

# Chatwalai Sonthikul

Assistant professor



**CONTACT:**

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## CURRICULUM VITAE

**EDUCATION BACKGROUND**

Educational background	Educational institution	Country	Year
M.Sc. (Physical Therapy)	Mahidol University	Thailand	2016
B.Sc. (Physical Therapy)	Prince of Songkla University	Thailand	2012

**BIOGRAPHY**

Chatwalai Sonthikul graduated with a BSc in ‘Physical Therapy’ with first-class honors from ‘Prince of Songkla University’ in 2011. Following this, she worked full time for about a year at two private hospitals in her area, and this is where she developed a passion for research as she experienced firsthand how research can directly benefit patients. This led to her studying and achieving an MSc in ‘Physical Therapy’, with Mahidol University in 2016. Her main area of focus was neurological rehabilitation, and she wrote her thesis on conducting a comparison between forward and backward treadmill training in regards to individuals who suffered a stroke. In addition to working on her thesis, she continued to work. She was a research assistant for the PT department of her university and saw patients at a private hospital in Bangkok.

Following her studies, she joined ‘Prince of Songkla’ University and its research hospital as a physical therapy lecturer/instructor, researcher, and practicing clinician. She focuses on integrative approaches in physical therapy with regards to neurological patients and research methods. Nevertheless, her drive for learning continued, and she trained in the ‘Vojta therapy’ method with ‘Internationale Vojta Gesellschaft’.

Her current research and clinical interest areas are in neurological physical therapy, including motor control and learning, functional exercise training, postural control and balance, gait and movement analysis, and innovations that help neurological patients. At present, she has two ongoing studies in regards to:

- I) Caregivers’ quality of life and their perception of the burden of patients with neurological deficit requiring physical therapy
- II) Study of stress level, quality of life, and physical injuries from online learning during the COVID-19 pandemic among university students.

**TEACGING EXPERIENCE**

- Basic physical therapy assessment
- Basic skills in physical therapy
- Integrated physical therapy in neurological patients I -II
- Competency in physical therapy profession
- Project in physical therapy
- Health Promotion and Community Health
- Clinical practices in physical therapy

#### RESEARCH INTEREST

- Neurological physical therapy
- Balance training for stroke and spinal cord injury
- Gait training in stroke
- Exercise training in the elderly
- Physical activity after stroke and spinal cord injury
- Vojta therapy
- Outcome measurement in neurological physical therapy
- Core stabilization exercise
- Education in physical therapy

#### CONFERENCE PRESENTATION

- **Sonthikul C**, Bovonsunthonchai S, Tretriluxana J, Bunprajan T. (2016) Improvement of Symmetrical Gait Index in People with Chronic Stroke. At the 38th National Graduate Research Conference, the Ekathodsarod building, Naresuan University, Phitsanulok, Thailand

#### PUBLICATIONS

- Kaewmune W, **Sonthikul C**, Thaworncheep N, Jongkrajak K, Chotsampancharoen T, Pittapan P. Effects on Physical Fitness and Stress between Dance Exergame and Home-Based Dance Exercise with Videos in Female Youths with Sedentary Behavior: An Assessor-Blinded Randomized Controlled Trial. *ASEAN J Rehabil Med.* 2022 Aug 29;32(3):103–109.
- **Sonthikul C**, Kaewmune W, Bunphruek S, Sroisakul K, Thuphom N, Yaemrattanakul W. Immediate effect of Vojta therapy on walking speed and postural balance of individuals with chronic stroke: a pilot study. *Arch AHS.* 2022; 34 (2): 16-25.
- **Sonthikul C**, Kesorn P, Kaoian P, Malineerat A. Vojta therapy versus balance training program on dynamic sitting balance in chronic motor complete spinal cord injury: a single-blind crossed-over trial study. *Arch AHS.* 2022; 34 (1): 9-20.
- Suppradist W, Chiangchaisakulthai K, Samiphuk N, **Sonthikul C**. Physical Therapy Hours Influencing Improvement of Activity of Daily Living in Individuals with Sub-Acute Stroke. *Thai J Phys Ther.* 2022; 44(1): 1-11.
- **Sonthikul C**, Hadhoh N, Madeeyoh N, Ponlakarn A, Dolthamsiri N. Comparative Effect of Core Stabilization Exercise and Active Video Gaming on Dynamic Balance in Elderly Female People: a Single Blind Randomized Controlled Clinical Trial. *J Health Sci Med Res.* 2022; 40 (1): 53-65.
- **Sonthikul C**, Kaewmune W, Sriwannawit P, Kasipan J, Khuatjit N, Kimakhom D, Rueangsuk P. Comparative Effect of a Balance Training Program and Core Stabilization Program on Factors Related to the Prevention of Falling in Healthy Middle-Aged Individuals: A Double-Blind Randomized Controlled Clinical Trial. *J Health Sci Med Res.* 2019; 37, 1-11
- **Sonthikul C**, Bovonsunthonchai S, Tretriluxana J, Bunprajan T. Improvement of Symmetrical Gait Index in People with Chronic Stroke. *Naresuan University Journal: Science and Technology.* 2016; 24(2), 43-51