

## CURRICULUM VITAE

**NAME** Mr. Keerin Mekhora  
**DATE OF BIRTH** March 18, 1968  
**PLACE OF BIRTH** Bangkok, Thailand  
**OFFICE ADDRESS** Faculty of Physical Therapy, Mahidol University, Salaya, Nakornpathom.

### EDUCATION

<b>Degree</b>	<b>Year</b>	<b>Graduation Institute</b>	<b>Country</b>
B.Sc. (Physiotherapy)	1990	Mahidol University	Bangkok
Postgraduate (Manipulative therapy)	1994	Curtin University	Australia
M.Sc. (Physiotherapy)	1996	Curtin University	Australia
Ph.D. (Physiotherapy)	2000	Curtin University	Australia

### PROFESSIONAL EXPERIENCES

<b>Title of position</b>	<b>Duration</b>	<b>Institution</b>
Physical Therapist	1990	Bamrungrat Hospital
Head of Physical Therapy Department	1993	Bamrungrat Hospital
Lecturer for Bsc, Msc, PhD, Post grad dip in Physical therapy	2000-current	Mahidol University, Thailand
Head of postgraduate diploma in manipulative therapy program	2003-2012	Mahidol University, Thailand
Assistant dean for IT	2007-2008	Mahidol University, Thailand
Members and board for Ergonomic society of Thailand	2000-current	

### OFFICIAL APPOINTMENT

January 4, 2000

### RESEARCH INTERESTS

Ergonomics

- Computer work station
- Seat and desk

Manual therapy

- Manipulative therapy
- Thai massage

### RESEARCH EXPERIENCES

## 1. Thesis

- 1.1 The effect of forward sloping seat and desk on posture, discomfort and preference
- 1.2 The effect of monitor height on muscle activity, posture, discomfort and preference
- 1.3 The effect of computer workstation intervention on computer users with tension neck syndrome

## 2. Research service

- 2.1 Survey of and Intervention for Musculoskeletal problems in various work task

## 3. Publications:

- 1.1 Mekhora K, Septham C, Jalayondaja W, Effect of Thai Dancing on Median Neurodynamic response During 4-Hour Computer Use. *J Med Assoc.* 2015; 98(Suppl.5):S86-91.
- 1.2 Kurustien N, Mekhora K, Jalayondeja W, Nanthavanij S. Trunk Muscle Performance and Work-Related Musculoskeletal Disorders among Manual Lifting with Back Belt Wearing Workers. *J Med Assoc.* 2015; 98(Suppl.5): S74-S80.
- 1.3 Somprasong S, Mekhora K, Vachalathiti R, Pichaiyongwongdee S. Correlation between Pain Threshold and Soft Tissue Displacement in Muscle Pain Conditions. *J Med Assoc.* 2015; 98(Suppl.5): S68-S73.
- 1.4 Mekhora K, Jalayondeja W, Jalayondeja C, Bhuanantanondh P, Dusadi-isariyavong, Upiriyasakul R, Anuraktam K, Online self-report questionnaire on computer work-related exposure (OSCWE): validity and internal consistency. *J Med Assoc.* 2014; 97(Suppl.7): S80-S83.
- 1.5 Yeampattanaporn O, Mekhora K, Jalayondeja W, Wongsathikun J. Immediate effects of 30-minutes of breathing re-education on chronic neck pain. *J Med Assoc.* 2014; 97(Suppl.7): S55-S59.
- 1.6 Kurustien N, Mekhora K, Jalayondeja W, Nanthavanij S. Trunk Stabilizer Muscle Activity During Manual Lifting With and Without Back Belt Use in Experienced Workers. *J Med Assoc.* 2014; 97(Suppl.7): S75-S79.
- 1.7 Klangsin P, Mekhora K, Nanthavanij S, and Jalayondeja W. Effects of notebook computer workstation settings on muscle activities and postural risks, *ICIC Express Letters*, Vol. 6, No. 12, December 2012, pp. 2989-2994.
- 1.8 Somprasong S, Mekhora K, Vachalathiti R, Pichaiyongwongdee S (2011). Effects of Strain Counter-Strain and Stretching Techniques in Active Myofascial Pain Syndrome. *Journal of Physical Therapy Science* 23(6), 889-893
- 1.9 ประภัศสร คลั่งสิน, วรธนะ ชลาชนเดชะ, ศิริรัตน์ เมฆโหรา, สรา อภรณ์ (2009) กลิ่นไฟฟ้ากล้ามเนื้อและการทำให้เป็นบรรทัดฐาน (Normalization). วารสารความปลอดภัยและสิ่งแวดล้อม. ปีที่ 19 ฉบับที่ 2 หน้า 39-45
- 1.10 Aranyavalai T, Mekhora K, Akamanon C. Survey of work-related musculoskeletal disorders among Thai physical therapists in Bangkok and perimeter areas. *Thai Journal of Physical Therapy.* 2004; 26(3): 9-26

- 1.11 Srimongkolchai P, Mekhora K, Vachalathiti R. Effects of hip flexion angle and duration of lumbar traction on lumbar elongation in sedentary healthy females. *Thai Journal of Physical Therapy*. 2001; 23: 24-36
- 1.12 Mekhora K, Liston, C.B., Nanthavanij S, Cole, J.H (2000). The effect of ergonomic intervention on discomfort in computer users with tension neck syndrome. *International Journal of Industrial Ergonomics* 26 (3), 367-380
- 1.13 Straker L, Mekhora K, (2000). An evaluation of visual display terminal placement by EMG, posture, discomfort and preference. *International Journal of Industrial Ergonomics* 26 (3), 389-398.
- 1.14 Mekhora K, Straker L (1999). Elimination of ECG noise in neck muscle EMG. *Ergonomics Australia* 13:16-21.

#### 4. Presentations and Proceedings:

- 4.1 Mekhora, K., Liston, C.B., Nanthavanij, S., Cole, J.H. (1998) Questionnaire Validation and Method of Determining Subjects with Tension Neck Syndrome. Mark Liveris Health Sciences Research Student Seminar, Curtin University of Technology.
- 4.2 Mekhora, K., Liston, C.B., Nanthavanij, S., Cole, J.H. (1999) Ergonomic Intervention for Computer Users with Tension Neck Syndrome. The 13th International Congress of The World confederation for Physical Therapy, May 23-28, 1999, Yokohama, Japan.
- 4.3 Straker, L., Mekhora, K. (1999). The effect of monitor placement on EMG, posture, discomfort and preference. The 13th International Congress of The World confederation for Physical Therapy, May 23-28, 1999, Yokohama, Japan.
- 4.4 Mekhora, K. (2002) Survey of work-related musculoskeletal disorders in Thai computer users The 42th Siriraj Scientific Congress, Faculty of Medicine Siriraj Hospital, March 4-8
- 4.5 Klangsin P, Mekhora, K, Jalayondeja, W. (2007)“Wise Technique” Implementation for Reducing Work-related Musculoskeletal Disorders in a Cardboard Box Factory. The 8<sup>th</sup> Pan-Pacific Conference on Occupational Ergonomics, Oct 17-19 2007, Bangkok, Thailand.
- 4.5 Praditpod, N, Kemtong, S, Kurustien, N, Mekhora, K. (2008) Effects of ergonomic intervention in printing workers on work-related musculoskeletal disorders and visual fatigue. The 9<sup>th</sup> Southeast Asian Ergonomics Society Conference, Oct 22-24, Bangkok, Thailand
- 4.6 Chanthong, A, Akamanon, C, Klangsin, P, Mekhora, K.(2008) Work-related Musculoskeletal Disorders among Printing Workers: Self-administered Questionnaire and Physical Examination. The 9<sup>th</sup> Southeast Asian Ergonomics Society Conference, Oct 22-24, Bangkok, Thailand

- 4.7 Mekhora, K, Kangsin, P, Kurustien, N. (2008) Specific exercise to reduce WMSDs among computer users. The 9<sup>th</sup> Southeast Asian Ergonomics Society Conference, Oct 22-24, Bangkok, Thailand
- 4.8 Mekhora, K, Poramapornpilas, P, Jalayondeja, W. (2008) The effects of typing skills on EMG activity and discomfort on neck and upper extremities. The 9<sup>th</sup> Southeast Asian Ergonomics Society Conference, Oct 22-24, Bangkok, Thailand
- 4.9 Praditpod, N, Kemtong, S, Kurustien, N, Mekhora, K. (2008) Effects of ergonomic intervention in printing workers on work-related musculoskeletal disorders and visual fatigue. The 9<sup>th</sup> Southeast Asian Ergonomics Society Conference, Oct 22-24, Bangkok, Thailand
- 4.10 Upiriyasakul R., Mekhora K., Jalayondeja W. (2013) Observation of Median Neural Tension During 4 Hours of Continuous Computer Use. In proceeding of WCPT-AWP&ACPT Congress 2013, 5-9 Sep 2013, Taichung, Taiwan, pp. 126

## **5. Workshops (Attending)**

- 5.1 Craniosacral Therapy, Upledger Institute, USA 2003
- 5.2 Compression syndrome for upper extremities, Integrative manual therapy, USA 2003
- 5.3 Muscle energy for Type II and III dysfunction, Integrative manual therapy, USA 2003
- 5.4 Workshops for Primus Rs, BTE technology, USA 2008
- 5.5 Visceral manipulation I, Barral Institute, held in Singapore 2008
- 5.6 Neuromeningeal mobilization I, Barral Institute, held in Singapore 2011
- 5.7 Sacroiliac joint: an osteopathic approach, Khonkan University, Thailand 2006
- 5.8 Harmony technique and low amplitude manipulation: an osteopathic approach, Khonkan University, Thailand 2007
- 5.9 Movement impairment for lumbopelvic region, Mahidol University, Thailand 2008
- 5.10 Evidence-based approach for sacroiliac joint problem, Mahidol University, Thailand 2009
- 5.11 Neuromeningeal mobilization II, Barral Institute, held in Singapore 2012
- 5.12 Visceral manipulation II, Barral Institute, held in Singapore 2012
- 5.13 Visceral manipulation III, Barral Institute, held in Singapore 2013
- 5.14 Lymphatic Drainage I and II, Chikly Institute, held in Thailand 2013
- 5.15 Workshops for Functional capacity evaluation, BTE technology, USA 2013
- 5.16 Visceral manipulation IV, Barral Institute, held in Singapore 2013
- 5.17 Lymph Articulation Fluid Release, Chikly Institute, held in Thailand 2014

- 5.18 Fascial and Membrane technique, Barral Institute, held in Singapore 2014
- 5.19 New Manual Articular Approach, Barral Institute, held in Singapore 2015

## **6. Workshop experience**

Run several workshop in the topics related to

- 6.1 Ergonomics for Ergonomic society of Thailand and The faculty of Physical Therapy, Mahidol University
- 6.2 Manual therapy, particularly in Lumbopelvic hip region, neural mobilization, and light touch technique