

彭宜玲

Yi-Ling Peng, PT, PhD

聯絡資訊 Contact information

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主要學歷 Education

美國德州大學奧斯丁分校	博士	運動學與健康教育
University of Texas at Austin, USA	Ph.D.	Kinesiology and Healthy Education
長庚大學	碩士	復健科學
Chang Gung University	MS.	Rehabilitation Science
長庚大學	學士	物理治療
Chang Gung University	BS.	Physical Therapy

經歷及現職 Employment

2025/02 – Present	長庚大學物理治療學系 助理教授 Assistant Professor, School of Physical Therapy Chang Gung University, Taoyuan, Taiwan
2022/08 – 2025/01	東海大學高齡健康與運動科學學位學程 助理教授 Assistant Professor, Bachelor of Science in Senior Wellness and Sports Science Tunghai University, Taichung, Taiwan
2019/06 – 2022/07	美國德州大學奧斯丁分校化學系 研究員 Research Scientist, Department of Chemistry The University of Texas at Austin, Austin, Texas

專長領域 Specialized Area

神經肌肉控制、骨科物理治療、表面肌電圖、肌內肌電圖

Neuromuscular control, orthopedic physical therapy, surface electromyography (sEMG), intramuscular electromyography (iEMG)

期刊論文發表 Publications

1. **Peng YL**, Johnson AE, Griffin L. Sex differences in neuromuscular control of quadriceps. *Eur J Appl Physiol* 120(10):2193-2202, 2020.

2. **Peng YL**, Tenan MS, Griffin L. Hip position and sex differences in motor unit firing patterns of the vastus medialis and vastus medialis oblique in healthy individuals. *J Appl Physiol* (1985) 1;124(6):1438-1446, 2018.
3. Tenan MS, **Peng YL**, Hackney AC, Griffin L. Menstrual cycle mediates vastus medialis and vastus medialis oblique muscle activity. *Medicine and Science in Sports and Exercise* 45;(11):2151-7, 2013.

研討會發表 Conference Presentations

1. Lee WC, Liu YT, **Peng YL**. The effect of health promotion course and fitness club on physical abilities among elderly residents. International Symposium of Gerontechnology and Health Application, 2024. Taiwan.
2. Li PS, Wu CY, Tsai ZJ, Hsieh MH, Wang SH, **Peng YL**. Improvement of muscle properties and exercise performance by Fascia Plus Lab® fascial lotion. DOI:10.6215/FJPT.202412.P41 第八十八次台灣物理治療學術論文研討會, 2024.
3. Kao YC, Chen ZZ, Shen GW, **Peng YL**. The effect of sex and exercise habit on muscle contractile properties between muscles of the dominant and non-dominant lower extremities. DOI:10.6215/FJPT.202312.P31 第八十六次台灣物理治療學術論文研討會, 2023.
4. **Peng YL**, Gupta D, Jensen J, Griffin L. Sex differences in neuromuscular control of quadriceps muscles during various levels of knee extension force. Program No. 412.22 2017 Neuroscience Meeting Planner. Washington, DC: Society for Neuroscience, 2017.
5. Pham RT, **Peng YL**, Gupta D, Griffin L. Vastus medialis oblique activity is positively correlated with functional ability in patients with patellofemoral pain syndrome. Program No. 502.06 2017 Neuroscience Meeting Planner. Washington, DC: Society for Neuroscience, 2017.
6. **Peng YL**, Tenan MS, Griffin L. Recruitment properties in vastus medialis and vastus medialis oblique in individuals with patellofemoral pain syndrome. *Medicine and Science in Sports and Exercise* 49: 1035, 2017.
7. **Peng YL**, Tenan MS, Griffin L. Sex differences in the control of vastus medialis and vastus medialis. Society for Neuroscience Abstract 250.14/WW12, 2016. San Diego, CA.
8. **Peng YL**, Tenan MS, Griffin L. Differential activation of the vastus medialis and vastus medialis oblique. Society for Neuroscience Abstracts 160.14/GG3, 2014. Washington, DC.
9. Tenan MS, **Peng YL**, Hackney AC, Griffin L. Maximal force and motor unit recruitment patterns are altered across the human menstrual cycle. *The Physiologist*. 55(6): C-47, 2012.
10. **Peng YL**, Lin YH. Trunk Muscles Fatigue in Individuals with Low Back Pain during Pushing Movement. The Annual Meeting of World Confederation for Physical Therapy, 2011. Amsterdam, Netherlands.

11. **Peng YL**, Lin YH, Lien HY, Chiou WK. Fatigability of Trunk Muscles When Simulating Pushing Movement during Treadmill Walking. The Annual Meeting of American Society of Biomechanics, 2009. State College, Pennsylvania.

研究計劃 Research Grants

2024 – 2025	東海大學產學 合作 THU	Fascia Plus Lab®筋膜滋養乳液對肌肉特性和運動表現之促進 Improvement of Muscle Properties and Exercise Performance by Fascia Plus Lab® Fascial Lotion	主持人 PI
2023 – 2024	國科會大專學 生研究計畫 NSTC	促進式貼紮對羽球選手的股四頭肌肌肉特性與爆發力的影響 Effect of Kinesiotape on Quadriceps Muscle Properties and Explosiveness in Badminton Players	指導教授 Advisor