



Curriculum Vitae

Personal Information		
Title	Dr	
Name	Lydia Arfianti	
Degree	MD	
Country	Indonesia	
Affiliation	Department of Physical Medicine & Rehabilitation Universitas Airlangga, Faculty of Medicine/ Dr Soetomo General Hospital	

Education, Professional Qualifications & Membership

- 2005 Physician (Medical Doctor, MD), Faculty of Medicine, Universitas Airlangga, Surabaya, Indonesia
- 2011Physiatrist, Dept of Physical Medicine & Rehabilitation (PMR), Faculty of Medicine, Universitas Airlangga, Surabaya, Indonesia
- 2020 Consultant, Musculoskeletal Rehabilitation, Indonesian Board of Physical Medicine & Rehabilitation
- 2012 - now Current post : Staff member, Head of Musculoskeletal Rehabilitation Division Physical Medicine & Rehabilitation Department, Faculty of Medicine, Universitas Airlangga. Staff member, Installation of Rehabilitation Medicine Dr. Soetomo General Academic Hospital, Surabaya, Indonesia
- 2006 - Indonesian Medical Association (IDI), Surabaya Chapter, Member
- 2012 - Indonesian Physical Medicine & Rehabilitation Association (PERDOSRI), Board Member
- 2015 - International Society of Physical Medicine & Rehabilitation (ISPRM), Member
- 2020 - 2024 Secretary, Indonesian Board of PMR



Additional Training

- 2013. 1 month – Clinical training in Basic Musculoskeletal Ultrasound
Dept of Physical Medicine & Rehabilitation, National Taiwan University
Hospital (NTUH), Taipei, ROC
Basic Musculoskeletal Ultrasound Hands-on Workshop: Upper and
Lower limbs, Indonesian Physical Medicine & Rehabilitation
Association. Jakarta, Indonesia
- 2016 – 2019. 3 years – Clinical attachment at Dept of Physical Medicine
& Rehabilitation University Hospital Leuven (UZ Leuven), Belgium

Grants and Awards

- ISPRM travel grant 2015
- Indonesian PMR National Meetings research papers competition 2012
(2nd place)
- Indonesian PMR National Meetings free paper competition 2008 (1st
place)

Publications

2025

- Arfianti, L., Pawana, I. P. A., Wardani, N. K., Hayyan, A. J. A., Rizqi, F. A., Prabawa, I. M. Y., Nugroho, A. B., & Handarini, L. P. S. A comparison between extracorporeal shockwave therapy and dextrose prolotherapy on quadriceps muscle performance in knee osteoarthritis. Retos, 2025, 68, 224–233
- Mahendrata, A. R., Goller, A. A. W., & Arfianti, L. (2025). Comparative efficacy of Pilates versus PFME and additional interventions for post-prostatectomy urinary incontinence: a systematic review and meta-analysis. Romanian Journal of Medical Practice, 2025, 20(1), 81-89
- Rizqi, F.A., Handajani, N.I., Pratiwi, Y.D., Arfianti, L., Hayyan, A.J.A., Atika. 2025. Comparing the effects of dextrose prolotherapy and extracorporeal shockwave therapy on dynamic balance in knee osteoarthritis patients. Physical Therapy Journal of Indonesia. 2025, 6(1): 49-54
- Tumali JW, Andriana M, Satyawati R, Arfianti L, Hayyan AJA, Melaniani S. Comparison of changes on quadriceps femoris muscle thickness after addition of low intensity blood flow strengthening exercise and



moderate intensity strengthening exercise in elderly woman. 2025.
Journal of Medicinal and Pharmaceutical Chemistry Research. 2025, 7(5),
pp. 796–807

2024

- Kartika L, Pawana IPA, Arfianti L, Sugianto P. Effect of low intensity aerobic cycle ergometer on maximal walking speed and cadence of myasthenia gravis patients. Romanian Journal of Medical Practice 19(1):16-2
- Yustiawan A, Semedi BP, Arfianti L, Maulydia, Edwar PPM, Airlangga PS, Santoso KH, Andriana M. The effect of early neuromuscular electrical stimulation in intensive care unit-acquired weakness. Anaesth, Pain, and Intensive Care 2024; 28(4):706–711
- Prasetyanto IM, Pawana IPA, Arfianti L, Utomo B. 2024. Immediate effects of gait biofeedback on peak plantar pressure in patients with type 2 diabetes mellitus with diabetic neuropathy. Bali Medical Journal 13 (1): 657-661

2023

- Septian D, Semedi BP, Susanto KH, Airlangga PS, Perdhana F, Hamzah, Arfianti L. The relationship between risk factors and severity



level of acquired weakness ICU events in critical patients at Dr. Soetomo Hospital. Pak Heart J 2023;56(03). ISSN:0048-2706 E-ISSN:2227-9199

- Uzlifatin Y, Arfianti L, Wardhani IL, Hidayati HB, Melaniani S. (2023). Effect of transcutaneous auricular vagus nerve stimulation in addition to exercises on disability in chronic low back pain patients: a randomized controlled study. Anaesth. pain intensive care 2022;27(1):73–81; ISSN: 1607-8322, e-ISSN: 2220-5799.
- Halim, M.J.E., Subadi, I., Pawana, I.P.A., Arfianti, L., Satyawati, R., Melaniani, S. (2023). The effect of added Transcutaneous Vagus Nerve Stimulation (tVNS) on quality of life in patients with chronic low back pain: a randomized controlled trial study. Bali Medical Journal 12(1): 1069-1074. DOI: 10.15562/bmj.v12i1.4042
- Halim, M.J.E., Arfianti, L., Pawana, I.P.A., Melaniani, S. 2023. Does transcutaneous Vagus Nerve Stimulation (tVNS) reduce pain intensity in chronic low back pain patients? A randomized controlled pilot study. Bali Medical Journal 12(1): 423-428. DOI: 10.15562/bmj.v12i1.3929