

## Letter from the Editor

Dear Readers,

It is with great pleasure that we present the latest issue of our journal, highlighting a diverse array of recent studies that advance our understanding across various fields of clinical research and rehabilitation.

In our first featured study, Jaroenpakdee and colleagues conducted a double-blind randomized trial assessing blood flow restriction (BFR) combined with low-load resistance exercise for individuals with knee osteoarthritis (OA). Their findings suggest that BFR can enhance knee extensor strength without worsening symptoms, offering a promising adjunctive therapy for this common condition.

Pimubol and colleagues carried out a preliminary randomized, double-blinded controlled trial examining the effects of focused extracorporeal shockwave therapy (fESWT) combined with night splints in patients with moderate carpal tunnel syndrome (CTS). Their results suggest that adding fESWT to night splint therapy is both safe and effective, with four treatment sessions potentially offering a more cost-effective approach compared to ten sessions.

Lertpanyawattanakul and colleagues conducted an ambidirectional cohort study to explore factors influencing goal attainment in children with cerebral palsy (CP). Their findings underscore that children with higher gross motor function are more likely to achieve therapeutic goals. Notably, high-functioning children may benefit from active interventions aimed at improving ambulation and hand function, whereas lower-functioning children tend to progress best through passive goals focused on preventing complications and achieving early motor milestones.

In the realm of stroke rehabilitation, Charussuriyong et al. developed a clinical predictive score to forecast functional outcomes following intensive rehabilitation. Their model, based on eight variables—including age, timing of admission, neglect, cognitive status, depression, muscle strength, and walking ability—aims to assist clinicians in patient selection and personalized treatment planning.

Tantamacharik and colleagues provided insights into patient experiences with hallux valgus treatments at Siriraj Hospital. Their cross-sectional study highlights that footwear modification remains the most utilized and preferred treatment, resulting in significant clinical improvements. They recommend further research into newer modalities, such as bunion shields and toe separators, to expand treatment options.

Finally, a retrospective study by Aueaananratthakit et al. investigated the prevalence and impact of urinary tract infections (UTIs) during inpatient stroke rehabilitation. Their findings reveal an 11.5% prevalence, higher among older patients, those with recurrent strokes, dysphagia, and urinary catheter use. Interestingly, functional gains during rehabilitation appeared more closely related to age and dysphagia than to the presence of UTI.

We hope you find these studies informative and inspiring as we continue to explore innovative approaches to improve patient outcomes.

Sincerely,

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