

CURRICULUM VITAE

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Personal Details

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Academic Qualifications

- 2025 Doctor of Philosophy in Biomedical Science (International Program), Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand
- 2022 Master of Science in Movement and Exercise Sciences, Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand
- 2020 Bachelor of Science in Physical Therapy (First-Class Honors, Gold Medal Award), Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand

Positions

2026-present Lecturer, Department of Physical Therapy, Faculty of Associated Medical Sciences, Chiang Mai University, Thailand

Professional License and Membership

- 2020 Present Physical Therapy (PT), Thailand
Member of Thai Physical Therapy Council

International Publications

- 2025 **Chaikla R**, Sremakaew M, Saekho S, Kothan S, Uthaikhup S. Effects of manual therapy combined with therapeutic exercise on brain structure in patients with chronic nonspecific neck pain: A randomized controlled trial. *J Pain*. 2025;29:105336. (ISI/Scopus Q1)
- 2025 **Chaikla R**, Kothan S, Barbero M, Falla D, Sremakaew M, Uthaikhup S. Brain metabolic alterations in individuals with chronic non-specific neck pain assessed using proton magnetic resonance spectroscopy. *Sci Rep*. 2025;15:40485. (ISI/Scopus Q1)
- 2025 **Chaikla R**, Wantanajittikul K, Barbero M, Falla D, Sremakaew M, Uthaikhup S. Diffusion tensor imaging of white matter integrity and pain-related outcomes in chronic nonspecific neck pain. *Sci Rep*. 2025;15:41383. (ISI/Scopus Q1)
- 2025 **Chaikla R**, Sremakaew M, Saekho S, Uthaikhup S. Structural brain alterations and clinical associations in individuals with chronic nonspecific neck pain. *Musculoskelet Sci Pract*. 2025;78:103337. (ISI/Scopus Q1)
- 2025 **Chaikla R**, Sremakaew M, Saekho S, Kothan S, Uthaikhup S. Response to Letter to the Editor: Future research directions on neuroplasticity in manual therapy and exercise for chronic neck pain. *J Pain*. 2025:105444. (ISI/Scopus Q1)
- 2023 **Chaikla R**, Sremakaew M, Kothan S, Saekho S, Wantanajittikul K, Uthaikhup S. Effects of manual therapy combined with therapeutic exercise versus routine physical therapy on brain biomarkers in patients with chronic non-specific neck pain in Thailand: a study protocol for a single-blinded randomised controlled trial. *BMJ Open*. 2023;13:e072624. (ISI/Scopus Q1)
- 2023 Wannaprom N, Konghakote S, **Chaikla R**, Uthaikhup S. Live and video observations of scapular dyskinesis in individuals with nonspecific neck pain: A reliability study. *Physiother Theory Pract*. 2023;39(6):1317-1323. (ISI/Scopus Q2)
- 2022 **Chaikla R**, Sremakaew M, Uthaikhup S. Shoulder-abduction force steadiness in individuals with neck pain with scapular dyskinesis. *J Assoc Med Sci*. 2022;55:31-7. (Scopus)

Presentations

Poster presentation

- 2024 “Neurochemical Changes in the Brain in Individuals with Chronic Nonspecific Neck Pain”, the 18th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM), on June 1 – 6, 2024, at the International Convention Centre, Sydney, Australia

Oral presentations

- 2025 “Effects of Manual Therapy Combined with Therapeutic Exercise on Brain Structure and Clinical Outcomes in Chronic Nonspecific Neck Pain: A Randomized Controlled Trial”, the AMS Research Symposium for Graduate Students 2025, on May 21, 2025, at the Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand
- 2022 “Shoulder Abduction Force Steadiness in Individuals with Neck Pain with Scapular Dyskinesis”, the AMS Research Symposium for Graduate Students 2022 (online), on June 2, 2022, at the Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand

Honors and Awards

- 2025 Excellent Oral Presentation Award in the research title of “Effects of Manual Therapy Combined with Therapeutic Exercise on Brain Structure and Clinical Outcomes in Chronic Nonspecific Neck Pain: A Randomized Controlled Trial” from the AMS Research Symposium for Graduate Students 2025, Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand, on May 21, 2025
- 2022 Best Oral Presentation Awards (1st Runner up) in the research title of “Shoulder Abduction Force Steadiness in Individuals with Neck Pain with Scapular Dyskinesis” from the AMS Research Symposium for Graduate Students 2022, Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand, on June 2, 2022
- 2020 First-Class Honors (Gold Medal Award) in Bachelor of Science in Physical Therapy from Chiang Mai University, Thailand

Scholarships

- 2022 – 2025 President Scholarships from Chiang Mai University, Chiang Mai, Thailand (3 years)
- 2020 – 2022 Teaching Assistant and Research Assistant Scholarships from Chiang Mai University, Chiang Mai, Thailand (2 years)

Research Experiences

Ph.D. research project

- 2022 – 2025 Alteration and Restoration of Brain Structures and Neurochemistry in Persons with Chronic Nonspecific Neck Pain
This project is supported by the Fundamental Fund (FF), Chiang Mai University [grant numbers: FRB650031/0162 and FRB660046/0162]

Master's research project

- 2021 – 2022 Shoulder-Abduction Force Steadiness in Individuals with Neck Pain with Scapular Dyskinesis

Bachelor's research project

- 2019 – 2020 Inter-rater reliability of passive scapular correction in individuals with chronic idiopathic neck pain

Research assistant

- 2025 การพัฒนานวัตกรรมชุดเครื่องมือคัดกรองโรคหลอดเลือดแดงส่วนปลายอุดตันในผู้ป่วยเบาหวานชนิดที่ 2 (ผู้วิจัยหลัก ผศ.ดร.บุษบา ฉั่วตระกูล)
- 2025 The effect of smartphone use while walking on gait parameters in older adults with non-specific neck pain (Bhiromlak Charoenrat, MSc)
- 2023 Alterations of axioscapular muscle thickness in patients with chronic non-specific neck pain and scapular dyskinesis (Rungratcha Aramsaengthien, MSc)
- 2020 The relevance of scapular dysfunction in neck pain: clinical features, kinematics, and muscle activity (Nipaporn Wannaprom, Ph.D.)