

Associate Professor, Department of Sports Medicine, College of Health Care

Ph.D., National Taiwan University (Taiwan), 2010

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Research Interests: Sports Injury Prevention and Rehabilitation, Low-level Laser Therapy, Physical Modality Therapy

Academic Distinctions:

Excellent Teacher, Department of Sports Medicine, CMU (2013)

Excellent Teacher, College of Health Care, CMU (2016)

Honorable Mention, Sport Science Research and Development, Sports Affairs Council (2015)

Appointments:

2005-2010: Adjunct Instructor: Department of Rehabilitation, Jen-Teh Junior College of Medicine, Nursing and Management

2010-2012: Assistant Professor: Department of Recreational Sport and Health Promotion, Asia-Pacific Institute of Creativity

2012-2015: Assistant Professor: Department of Sports Medicine, CMU

2016-present: Associate Professor: Department of Sports Medicine, CMU

2016-present: Deputy Chair: Department of Sports Medicine, CMU

Research Interests:

The research themes in my lab aim to research on the effects of low-level laser on musculoskeletal disorders, and the clinical outcomes of other physical agents. Several areas on sports science of the research are actively studied in my lab.

Representative Publications:

[The effects of Tai Chi Chuan on improving mind-body health for knee osteoarthritis patients: a systematic review and meta-analysis.](#) Chang WD, Chen S, Lee CL, Lin HY, Lai PT*. **Evidence-based Complementary and Alternative Medicine.** 2016, 2016(2016): 1813979.

[Muscle activation of vastus medialis oblique and vastus lateralis in sling-based exercises in patients with patellofemoral pain syndrome: a cross-over study.](#) Chang WD, Huang WS, Lai PT*. **Evidence-based complementary and alternative medicine.** 2015, 2015: 740315.

[Changes of plantar pressure and gait parameters in children with mild cerebral palsy who used a customized external strap orthosis: a crossover study.](#) Chang WD, Chang NJ, Lin HY, Ping-Tung Lai PT*. **Biomed Research International.** 2015, 2015:813942.

[Analgesic effect of manual acupuncture and laser acupuncture for lateral epicondylalgia: a systematic review and meta-analysis.](#) Chang WD*, Lai PT, Tsou YA. **American journal of Chinese medicine.** 2014, 42(6):1301-1314.

[Effects of Kinesio taping versus McConnell taping for patellofemoral pain syndrome: a systematic review and meta-analysis.](#) Chang WD, Chen FC, Lee CL, Lin HY, Lai PT*. **Evidence-based complementary and alternative medicine,** 2015, 2015:471208.

[Therapeutic outcomes of low-level laser therapy for closed bone fracture in the human wrist and hand.](#) Chang WD, Wu JH, Wang HJ, Jiang JA*. **Photomedicine and laser surgery.** 2014, 32(4):212-218.