

# Shu-Mei Chen, PT, PhD

## *Educational Background*

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PhD	Exercise Sciences	Deakin University, Melbourne, Australia
MSc	Epidemiology	Graduate Institute of Medicine, Kaohsiung Medical University, Kaohsiung, Taiwan
BSc	Physical Therapy	Kaohsiung Medical University, Kaohsiung, Taiwan

## *Expertise*

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- Orthopedic physical therapy (including physical agent, manual therapy, and exercise)
- Clinical trials and outcome measures for musculoskeletal pain (e.g., spinal pain)
- Epidemiology of musculoskeletal disorders

## *Courses*

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Basic Palpation Skills

Level II Fieldwork (II)

Kinesiology

Fundamental Techniques of Physical Therapy (II)

Fundamental Techniques of Physical Therapy Practice (II)

Evidence-Based Physical Therapy

Special Topics on Pain Research and Treatment

Evidence-based Orthopaedic Physical therapy and Clinical Reasoning

## *Research Projects*

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### Principal investigator

The comparison of back and gluteal extensor muscles surface EMG activation between subjects with and without chronic low back pain during trunk forward bending after prolonged sitting. Funded by Kaohsiung Medical University, Taiwan; NT\$ 19K, 01/2013-12/2013.

The effect of spinal stabilizing exercise for chronic cervical pain-one year follow-up. Funded by National Science Council, Taiwan; approximately NT\$29K, 08/2003-07/2004.

The effect of non-specific exercise therapy for chronic low back pain. Funded by Kaohsiung Medical University, Taiwan; NT\$ 12K, 08/2002-07/2003.

Chinese adaptation of the Roland-Morris low back pain disability questionnaire. Funded by Kaohsiung Medical University, Taiwan; NT\$ 10K, 08/2001-07/2002.

### Co-investigator



Setting up quantitative therapeutic indexes for direct current iontophoresis for palmar hyperhidrosis. Funded by Kaohsiung Medical University, Taiwan; NT\$12K, 08/2001-07/2002.

## *Career Experiences*

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2010-present Assistant Professor, Department of Physical Therapy, Kaohsiung Medical University, Kaohsiung, Taiwan.

1999-2010 Lecturer, Department of Physical Therapy, Kaohsiung Medical University, Kaohsiung, Taiwan.

1993-2005 Physical Therapist, Department of Rehabilitation Medicine, Kaohsiung Medical University Chung-Ho Memorial Hospital, Kaohsiung, Taiwan.

1993-1998 Teaching Assistant, Department of Physical Therapy, Kaohsiung Medical University, Kaohsiung, Taiwan.

1992-1993 Physical Therapist, Department of Rehabilitation Medicine, Changhua Christian Hospital, Changhua, Taiwan.

## *Publications*

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### A. *Journal articles*

Huang CJ, Chan HL, Chang YJ, **Chen SM**, Hsu MJ\*. Validity of the polar V800 monitor for assessing heart rate variability in elderly adults under mental stress and dual task conditions. International Journal of Environmental Research and Public Health. 2021; 18:869. (SCI)

**Chen SM**, Lo SK, Cook J\*. The effect of rigid taping with tension on mechanical displacement of the skin and change in pain perception. Journal of Science and Medicine in Sport. 2018; 21: 342-346. (SCI)

**Chen SM**, Alexander R, Lo SK, Cook J\*. Effects of Functional Fascial Taping on pain and function in patients with non-specific low back pain: a pilot randomized controlled trial. Clinical Rehabilitation. 2012; 26:924-33. (SCI)

Lu YM, Lin JH, Hsiao SF, Liu MF, **Chen SM**, Lue YJ\*. The relative and absolute reliability of leg muscle strength testing by a handheld dynamometer. Journal of Strength and Conditioning Research 2011; 25:1065-71. (SCI)

Lue YJ, Hsieh CL, Liu MF, Hsiao SF, **Chen SM**, Lin JH, Lu YM\*. Influence of testing position on the reliability of hip extensor strength measured by a handheld dynamometer. The Kaohsiung Journal of Medical sciences 2009; 25: 126-32. (SCI)

**Chen SM**, Liu MF, Cook J, Bass S, Lo SK\*. Sedentary lifestyle as a risk factor for low back pain: a systematic review. International archives of occupational and environmental health 2009; 82:797-806. (SCI)

Wang HY\*, Ju YH, **Chen SM**, Lo SK, Jong YJ. Joint ROM limitation in children and young adults with SMA. Archive Physical Medicine Rehabilitation 2004; 85:1689-93. (SCI)



Liu MF\*, **Chen SM**. Electromyographic analysis of thigh muscles during four kinds of closed kinetic chain exercises. Formosan Journal of Physical Therapy 2003; 28: 308-316. [English abstract]

Lue YJ, Chang JK, Liu MF, **Chen SM**, Lu YM\*. Anxiety with lower extremity arthroplasty. Formosan Journal of Physical Therapy 2003; 28: 317-323.[English abstract]

**Chen SM\***, Liu MF, Wang BM, Huang MH. Chinese translation and adaptation of the Roland-Morris low back pain disability questionnaire. Formosan Journal of Physical Therapy 2003; 28: 324-332. [English abstract]

Wang WY\*, **Chen SM**. Balance and muscular strength in normal children aged 9-12 years. Kaohsiung Journal of Medical sciences 1999; 15:226-233.

Lin JH\*, **Chen SM**, Liaw LJ, Lee CH. Study of isometric lifting strength in normal Chinese adults. Kaohsiung Journal of Medical sciences 1996; 12: 400-408.

Lin JH\*, Liaw LJ, **Chen SM**, Lee CH. A study of different postures on isometric lifting strength in normal college students. Kaohsiung Journal of Medical sciences 1995; 11: 678-685.

#### B. Conference papers

Chen SM, Alexander R, Lo SK, Cook J. Efficacy of Functional fascial taping for the treatment of non-specific low back pain: a prospective randomized controlled trial. 2nd international fascia research congress, Amsterdam, The Netherlands, 27-30 October, 2009.

Chen SM, Alexander R, Lo SK, Cook J. The effect of taping with tension on mechanical displacement of the skin and change in pain perception. 2nd international fascia research congress, Amsterdam, The Netherlands, 27-30 October, 2009.

Chen SM, Alexander R, Lo SK, Cook J. Efficacy of functional fascial taping for the treatment of non-specific low back pain. Higher degree by research student symposium 2008, Deakin University, 5<sup>th</sup> annual exercise and nutrition sciences, 28 November, 2008.