patients with neck pain. <i>Spine (Phila Pa 1976)</i> 36(21): E1415-1421.
	Phrompaet S, Paungmali A, <b>Pirunsan U</b> , Sitilertpisan P. (2011). The effects of Pilates training on lumbo-pelvic stability and flexibility. <i>The Asian Journal of Sports Medicine</i> 2(1):16-22.
	Khamwong P, <b>Pirunsan U</b> , Paungmali A. (2011). A prophylactic effect of proprioceptive neuromuscular facilitation (PNF) stretching on symptoms of muscle damage induced by eccentric exercise of the wrist extensors. <i>Journal of Bodywork and Movement Therapies</i> 15(4): 507-516.
2010	Khamwong P, Nosaka K, <b>Pirunsan U</b> , Paungmali A. (2010) Reliability of muscle function and sensory perception measurements of the wrist extensors. <i>Physiotherapy Theory and Practice</i> 26(4): 1-8.