



**NATHARIN (KRITSANA) BOONTHA, M.S., P.T.**

**Personal Information**

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

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**Education**

2006 to 2009      **Master of Sciences in movement and exercise sciences, Chiang Mai University, Chiang Mai, Thailand**

Thesis title : "Effects of therapeutic ultrasound on thermal perception thresholds"

1999 to 2003      **Bachelor of Sciences in Physical Therapy (Horn), Chiang Mai University, Chiang Mai, Thailand**

Research Project: "Prevalence of low back pain in high school students"

**Professional**

**Memberships**

2002- Present      Active member of Physical therapy Association of Thailand No.L1007

**Certification**

2014      Certificate of the Physical Therapy Central Chest Insitute of Thailand: Workshop on Essential Skills for Physical Therapist in Cardiac Rehabilitation, Therapy Central Chest Insitute of Thailand, 39 M.9 Tiwanon Rd., Bangkrasor Muang Nonthaburi, Thailand

2010      Certificate of The Thoracic Society of Thailand: Workshop on Spirometry Training, Siriraj Hospital, Bangkok, Thailand.

**Honors & Awards**

2014      University of Otago Doctoral Scholarship, Dunedin, New Zealand

2003      Award of poster presentation in 27th Annual Scientific Meeting on Mahidol's Day 2003

**Work Experience**

- 2009 – present      Lecturer, Department of Physical Therapy  
Faculty of Associated Medical Sciences, Chiang Mai University , Chiang Mai, Thailand  
Areas of teaching : physical therapy in cardiopulmonary conditions, 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)
- 2003 to 2006        Physiotherapist, Department of Orthopaedics , Faculty of Medicine , Chiangmai University,  
Chiang Mai, Thailand  
Rehabilitation in orthopedic patients especially in total knee and total hip replacements, spinal problems, musculoskeletal pain and sport injury

**Research****Publication**

- 2017                    Tasai, P., Pirunsan, U., Rapipong, J., & **Boontha, N.** (2017). Effects of educational and back exercise program in transfer workers with chronic low back pain. *Journal of Associated Medical Sciences*, 50(2); 245-252.
- 2016                    **Boontha, K.**, Pirunsan, U., Khamwong, P., & Pratanaphon, S. (2016). Reliability of heart rate maximizer test using jumping jack in assessing cardiovascular fitness. *Bulletin of Chiang Mai Associated Medical Sciences*, 49(3), 344-354.
- 2016                    **Boontha, K.**, Pirunsan, U., & Khamwong, P. (2016). Cardiovascular response and energy expenditure of a novel heart rate maximizer test in healthy volunteers. *Bull Chiang Mai Assoc Med Sci*, 49(2), 263-275.
- 2016                    Leelarungrayub, J., Borisuthibandit, T., Yankai, A., & **Boontha, K.** (2016). Changes in oxidative stress from tracheal aspirates sampled during chest physical therapy in hospitalized intubated infant patients with pneumonia and secretion retention. *Therapeutics and clinical risk management*, 12, 1377-1387.
- 2015                    Leelarungrayub, J., Eungpinichpong, W., Klaphajone, J., Prasannarong, M., & **Boontha, K.** (2015). Effects of manual percussion during postural drainage on lung volumes and metabolic status in healthy subjects. *Journal of Bodywork and Movement Therapies*.

- 2015 Uthaikhup, S., Prasert, R., Paungmali, A., & Boontha, K. (2015). Altered Pain Sensitivity in Elderly Women with Chronic Neck Pain. PloS one, 10(6), e0128946.
- 2014 Kanhachon, W., Boonprakob, Y., Wanpen, S., & Boontha, K. (2014). Comparative effect of Paslop dancing and specific core stabilizing exercise on postural control and core strength in sedentary subjects. Bulletin of Chiang Mai Associated Medical Sciences, 47(3), 143.

**Research assistant experience**

- 2010-2011 Efficiency of female leaders in community participation pelvic floor muscle exercise training.  
(Responsibility: facilitator in female leaders focus group discussion)
- 2009-2010 Multifidus muscle size and symmetry among elite weightlifters.  
(Responsibility: investigator- lumbo-pelvic stability test)
- 2008-2009 Effectiveness of back school program for Weightlifters with Low Back Pain.  
(Responsibility: investigator- interview and physical examination and exercise trainer )
- 2008-2009 Effect of knee educational program in Thai National Weightlifters.  
(Responsibility: investigator- interview and physical examination and exercise trainer )
- 2008-2009 Prevalence of injury in junior Badminton players  
(Responsibility: investigator- interview and physical examination )
- 2007-2008 Prevalence and Risk factors of injuries in Thai National Weightlifters.  
(Responsibility: investigator- interview and physical examination )

**Research**

**Interests:**

- Rehabilitation in cardiovascular and thoracic surgery
- Exercise
- Sport injury
- Low back pain
- Classroom Action Research
- Pain management

**Research Grants**

2015 **Title:** The physiological effects of the Jumping Jack test on cardiovascular system of healthy volunteers.

**Researchers:** Boontha K., Pirunsan U, Khumwong P and Sitolertpisan P.

**Sponsor:** Faculty of Associated Medical Sciences

**Valule:** 57,750 Baht