

Helena Sousa

Human Movement System Re(habilitation)

Bachelor and Graduated in Occupational Therapy by the School of Health (ESS-P.Porto) in 1987 and 2001 respectively, Helena Sousa obtained in the middle an Osteopathy degree by I.W.G. Sutherland of Paris in 1997. Later, in 2005 she made her M.Sc. in Physical Activity in the Elderly at Faculty of Sports (FADEUP) and her Ph.D. in 2012 in Physical Activity and Health at the University of Porto (UP). Currently, she's an Adjunct Professor in the Occupational Therapy Technical Scientific Area, Coordinator of the Osteopathy Course at ESS-P. Porto and Collaborator Researcher in the Human Movement System (Re)habilitation Area of the Center for Rehabilitation Research (CIR) where orientates research projects of graduation and master's degrees in the Occupational Therapy field since 2008. She's been participating and making several collaborations in multiple health projects in the fields of health prevention and creation of rehabilitation systems and devices.



ORCID: [0000-0002-0461-1883](https://orcid.org/0000-0002-0461-1883)

E-mail: hes.estsp@gmail.com