



Department of Physical Therapy,
Faculty of Medicine, Prince of Songkla University



CURRICULUM VITAE

Name Napaporn Tangadulrat

Position Special lecturer

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Biography In 1986, I completed my B.Sc. in Physical Therapy at Mahidol University in Thailand. Then, I worked as a physical therapist at Physical Therapy Unit in Songklanagarind Hospital. I continued developing my competency in physical therapy management for patients with musculoskeletal conditions until I was considered to be a specialized orthopedic physical therapist. After the year 2012 that I received my M.Sc. of Anatomy at Prince of Songkla University in Thailand, I became a physical therapy lecturer at Department of Physical Therapy, Faculty of Medicine, Prince of Songkla University, Hat Yai, Songkhla in Thailand. I always gathered further experience in teaching, doing researches and physical therapy management by self-study, attending academic and

educational training programs. I succeeded in Mulligan Technique training program and achieved Certified Mulligan Concept Practitioner (CMP) in 2014. I took part in the staff exchange program in orthopedic physical therapy at Kochi University in Japan for one month in June 2018 and also completed my Ph.D. in Sustainable Development at Thaksin University in Thailand in this year. Furthermore, I received a certification in intensive course of scoliosis management at Faculty of Physical Therapy, Mahidol University and other certifications in physical therapy management for musculoskeletal pain and disorder from famous universities in Thailand.

Teaching experience

- Life science physics (Clinical relevance of physics to physical therapy)
- Problem based learning
- Learning styles
- Integrated musculoskeletal system: Lower extremity (Clinical correlation in physical therapy)
- Basic physical therapy assessment
- Basic skills in physical therapy
- Therapeutic exercise I, II and III
- Basic biomechanics
- Integrated kinesiology in physical therapy
- Physiology of exercise

- Mobilization and Manipulation
- Electrotherapy and Electrodiagnosis
- Thermotherapy and Cryotherapy
- Therapeutic massage and Aesthetic therapy
- Integrated physical therapy in musculoskeletal patients I and II
- Clinical practices in physical therapy I and II
- Community physical therapy
- Competency in physical therapy profession
- Project in physical therapy

Research interests

- Physical therapy management in musculoskeletal pain and disorder
- Muscle imbalance and Postural disorder
- The elderly, Communities and Ergonomics
- Participatory action research in communities

Current research

- A Comparison of Craniovertebral Angle, Cervical Range of Motion, Numerical Rating Scale, Scapular Index and Neck Disability Index between Pilates Exercise and Conventional Exercise in Forward Head Posture People
- Development of the Community-Based Innovation Model for Elder People in Tung-Tamsao, Songkhla

Province

- A Comparison of Navicular Height, Balance and Functional Performance between Short Foot Exercise and Tibialis Posterior Strengthening Exercise in Flat Foot People
- Prevalence of Adolescent Idiopathic Scoliosis Age 18-24 Years Old in Prince of Songkhla University, Hat Yai
- Effects of Scoliosis Conventional Exercises and Scoliosis Conventional Exercises with Self Body Awareness Technique on Severity and Quality of Life in People Aged 18-24 Years with Mild Idiopathic Scoliosis

Publications: Papers

- Tangadulrat N, Wattanapisitkul P, Kaewmanee T, Isaramalai S, Hounsri K, Yuenyongviwat V, Kongkamol C. Participatory Ergonomic Approach Impacted on Functions in Knee Osteoarthritis: Clustered Randomized Controlled Trial. *Industrial Engineering & Management Systems* 2019; 18 (4): 710-718.
- Tangadulrat N, Suwannarurk J, Sathirapanya C, Rotjanasuksomboon A. Effects of a New Exercise

Model Integrated with Mae Bot Yai Thai Dance on Balance Control in Thai Community-dwelling Older Adults: Participatory Action Research. Thaksin J. 2019; 22: 11-19.

- Isaramalai S, Hounsri K, Kongkamol C, Wattanapisitkul P, Tangadulrat N, Kaewmanee T, Yuenyongviwat V. Integrating Participatory Ergonomic Management in Non-Weight-Bearing Exercise and Progressive Resistance Exercise on Self-care and Functional Ability in Aged Farmers with Knee Osteoarthritis: A Clustered Randomized Controlled Trial. Clinical Interventions in Aging 2018; 13: 101-108.

- Isaramalai S, Hounsri K, Kongkamon C, Wattanapisitkul P, Tangadulrat N, Kaewmanee T, Yuenyongviwat V. Ergonomic Management and Muscle Strengthening in Thai Aged Farmers with Knee Osteoarthritis. The Japanese Journal of Ergonomics 2017; 53 (17): 369-403.

Conference

Presentations

- Online E-Poster presentation at World Physiotherapy Congress 2021 organized by World Confederation for Physical Therapy

(WCPT 2021) in Dubai on 9-11 April 2021

Title: Tangadulrat N, Wongwitwichote K,
Chaiyamongkol W, Kongkamol C. The Prevalence
of Adolescent Idiopathic Scoliosis Age 18-24 Year
Old Students in Prince of Songkla University,
Hat Yai Campus

- Oral presentation at The 5th International
Conference of Southeast Asian Network of
Ergonomics Societies

(SEANES 2018) held on 12-14 December 2018

at Bangkok, Thailand Title: Tangadulrat N,
Wattanapisitkul P, Kaewmanee T, Isaramalai S,
Hounsri K, Yuenyongviwat V, Kongkamol C.
Participatory Ergonomic Approach Impacted
on Functions in Knee Osteoarthritis

- The 2nd Asian Conference on Ergonomics and
Design 2017 at Nihon University, Tokyo in Japan
on 1-4 June 2017