

## Notes from the Editor-in-Chief

On behalf of the Editorial Board of the ASEAN Journal of Rehabilitation Medicine (ASEAN J Rehabil Med), we are pleased to share a significant update regarding our ongoing journey toward international excellence.

Following valuable feedback from the Content Selection & Advisory Board (CSAB) and in close collaboration with the Thai Journal Citation Index Centre (TCI), our journal underwent a comprehensive transformation in 2024. This effort was dedicated to aligning our editorial and publishing standards with international best practices for transparency and accountability.

The improvement process is built upon three core pillars:

1. Strategic Editorial Overhaul

We conducted a top-to-bottom review of our entire management cycle—from initial screening to final publication. This ensures a rigorous, consistent academic standard and ensures that every article published meets the high scholarly quality expected by the global community.

2. Standardization via the EQUATOR Network

To ensure research transparency and reproducibility, we have integrated international reporting standards:

- Mandatory Guidelines: Authors are now required to follow specific protocols based on their study design (e.g., CONSORT for randomized trials, STROBE for observational studies).

- Verified Submission: The submission process now includes a mandatory checklist, requiring authors to submit their completed reporting forms as supplementary files.

3. Strengthening the Peer Review Process

We have transitioned from a generalized review format to a structured, evidence-based assessment:

- Public Transparency: Our peer review process is now publicly detailed on our website to build trust with authors and readers.

- Reviewer Accountability: Reviewers are now required to use mandatory checklist forms corresponding to the specific study type, ensuring that every manuscript is evaluated against objective, high-level benchmarks.

These systematic updates represent our commitment to fostering high-quality research across ASEAN countries and beyond. We are confident that these enhancements provide a clear roadmap for our journal's growth and its future recognition in global databases.

We thank our authors, reviewers, and the TCI team for their dedication and collaborative effort during this intensive process.

Next, I would like to welcome readers to the first issue of the ASEAN Rehab Med Journal for the year 2026

- Tochaiwat K. and colleagues found that both Thai traditional massage and focused extracorporeal shockwave therapy statistically significantly reduce pain and improve foot function in treating chronic plantar fasciitis.

- Wongsawan P. and colleagues found that combining crano-cervical flexion training (CCFT) with deep cervical flexor and lower trapezius strengthening exercises yielded the most rapid and pronounced improvements in proprioceptive accuracy, postural control, and neck disability in office workers with chronic neck pain.

- Sawatruang J. and Assawapalangchai S. concluded that combining shoulder-posture-corrector belts with stretching exercise showed a significant improvement only in the pain domain of the Thai version of the Neck Disability Index compared to stretching alone after two weeks for managing chronic neck pain in office workers.

- Tayati W. and Tairattanasuw T. reported that while canalith repositioning procedure combined with home-based vestibular rehabilitation is effective for benign paroxysmal positional vertigo, older adults and females experience greater dizziness-related handicaps. This highlights the need for age- and sex-specific considerations in rehabilitation programs.

- Ruamsuk S. and colleagues suggested that adding melodic intonation therapy (MIT) to conventional therapy may enhance repetition and naming abilities in Thai-speaking stroke patients with Broca's aphasia, supporting its adaptation for tonal language contexts.

- Supasirimonti and colleagues identified stroke rehabilitation, pressure ulcers, and osteoarthritis as the most relevant rehabilitation medicine topics for general practice within the undergraduate medicine curriculum, urging consideration for appropriate teaching hours and assessments.

I extend my sincere thanks to all readers, authors, reviewers, and the editorial board for their hard work and support. I also hope to have your continued support for the upcoming issues.

Assoc. Prof. Kingkaew Pajareya  
Editor-In-Chief

The ASEAN Journal of Rehabilitation Medicine