Notes from the Editor-in-Chief

I am pleased to introduce the first issue of the ASEAN Rehab Med Journal for 2025. This issue includes three randomized controlled trials exploring new interventions for neurological and musculoskeletal conditions, alongside three descriptive research studies that contribute to our understanding of rehabilitation:

Aramrussameekul et al. conducted a single-blind, randomized controlled trial comparing the efficacy of focused extracorporeal shockwave therapy (fESWT) and steroid injection for moderate carpal tunnel syndrome. Both treatments resulted in significant reductions in pain, paresthesia, and disability scores, with no notable differences between the two groups.

Brady et al. conducted a pilot study comparing mindful movement therapy and general exercise therapy in university athletes with chronic patellofemoral pain. Both treatments were effective in reducing pain intensity and improving physical and psychological well-being, despite the athletes' engagement in other physical activities during the study.

Tayati et al. performed a prospective, comparative cluster-randomized study to assess the effects of the five-point hands-free (FPHF) exercise program versus standard eye exercises on computer vision syndrome (CVS) and vestibulo-ocular symptoms among staff at Trang Hospital. After three weeks, the FPHF program showed promising benefits in alleviating CVS and vestibulo-ocular symptoms, though further research is needed to confirm its long-term effectiveness.

Phongdara et al. studied the prevalence of depression among caregivers of children with cerebral palsy at Siriraj Hospital, finding a 20.7% prevalence rate, with communication difficulties being a significant contributing factor.

Supasirimontri et al. investigated the alignment between the clinical competency needs of Thai physiatrists and the topics validated by the Board of Training and Examination in Rehabilitation Medicine. The study highlighted that low back pain, knee osteoarthritis, stroke, spondylosis/spondylolisthesis, and radiculopathy were among the most frequently encountered conditions.

Poosiri conducted a retrospective study examining the correlation between the 6-minute walk distance (6MWD) and severity of airflow limitation and the modified Medical Research Council (mMRC) dyspnea score in COPD patients. The results revealed a significant weak correlation, suggesting the importance of routinely evaluating 6MWT and mMRC scores in monitoring clinical changes in COPD patients.

I extend my heartfelt thanks to all readers, authors, reviewers, and the editorial board for your hard work and dedication. I look forward to your continued support for future issues.

Warm regards,

Assoc. Prof. Kingkaew Pajareya
Editor-In-Chief
The ASEAN Journal of Rehabilitation Medicine