

Curriculum Vitae



Name	Sirinant Channak, PT, PhD.
Academic Position	Assistant Professor, Lecturer
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Education

2019-2023	PhD in Physical Therapy (Musculoskeletal Physical Therapy), Department of Physical Therapy, Faculty of Allied Health Sciences, Chulalongkorn University, Thailand
2012-2015	MSc in Physical Therapy (Musculoskeletal Physical Therapy), Department of Physical Therapy, Faculty of Allied Health Sciences, Chulalongkorn University, Thailand
2008-2011	BSc in Physical Therapy (First Class Honors), Department of Physical Therapy, Faculty of Physical Therapy, Huachiew Chalermprakiet University, Thailand

Supplementary education

2013 Certified Mulligan Practitioner (Australia); Mulligan Concepts:
Upper, Lower Quadrant, and Advanced Mulligan Concepts Course

Professional Memberships

2011-Present Member of the Physical Therapy Council of Thailand

Area of interest

- Manual therapy, Spinal pain management, Work-related musculoskeletal pain, Ergonomics, Workplace interventions, Prevention and Rehabilitation strategies.

Publications

1. **Channak S**, Speklé EM, van der Beek AJ, Janwantanakul P. *Effectiveness of a dynamic seat cushion on recovery and recurrence of neck and low back pain in office workers: a secondary analysis of a randomized controlled trial*. **BMC Musculoskelet Disord**. 2024 Oct 25;25(1):850. doi: 10.1186/s12891-024-07947-4. PMID: 39448950; PMCID: PMC11515401.
2. **Channak S**, Speklé EM, van der Beek AJ, Janwantanakul P. *The effectiveness of a dynamic seat cushion in preventing neck and low-back pain among high-risk office workers: a 6-month cluster-randomized controlled trial*. **Scand J Work Environ Health**. 2024 Oct 1;50(7):555-566. doi: 10.5271/sjweh.4184. Epub 2024 Aug 22. PMID: 39169894; PMCID: PMC11479679.
3. Roynarin N, **Channak S**, Janwantanakul P. *Postural shifts and body perceived discomfort during 1-hour sitting when leaning and sitting on an air-filled seat cushion among healthy office workers*. **Ergonomics**. 2024 Jun 27:1-12. doi: 10.1080/00140139.2024.2372006. Epub ahead of print. PMID: 38932623.

4. **Channak S**, Speklé EM, van der Beek AJ, Janwantanakul P. *Effect of two dynamic seat cushions on postural shift, trunk muscle activation and spinal discomfort in office workers*. **Appl Ergon**. 2024 Oct;120:104337. doi: 10.1016/j.apergo.2024.104337. Epub 2024 Jun 16. PMID: 38885573.
5. **Channak S**, Klinsophon T, Janwantanakul P. *The effects of chair intervention on lower back pain, discomfort and trunk muscle activation in office workers: a systematic review*. **Int J Occup Saf Ergon**. 2022 Sep;28(3):1722-1731. doi: 10.1080/10803548.2021.1928379. Epub 2021 Jun 7. PMID: 33970803.
6. **Channak S**, Saelee W, Narongritikai N, Jantanee P, Nakawiroj J, Wongsawan P, Nanthaphongphak T. *The effects of the T6 sustained natural apophyseal glide (SNAG) with rotation in mechanical chronic thoracic spine pain: a randomized controlled trial*. **Journal of Medical Technology**. 2016;28:80-91.
7. Purepong N, **Channak S**, Boonyong S, Thaveeratitham P, Janwantanakul P. *The effect of an acupuncture backrest on pain and disability in office workers with chronic low back pain: A randomized, controlled study and patients' preferences*. **Complement Ther Med**. 2015 Jun;23(3):347-55. doi: 10.1016/j.ctim.2015.03.005. Epub 2015 Mar 18. PMID: 26051569.

Poster/Oral presentation

- 2024 – “Sit&Fit” Healthy Seat Cushion for the Prevention of Neck and Low Back Pain in Those with Prolonged Sitting (Office Syndrome) (NRCT5-RRI63001-P01) at the Higher Education Innovation Awards 2024 by the National Research Council of Thailand; received the Outstanding Innovation Award (Graduate Level) in the field of Public Health, Healthcare, and Medical Technology at the Thailand Research Expo 2024, held from August 26–28, 2024, at the Centara Grand and Bangkok Convention Centre Central World, Bangkok.