



Mahidol University
Faculty of Physical Therapy



Assoc.Prof.Dr. Wattana Jalayondeja

Position : Instructor

Tel : 024415450 #21601

E-Mail : wattana.jal@mahidol.ac.th

[Curriculum vitae](#)

Education

1998	Doctor of Philosophy	Ph.D. (Ergonomics/ Biomechanics)	New York University, United States of America
1993	Master Degree	MA. (Physical Therapy)	New York University, United States of America
1986	Master Degree	M.Sc. (Physiology)	Mahidol University, Thailand
1982	Bachelor Degree	B.Sc. (PShysiotherapy)	Mahidol University, Thailand

Research

Publication

2017

- Chanpaibool M, Jalayondeja C, Jalayondeja W, Kaewkhuntee W. Hemodynamic Responses to 3-minute Step Test in Sedentary Office Workers: A Case Study. วารสาร มฉก. วิชาการ 2017; 20(40): 21-30.
- Chongaonoy N, Bhuanantanondh P, Mekhora K, Jalayondeja W. Validity of an Android Application for Reaction Time Test. Journal of Public Health 2017; 47(2): 142-52
- Jalayondeja C, Jalayondeja W, Mekhora K, Bhuanantanondh P, Isariyavong A D, Upiriyasakul R. Break in Sedentary Behavior Reduces the Risk of Noncommunicable Diseases and Cardiometabolic Risk Factors among Workers in a Petroleum Company. International Journal of Environmental Research and Public Health 2017; 14(5): 1-9

2016

- Jalayondeja C, Jalayondeja W, Suttiwong J, Sullivan PE, Nilanthi DL. Physical Activity, Self-esteem, and Quality of Life among People with Physical Disability. The Southeast Asian Journal of Tropical Medicine and Public Health 2016; 47(3): 546-58.
- Sinsurin K, Vachalathiti R, Jalayondeja W, Limroongreungrat W. Knee Muscular Control During Jump Landing in Multidirections. Asian Journal of Sports Medicine 2016; 7(2): doi:10.5812/asjasm.31248

2015

- Jalayondeja C, Jalayondeja W, Vachalathiti R, Bovonsunthonchai S, Sakulsriprasert P, Kaewkhuntee W, Bunprajun T, Upiriyasakul R. Cross-Cultural Adaptation of the Compendium of Physical Activity: Thai Translation and Content Validity. Journal of the Medical Association of Thailand 2015; 98(suppl.5): S53-9.
- Mekhora K, Septham C, Jalayondeja W. Effects of Thai Dancing on Median Neurodynamic Response During 4-Hour Computer Use. Journal of the Medical Association of Thailand 2015; 98(suppl.5) :S86-91.

- Kurustien N, Mekhora K, Jalayondeja W, Nanthavanij S. Trunk Muscle Performance and Work-Related Musculoskeletal Disorders among Manual Lifting with Back Belt Wearing Workers. Journal of the Medical Association of Thailand 2015; 98(suppl.5): S74-80.
- Kaewkhuntee W, Jalayondeja W. Correlation of Short Form-36, Energy Expenditure and Six-minute Walk Test in Post Coronary Artery Bypass Graft and Post Percutaneous Coronary Intervention Patients. Journal of the medical association of Thailand 2015; 98(sup 5): S48-52
- Sakulsriprasert P, Eak-udchariya P, Jalayondeja W. Muscle Activity of Abdominal and Back Muscles during Six Starting Positions in Untrained Individuals. Journal of the Medical Association of Thailand. 2015; 98(suppl.5): S125-30.
- Jalayondeja W, Kraingchieocharn S. Trunk Extensor, Flexor and Lateral Flexor Endurance Time in Sedentary Workers Aged 20-49 Years. Journal of the Medical Association of Thailand 2015; 98(suppl.5): S23-8.

2014

- Jalayondeja W, Verner O., Jarungjitaree S, Tscheikuna J. Respiratory Muscle Strength Explained by Age and Weight in Female and Male. Journal of the Medical Association of Thailand 2014; 97(suppl.7): S16-20.
- Mekhora K, Jalayondeja W, Jalayondeja C, Bhuanantanondh P, Dusadiisariyavong A., Upiriyasakul R, Anuraktam K. Online Self-Report Questionnaire on Computer Work-related Exposure (OSCWE): Validity and Internal Consistency. Journal of the Medical Association of Thailand 2014; 97(suppl.7): S80-3.
- Khuangsirikul W., Jalayondeja W, Chuanchaiyakul R., Krittayaphong R., Chotinaiwattarakul C., Laksanabunsong P. Metabolic Equivalent of Exercise Stress Test Explained by Six-Minute Walk Test in Post Coronary Artery Bypass Graft and Post Percutaneous Coronary Intervention Patients. Journal of the Medical Association of Thailand 2014; 97(suppl.7): S6-9.
- Santiworakul A., Chuaychoo B., Kriengsinyos W., Saengsirisuwan V., Jalayondeja W. Substrate

Utilization During and After High Intensity Exercise in Healthy Lean and Obese Men. *Journal of the Medical Association of Thailand* 2014; 97(suppl.7): S50-4.

- Yeampattanaporn O., Mekhora K, Jalayondeja W. Immediate Effects of Breathing Re-Education on Respiratory Function and Range of Motion in Chronic Neck Pain. *Journal of the Medical Association of Thailand* 2014; 97(suppl.7): S55-9.
- Kurustien N., Mekhora K, Jalayondeja W, Nanthavanij S. Trunk Stabilizer Muscle Activity during Manual Lifting with and without Back Belt Use in Experienced Workers. *Journal of the Medical Association of Thailand* 2014; 97(suppl.7): S75-9.
- Putsa B, Jalayondeja W, Akamanon C. Relationship between Back and Leg Isokinetic Strength with Maximum Acceptable Weight of Lift in Thai male: Psychophysical Method. *Journal of Safety and Health* 2014; 7(25): 46-54.

2013

- Sinsurin K, Vachalathiti R, Jalayondeja W, Limroongreungrat W. Altered Peak Knee Valgus during Jump-landing among Various Directions in Basketball and Volleyball Athletes. *Asian Journal of Sports Medicine* 2013, 4(3): 195-200.
- Sinsurin K, Vachalathiti R, Jalayondeja W, Limroongreungrat W. Different Sagittal Angles and Moments of Lower Extremity Joints during Single Leg Jump-landing among Various Directions in Basketball and Volleyball Athletes. *Journal of Physical Therapy Science* 2013; 25(9): 1109-13.
- Buranapuntalug S, Jalayondeja W, Chaunchaiyakul R. Effective of Respiratory Resistance Training Device on Respiratory Muscle Strength and Endurance. *Journal of Medical Technology and Physical Therapy* 2013; 25(2): 181-92.
- Jalayondeja C, Jalayondeja W. Leisure, Household and Work-related Activities Measured by Physical Activity Scale for Person with Physical Disability (PASIPD). *Thai Journal of Physical Therapy* 2013; 35(3): 127-40.

2012

- Klangsin P, Mekhora K, Nanthavanij S, Jalayondeja W. Effects of Notebook Computer Workstation Settings on Muscle Activities and Postural Risks. ICIC Express Letters 2012; 6(12): 1-6.

2011

- Ponggeon O, Chauchaiyakul R, Vareesangthip K, Lumlertgul D, Nakum S, Jalayondeja W. Home-based Walking Program Increases Leg muscle Strength in Hemodialysis Patients. Journal of physical therapy science 2011; 23(2): 345-8.

2010

- Surapongchai J, Jalayondeja W, Pongurgsorn C. Effects of Respiratory Muscles Warm-up on Exercise Performance in Sedentary Subjects. Journal of Medical Technology and Physical Therapy 2010; 22(1): 71-81.

2009

- Jarungjitaree S, Jalayondeja W, Chantarothorn S, Supaibulpipat S. Effect of Lower Extremity Exercise on Muscle Strength and Physical Therapy Capacity in COPD Patients. Journal of Medical Association Thailand 2009; 92(4): 556-63.

2007

- Thongjunjua S, Jalayondeja W, Vachalathiti R, Suwanasri C. Effects of Lumbar Stabilization Exercises on Exercise Level Attained in Healthy Subjects. Thai Journal of Physical Therapy 2007; 29(1): 1-13.

2005

- Sakulsriprasert P, Pichaiyongwongdee S, Jalayondeja W. Effects of Cryotherapy on Delayed onset Muscle Soreness of Elbow Flexors in Females. Journal of Sports Science and Technology 2005; 5(1,2): 99-110.
- Pinupong C, Jalayondeja W, Mekhora K. Effects of Isometric and Dynamic Endurance Training in Fatigability of Back Extensor Muscles in Male. Journal of Sport Science and Technology

2005; 5(1, 2): 43–57

Proceeding

2017

- Bandidcharoenlert P, Bhuanantanondh P, Jalayondeja W, Jalayondeja C. Sleeping and Performance among Oil Rig Onshore Shift Workers in Thailand. Proceeding of The 2nd Asian Conference on Ergonomics and Design 2017. 1-4 June 2017.
- Khemamuttanak N, Mekhora K, Jalayondeja W, Somprasong S. Effects of Thai Dance on Median Neural Tension, Chronaxy, and Nerve Functions in The People Associated with WMSDs. Proceeding of The 2nd Asian Conference on Ergonomics and Design 2017. 1-4 June 2017.
- Wongwitwichote K, Jalayondeja W, Mekhora K, Jalayondeja C. Physical Activity, Sitting Time and Work-related Musculoskeletal Disorders in Computer Workers. Proceeding of The 2nd Asian Conference on Ergonomics and Design 2017. 1-4 June 2017.
- Meechoovent C, Jalayondeja W, Jalayondeja C, Sophonratanapokin B. Neck Pain and Physical Fitness among Office Workers. Proceeding of The 2nd Asian Conference on Ergonomics and Design 2017. 1-4 June 2017.
- Promsri U, Chuachan S, Chittithavorn V, Jalayondeja W, Nualnim N. Effects of Modified Respiratory Muscle Stretch Gymnastics (RMSG) on Shoulder Flexion and Pain in Postero-lateral Thoracotomy. Proceeding of The 1st APACPH Bangkok Region Conference and The 8th International Public Health Conference. 25-26 May 2017.

2016

- Natiyagorn Chongaonoy, Bhuanantanondh P, Mekhora K, Jalayondeja W. Development of an Android Application for Reaction Time Test and Finger Tapping Test. Proceeding of The 3rd International Physical Therapy Conference and The 4th Physical Therapy Mahidol University Research Symposium 2016 during 14-16 December 2016: 146-58.

- Thanwarat Junsri, Mekhora K, Jalayondeja W, Jalayondeja C. Musculoskeletal Disorders and Physical Performance in Petroleum Workers: A Cross-Sectional Survey. Proceeding of The 3rd International Physical Therapy Conference and The 4th Physical Therapy Mahidol University Research Symposium 2016 during 14-16 December 2016: 177-96.
- Jalayondeja C, Jalayondeja W, Vachalathiti R, Bovonsunthonchai S, Sakulsriprasert P, Kaewkhuntee W, Bunprajun T, Upiriyasakul R. Health Worker's Knowledge, Skill and Attitude towards Physical Activity Promotion Based on Thai Physical Activity Guideline (TPAG). Proceeding of The 3rd International Physical Therapy Conference and The 4th Physical Therapy Mahidol University Research Symposium 2016 during 14-16 December 2016: 225-226. (abstract)
- Kaewkhuntee W, Jalayondeja C, Jalayondeja W, Wichaidit P. Energy Expenditure Determination of Physical Activity in Thai Physical Activity Guideline. The 3rd International Physical Therapy Conference and The 4th Physical Therapy Mahidol University Research Symposium 2016 during 14 - 16 December 2016: 229-30. (abstract)

2014

- [Suwandee P, Mekhora K, Jalayondeja W, Bhuanantanondh P. Self-screening test for upper extremity musculoskeletal disorders in computer users. New Ergonomics Perspective - Selected Papers of the 10th Pan-Pacific Conference on Ergonomics, Pages 79-43.](#)
- Apibantawesakul S, Vachalathiti R, Jalayondeja W. Comparisons of Lower Trunk Muscle Activities and Serve Performances between The First and The Second Tennis Serves in Elit Thai Tennis Players. Proceeding KUSS International Conference on Exercise and Movement Sciences 2014; 20-21 March 2014; Bangkok.
- Sakunkaruna Y, Sakunkaruna S, Jalayondeja W. Effect of kinesio tape on pain and walking distance in patients with patellofemoral pain syndrome: a pilot study. Proceeding The 2nd IPTC & the 2nd PTMURS; 30-31 July - 1 August 2014; Mahidol University, Bangkok : 240-50.

- Septham C, Mekhora K, Jalayondeja W. Comparison of Median Neurodynamic Response between Single Active Break and Multiple Short Breaks during 4-Hour Computer Use. Proceeding the 2nd ASEAN Plus Three Graduate Research Congress (2ndAGRC); 5-7 February 2014; Bangkok: 1095-105.
- Sornkaew K, Jalayondeja W, Mekhora K. Effects of Back Belt Application on Trunk Muscle Fatigue and Rating of Perceived Exertion during Repetitive Lifting. Proceeding the 2nd ASEAN Plus Three Graduate Research Congress (2ndAGRC); 5-7 February 2014; Bangkok: 835-43.
- Taworn D, Chansirinukor W, Jalayondeja W. Trunk Muscle Strength and Endurance between Normal Weight and Overweight Females. Proceeding the 2nd ASEAN Plus Three Graduate Research Congress (2ndAGRC); 5-7 February 2014; Bangkok: 1012-8.
- Eak-udchariya P, Jalayondeja W, Sakulsriprasert P. Activation of Transversus Abdominis/Internal Abdominal Oblique during Stabilization Exercises by 3 Difference Type of Feedback in Asymtomatic Subjects. Proceeding the 2nd ASEAN Plus Three Graduate Research Congress (2ndAGRC); 5-7 February 2014; Bangkok: 990-6.

2013

- Anuraktam K, Issarangkul Na Ayutthaya C, Jalayondeja W. การพัฒนาโปรแกรมคอมพิวเตอร์ออนไลน์เพื่อประเมินสมรรถนะหลักด้วยวิธี 360 องศา. การประชุมวิชาการประจำปีสังคมศาสตร์ มนุษยศาสตร์ และศึกษาศาสตร์ หัวข้อ “เอเชียรุ่งโรจน์: วิฤตหรือโอกาสสำหรับไทย?” 21-22 กุมภาพันธ์ 2556.
- Sinsurin K, Vachalathiti R, Jalayondeja W, Limroongreungrat W. How to Control Ankle Joint in Various Directions of one leg Jump-Landing : frontal plane moment and EMG Study. Proceeding of 31 International Conference on Biomechanics in Sports 2013; 7-11 July 2013; Taipei, Taiwan.

2012

- Upiriyasakul R, Mekhora K, Jalayondeja W. Alteration of median neurodynamic response from

4-hour continuous computer use. Proceeding of The 1st ASEAN Plus Three Graduate Research Congress (AGRC) and The 1st Forum of the Deans of ASEAN Plus Three Graduate Schools; 1-2 March 2012; International Convention Center, The Empress Hotel, Chiang Mai: HS-126 -30.

- Cetthakrikul S, Jalayondeja W, Chuaychoo B, Chaunchaiyakul R, Thanungkul S. A Cass Study on Effects of Respiratory Muscle Endurance Training on Pulmonary Function, Respiratory Muscle Performance and Six-Minute Walk Test in Hemiparetic Patients. Proceeding of Asian Physical Therapy Research Symposium; 6-7 September 2012; Tawanna Hotel, Bangkok: 3-17-21.

Book

2015

- Jalayondeja C, Jalayondeja W, Bovonsunthonchai S, Kaewkhuntee W, Bunprajun T. Thai Physical Activity Guideline (TPAG): a manual of physical activity promotion in community. 1st ed. Printery-Company Limited. Bangkok, Thailand 2015.
- Suwandee P, Mekhora K, Jalayondeja W, Bhuanantanondh P. Self-screening test for upper extremity musculoskeletal disorders in computer users. In: Yamamoto S, editor. New ergonomics perspective. Boca Raton: CRC Press; 2015. p. 79-84.

Subject

Bachelor of Science [Physical Therapy]

PTPT 104 Anatomy and Biomechanics 1

PTPT 205 Anatomy and Biomechanics 2

PTPT 212 Physiology of Exercise

PTPT 215 Therapeutic exercise 1

PTPT 216 Therapeutic exercise 2

PTPT 314 Therapeutic exercise 3

PTPT 404 การยศาสตร์ สุขภาพและสุขภาวะ

Graduate Diploma

PTPT 552 Musculoskeletal system disorders and management

PTPT 587 Theory and management of pain

Doctor of Philosophy [Thearapy Therapy]

PTPT 673 Applied biomechanics for movement therapy


PTPT 674 Integrated Physiology for Physical Therapy

PTPT 702 Advanced Measurement and Evaluation for Physical Therapist 3

Administrative

2012 - Present	Deputy Dean for Administration and Informatics
2009 - 2011	Deputy Dean for Policy and Informatics Technology
2005 - 2007	Deputy Dean for Informatics Technology
2003 - 2005	Head of Doctor of Philosophy Program in Physical Therapy
2002 - 2004	Head of Technology informatics
2000 - 2001	Head of Basic Movement Science

Research Interesting



Ergonomics

Sport Injuries

EMG in sports

Copyright © 2011 Faculty of Physical Therapy - Mahidol University. All rights reserved.

Tel : +66-2441-5450 Fax : +66-2441-5454