



## CURRICULUM VITAE



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**Biography** I graduated with a bachelor's degree of Science (Physical Therapy) in 2014 and a master's degree of Science (Physical Therapy) in 2016 from Khon Kaen University (KKU). After that I decided to continue my studies with a doctoral degree in the field of Human Movement Science from KKU, working on the psychometric properties of the sit-to-stand test in individuals with spinal cord injury. During my post-graduate study, I was a physical therapist at the Associated Medical Science (AMS) wellness center, KKU where I took care of patients with orthopedic and neurological conditions from 2015 to 2020. In addition, I had the opportunity to be a trainee of the Asian Spinal Cord Network (ASCoN) observer internship at the rehabilitation department, Indian Spinal Injuries Center (ISIC), New Delhi, India, in 2019. After graduating with a doctoral degree in November 2020, I became a lecturer in the field of physical therapy in neurology at the Department of Physical Therapy, Faculty of Medicine, Prince of Songkla University. Nowadays, I am doing my research regarding functional outcomes in elderly with knee osteoarthritis, and mindfulness-base intervention reducing stress in adolescence.

**Teaching experience**

- Integrated physical therapy in neurological patients I
- Integrated physical therapy in neurological patients II
- Research methodology
- Project in physical therapy

- Clinical practices in physical therapy I and II
- Research interests**
- Rehabilitation in patients with spinal cord injury
  - Functional measurements
  - Elderly with knee osteoarthritis
  - Neurological rehabilitation
  - Mindfulness-based intervention
- Current research**
- Psychometric properties of sit-to-stand test in elderly with knee osteoarthritis
  - Association between functional performance and risk of fall among elderly persons with bilateral osteoarthritis of the knees
  - Comparing Effects of Sitting Meditation and Body Scan on Stress and Coping Strategies in Healthcare Undergraduate Students with High Stress: A Single-Blind Randomized Controlled Trial
- National publications**
- Tupimai T, Peungsuwan P, Saisom J, **Khuna L**, Praitsok W, Prasertnoo J. Effects of prolonged muscle stretching and whole body vibration on range of motion and walking ability in children and adolescents with cerebral palsy. *J Med Tech Phy Ther* 2015; 27(2): 204-15.
- International publications**
- **Khuna L**, Amatachaya P, Sooknuan T, Thaweewannakij T, Mato L, Seangsuwan J, et al. Importance of independent sit-to-stand ability in ambulatory patients with spinal cord injury. *Eur J Phys Rehabil Med* 2017; 53(4): 521-526.
  - **Khuna L**, Mato L, Amatachaya P, Thaweewannakij T, Amatachaya S. Increased lower limb loading during sit-to-stand is important for the potential for walking progression in ambulatory individuals with spinal cord injury. *Malays J Med Sci* 2019; 26(1): 99–106.
  - **Khuna L**, Thaweewannakij T, Wattanapan P, Amatachaya P, Amatachaya S. Five times sit-to-stand test for ambulatory individuals with spinal cord injury: a psychometric study on the effects of arm placements. *Spinal Cord* 2020; 58: 356-364.
  - **Khuna L**, Phadungkit S, Thaweewannakij T, Amatachaya P, Amatachaya S. Outcomes of the five times sit-to-stand test could determine lower limb functions of ambulatory people with spinal cord injury only when assessed without hands. *J Spinal Cord Med.* 2020; 18: 1-8.
  - Yaemrattanakul W, Soison T, **Khuna L**, Jackson J. A Systematic Review of Clinical Practice Guidelines for the Management of Shoulder Pain in Patients with Stroke.

ASEAN Journal of Rehabilitation Medicine. 2022; 32(2): 54-63.

- Amatachaya S, **Khuna L**, Thaweewannakij T. Responsiveness and minimal clinically important difference of the five times sit-to-stand test in ambulatory individuals with spinal cord injury: A six-month prospective cohort study. Clin Rehabil. 2023; 37(1): 109-118.
- Amatachaya S, **Khuna L**, Amatachaya P, Wiyanad A. The Use of a Single-Time Sit-To-Stand Test in Ambulatory Individuals With Spinal Cord Injury by Primary Health Care Providers. Top Spinal Cord Inj Rehabil. 2023 Spring; 29(2): 84-96.

### **National conference presentations**

- **Khuna L**, Amatachaya S, Amatachaya P, Sooknuan T, Thaweewannakij T, Mato L, et al. Ability of lower extremity weight-bearing during sit-to-stand in patients with spinal cord injury at various levels of walking ability. In: Proceedings of the National and International Graduate Research Conference 2016; 2016 Jan 15; Khon Kaen, Thailand: p. 736-41. (Full proceeding and poster presentation)
- **Khuna L**, Amatachaya S, Amatachaya P, Thaweewannakij T, Wattanapand P. Why the ability of independent sit-to-stand could determine levels of independence among ambulatory individuals with spinal cord injury? In: Abstract of RGJ-University Forum (Northeast region); 2019 May 23; Khon Kean, Thailand. (Oral presentation)

### **International conference presentations**

- **Khuna L**, Amatachaya S, Amatachaya P, Sooknuan T, Thaweewannakij T, Mato L, et al. Amount of weight bearing during sit-to-stand in ambulatory patients with spinal cord injury who walked with and without a walking device. In: Abstract of 20th European Congress of Physical and Rehabilitation Medicine; 2016 Apr 23-28; Estoril – Lisbon, Portugal: p. 602. (Poster presentation)
- **Khuna L**, Amatachaya S, Amatachaya P, Sooknuan T, Thaweewannakij T. Increased lower limb loading ability during sit-to-stand associated with possibility of walking progression in ambulatory patients with spinal cord injury. In: Abstract of 16th ASCoN Conference and Workshop; 2017 Dec 7-10; Chiang Mai, Thailand: p. 132. (Poster presentation)
- **Khuna L**, Amatachaya S, Amatachaya P, Thaweewannakij T, Wattanapand P. Importance of ability of sit-to-stand without hands on levels of independence in ambulatory patients with spinal cord injury. In: Abstract of RGJ-Ph.D.

Congress 19: Innovation challenges toward Thailand 4.0; 2018 June 7-9; Jomtien Palm Beach Hotel & Resort, Pattaya, Chonburi, Thailand. (Poster presentation)

- **Khuna L**, Amatachaya S, Amatachaya P, Thaweewannakij T, Wattanapan P. Importance of sit-to-stand without hands on levels of independence in ambulatory patients with spinal cord injury. In: Abstract of the 17th Asian Spinal Cord Network Congress in conjunction with 15th Myanmar Rehabilitation Conference; 2018 Nov 8-11; Yangon, Myanmar. (Oral presentation). Winner of ASCoN Observership Award.