

CIRRICULUM VITAE
RUNGTIWA KANTHAIN, MS, PT

PERSONAL INFORMATION



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EDUCATION

2018- 2021	M.Sc. (Movement Science and Exercise), Chiang Mai University, Thailand
2005-2008	B.S. (Physical Therapy), Chiang Mai University, Thailand

POSITIONS AND APPOINTMENTS

2025-Present	Physical Therapist, Thai Cycling Association, Thailand.
2013-Present	Physical Therapist of Cardiopulmonary Physical Therapy, Department of Physical Therapy, Faculty of Associated Medical Sciences, Chiang Mai University, Thailand
2008- 2013	Physical Therapist, San Kamphaeng Hospital, Chiang Mai, Thailand

RESEARCH INTERESTS

- Cardiopulmonary Rehabilitation & Innovations
- Sports Training and Athletic Performance

CERTIFICATES

- Certification of Completion the Kinesio Taping Foundations Course, Course Requirements Defined by Kinesio University® (2023)
- Certificate of Completion in Holistic Cardiopulmonary Rehabilitation: A 360° Approach to Recovery, Division of Rehabilitation Medicine, Faculty of Medicine Ramathibodi Hospital, Mahidol University (2025)

PUBLICATIONS

1. **Kanthain R**, Leelarungrayub J, Likhitsathian S, Natakankitkul S. Efficacy of combined relaxed deep-breathing with chest mobilization exercise and *Vernonia cinerea* hard candy on smoking cessation and oxidative stress in active teenage smokers. *Pharmacognosy Journal*. 2022;14(6).
2. **Kanthain R**, Singhatong S, Natakankitkul S, Dechsupa N, Leelarungrayub J. Volume-oriented incentive spirometry on diffusing lung capacity in healthy young participants. *Trends in Sciences*. 2021;18(21):346–351.
3. **Kanthain R**, Singhatong S, Natakankitkul S, Dechsupa N, Leelarungrayub J. Potential of hard candy containing spray-dried *Vernonia cinerea* extract with total phenolic compounds, total flavonoids, and nicotine replacement as an anti-smoking aid. *Pharmacognosy Journal*. 2020;12(1).
4. Mekkhayai N, Leelarungrayub J, Konghakote S, **Kanthain R**, Wonglangka K, Junrungsee S, Prasannarong M. Effects of short-term structural exercise on cardiopulmonary function, quality of life, and oxidative status in liver transplant recipients: A case series. *Journal of Functional Morphology and Kinesiology*. 2025;10(3):313.
5. Leelarungrayub J, Pothasak Y, Kaju J, **Kanthain R**. Application of a single-case research design to present the effectiveness of rehabilitation in the clinic. In: Bernardo-Filho M, da Cunha de Sá-Caputo D, Taiar R, editors. *Physical Therapy Effectiveness*. Rijeka, Croatia: IntechOpen; 2020. p.151–172.
6. Ariyachaikul S, **Kanthain R**, Thonglorm N. Reliability and validity of hard candy containing spray-dried *Vernonia cinerea* extract with total phenolic compounds, total flavonoids, and nicotine replacement as an anti-smoking aid. *Pharmacognosy Journal*. 2020;12(1):35–43.
7. Yankai A, Leelarungrayub J, **Kanthain R**, Laskin JJ. Preliminary study: Immediate effect of slow deep-breathing exercise and sustained maximal inspiration using the Osteoarthritis Research Society International minimal core set of recommended performance-based tests of physical function in community-dwelling adults with knee osteoarthritis. *Malaysian Journal of Medical Sciences*. 2020;27(2):77–89. doi:10.21315/mjms2020.27.2.9.
8. Leelarungrayub J, Pinkaew D, Yankai A, Chautrakoon B, **Kanthain R**. Simple artificial training device for respiratory muscle strength and lung volumes in healthy young male and female subjects: A pilot study. *Journal of Bodywork and Movement Therapies*. 2017;21:995–1002.