

Ana Melo

Human Movement System (Re)habilitation



Ana Melo is a physiotherapist, a higher education professor, and researcher with a focus on shoulder complex function, motor control, biomechanics and therapeutic exercise. She earned her PhD in Physiotherapy from the Faculty of Sport of the University of Porto (FADEUP) in 2024, supported by a research fellowship from the Fundação para a Ciência e a Tecnologia (FCT). Her doctoral thesis was entitled "Therapeutic Exercise for Shoulder Complex Function - Effects on essential biomechanical and neurophysiological parameters". Previously, she obtained a master's degree in Physiotherapy – Orthopaedic Manual Therapy (2016), from the same institution where she completed her degree in Physiotherapy (School of Health of the Polytechnic Institute of Porto – E2S-P.Porto). With a career in higher education that began in 2013, she served as a Guest Assistant at E2S-P.Porto until 2025 and is currently an Invited Principal Adjunct Professor at CESPU, CRL. Ana has co-authored several peer-reviewed publications, participated in funded research projects [as SMARTHEALTH (P2020) and FCT R&D Units], and actively supervises undergraduate and master's students in the fields of shoulder pain and musculoskeletal rehabilitation.

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