



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

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

Research	Publications
2025	Hancharoenkul, B., Khamwong, P., Pirunsan, U., Joseph, L., & Sawangjaithum, K. (2025). Relationship between risk factors at workplace and upper limb work-related musculoskeletal pain among poultry slaughterhouse workers: A cross-sectional study. <i>Journal of Associated Medical Sciences</i> , 58(2), 214–222.
2024	Boontha, N., Pirunsan, U., Deesomchok, A., Chaiwong, W., Joseph, L. H., & Lin, J. J. (2024). The prevalence, characteristics, and associated factors of pain in individuals with and without chronic obstructive pulmonary disease. <i>Physiotherapy Theory and Practice</i> , 1–13. https://doi.org/10.1080/09593985.2024.2431206
2023	Hancharoenkul B, Joseph L, Khamwong P, Pirunsan U . An investigation of the prevalence of work-related musculoskeletal pain and related disability among poultry slaughterhouse workers: a cross-sectional study. <i>Int Arch Occup Environ Health</i> . 2023;96(3):463-72.
	Joseph L, Vasanthan L, Standen M, Kuisma R, Paungmali A, Pirunsan U , et al. Causal Relationship Between the Risk Factors and Work-Related Musculoskeletal Disorders Among Professional Drivers: A Systematic Review. <i>Hum Factors</i> . 2023;65(1):62-85.
2021	Joseph L, Vasanthan L, Standen M, Kuisma R, Paungmali A, Pirunsan U , et al. Causal Relationship Between the Risk Factors and Work-Related Musculoskeletal Disorders Among Professional Drivers: A Systematic Review. <i>Hum Factors</i> . 2021:187208211006500.
	Sattasuk W, Sitalertpisan P, Joseph L, Paungmali A, Pirunsan U . A Clinical Evaluation of Scapular Dyskinesia Among Professional Bus Drivers With Unilateral Upper Quadrant Musculoskeletal Pain. <i>Workplace Health Saf</i> . 2021:21650799211003562.
	Kasemsan A, Joseph L, Paungmali A, Sitalertpisan P, Pirunsan U . Prevalence of musculoskeletal pain and associated disability among professional bus drivers: a cross-sectional study. <i>Int Arch Occup Environ Health</i> . 2021;94(6):1263-70.
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., Sitilertpisan, 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., Sitilertpisan, 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
	Sitilertpisan, 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 สิริเลิศพิศาล, อุบล พิรุณสาร, รุ่งทิพา กันทะอินทร์, เชียงใหม่เวชสาร 2018:58:87-97.การบาดเจ็บและการดูแลรักษานักกีฬามหาวิทยาลัยเชียงใหม่ ในการแข่งขันกีฬามหาวิทยาลัย ครั้งที่ 44 ปีการศึกษา 2560
	Joseph, L. H., Hancharoenkul, B., Sitilertpisan, 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., Sitilertpisan, P., Pirunsan, U. , & Uthaikhup, 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., Sitilertpisan, P., Pirunsan, U. , & 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/asjsm.58644 (Q3)
2017	Joseph LH, Pirunsan U , Sitilertpisan 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, Sitilertpisan P, Pirunsan U , Uthaikhup 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., Pirunsan, U. , 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, Silitertpisan P, Pirunsan U , Uthaikhup 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., Pirunsan, U. , 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., Pirunsan, U. , & 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, Silitertpisan P, Pirunsan U , Uthaikhup 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, Pirunsan U . (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, Pirunsan U , 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, Pirunsan U , 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, Pirunsan U , 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, Pirunsan U , 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, Pirunsan U , 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, Pirunsan U , 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> (http://dx.doi.org/10.1016/j.poamed.2013.09.006).
2012	Joseph L, Pirunsan U , 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, Silitertpisan P, Taneyhill K, Pirunsan U , 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.

	Sitilertpisan P, Hides J, Stanton W, Paungmali A, Pirunsan U . (2012). Multifidus muscle size and symmetry among elite weightlifters. <i>Physical Therapy in Sport</i> , 13 (1):11-5
2011	Joseph L, Puangmali A, Pirunsan U , 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, Pirunsan U , 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, Pirunsan U , Puangmali A, Ratanapinunchai 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, Pirunsan U . (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, Pirunsan U , 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, Pirunsan U , 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, Pirunsan U , 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.