



Pedro Botelho Fernandes

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Address: Sintra, Portugal (Home)

● ABOUT ME

Experienced physiotherapist and educator with over 15 years of clinical and academic expertise, specializing in neurofunctional physiotherapy, pain neuroscience, and motor control rehabilitation. Passionate about integrating digital health solutions, artificial intelligence, and data-driven innovation to transform healthcare practices. Proven track record in mentoring, interdisciplinary collaboration, and involved in initiatives that bridge traditional healthcare with cutting-edge technologies.

● WORK EXPERIENCE

16 SEP 2024 – CURRENT Lisbon, Portugal

ASSISTANT LECTURER ALCOITÃO SCHOOL OF HEALTH SCIENCES

Currently lecturing to 1st and 2nd year students, enrolled in the Physiotherapy Bachelor Degree.

- **Curriculum development:** Contributed to the planning and implementation of practical and theoretical content
- **Mentorship and supervision:** Provided individualized support and mentoring to students during Internship, enhancing their clinical reasoning and professional skills in real-world healthcare settings.
- **Assessment and evaluation:** Designed and applied practical and theoretical assessments, ensuring alignment with educational best practices and professional standards.
- **Interdisciplinary collaboration:** Collaborated with interdisciplinary teams to modernize teaching methodologies through digital tools and data-driven approaches.

Business or Sector Education | **Department** Physiotherapy Department | **Email** pedro.fernandes@scml.pt |

Website www.essa.pt

1 FEB 2024 – CURRENT Lisbon, Portugal

SENIOR PHYSIOTHERAPIST SELF-EMPLOYED

- **Autonomous clinical practice:** Provided specialized care in neurofunctional physiotherapy, focusing on motor control, postural re-education, and pain management using advanced evidence-based approaches.
- **Patient-centered approach:** Applied behavioral science strategies to enhance patient adherence to rehabilitation programs and empower them for self-management of their health conditions.
- **Research and innovation:** Conducted ongoing research on idiopathic scoliosis.

JUN 2018 – 31 JAN 2024 Lisboa, Portugal

LEAD NEUROMUSCULOSKELETAL PHYSIOTHERAPIST ELIPSE RECOVERY IN MOTION

- **High-performance athlete care:** Developed and implemented customized rehabilitation programs aimed at accelerating recovery and optimizing performance for elite athletes.
- **Innovative pain management:** Applied advanced Pain Neuroscience Education (PNE) techniques to educate and empower patients with chronic pain, resulting in improved self-management and long-term outcomes.
- **External consultancy:** Provided physiotherapy consultancy services for Casa Pia Atlético Clube, focusing on injury prevention, health performance, and sports rehabilitation.
- **Leadership and team coordination:** Led a multidisciplinary team of healthcare providers, ensuring seamless collaboration and high-quality care delivery.
- **Continuous improvement:** Regularly updated clinical protocols based on the latest scientific evidence, ensuring that all interventions met the highest standards of practice.

NOV 2017 – MAY 2018 Fundão, Portugal

PHYSIOTHERAPY MANAGER ASSOCIAÇÃO DESPORTIVA DO FUNDÃO

- **Coordination of physiotherapy services:** Led the physiotherapy department of a first-division futsal team, focusing on injury prevention, rehabilitation, and performance enhancement.
- **Protocol development:** Designed and implemented systematic evaluation and data-driven decision protocols based on scientific evidence.
- **Team education:** Conducted workshops for technical staff and athletes on injury prevention and recovery strategies.
- **Athletes management:** Provided individualized care to athletes, ensuring their optimal physical condition throughout the season.

30 JUN 2016 – 29 JUN 2017 Portimão

PHYSIOTHERAPY MANAGER PORTIMONENSE FUTEBOL SAD

- **Department leadership:** Managed the physiotherapy department of the senior football team, contributing to the team's success in becoming **national champions of the LigaPro**.
- **Multidisciplinary collaboration:** Worked closely with doctors, coaches, and trainers to ensure a holistic approach to player health and performance.
- **Mentoring:** Supervised and mentored a professional intern in physiotherapy, enhancing their practical and theoretical knowledge.
- **Customized rehabilitation programs:** Designed individualized rehabilitation and reconditioning programs to minimize injury risks, based on data collection and analysis.

JAN 2016 – JUN 2016 Algarve and Lisbon, Portugal

SPORT & EXERCISE THERAPIST SELF-EMPLOYED

- Provided consultancy services to professional golf and football athletes, focusing on injury prevention and performance optimization.
- Delivered personalized care plans based on individual assessments and goals.
- Specialized consultancy in sports physiotherapy.
- Individualized performance enhancement strategies.

1 FEB 2015 – 12 JAN 2016 Vilamoura, Portugal

PHYSIOTHERAPY TEAM LEADER GFI - GRUPO DE FISIATRIA DE INTERVENÇÃO

- **Leadership role:** Managed the physiotherapy department, within a multidisciplinary team to deliver high-quality care.
- **Elite athlete care:** Worked extensively with professional golfers and Olympic athletes, focusing on injury prevention and performance enhancement.
- **Program development:** Designed and implemented personalized rehabilitation protocols, utilizing innovative methodologies.

5 AUG 2012 – 30 JAN 2015 Oeiras, Portugal

SPORTS PHYSIOTHERAPIST RUI PAES MAMEDE - GABINETE DE FISIOTERAPIA NO DESPORTO

- Provided physiotherapy services in a sports and musculoskeletal context, focusing on manual therapy and exercise prescription.
- Collaborated with other health professionals to deliver comprehensive care.
- Interdisciplinary teamwork.

31 MAR 2011 – 29 JUN 2012 Fundão, Portugal

PHYSIOTHERAPIST MANUS SAPIENS FISIOTERAPIA, LDA

- Delivered physiotherapy services in a clinical setting for insurance-covered patients, addressing a broad spectrum of conditions.
- Specialized in neurology, musculoskeletal, and cardiorespiratory physiotherapy.
- Versatility in handling diverse patient profiles.
- Effective communication with insurance providers.

18 JUN 2009 – 17 JUL 2009 Cascais, Portugal

VOLUNTEER PHYSIOTHERAPIST AGÊNCIA CASCAIS ATLÂNTICO, CASCAIS COUNTY CITY HALL

- Participated in the **Tiralô project** (130 contact hours), providing physiotherapy services for people with disabilities in partnership with Cascais City Hall and Alcoitão School of Health Sciences.
- Community engagement.
- Adaptability in diverse environments.

22 MAR 2009 – 24 MAR 2010 Sintra, Portugal

SPORTS PHYSIOTHERAPIST UNIÃO DESPORTIVA E CULTURAL DE NAFARROS - ROLLER HOCKEY

- Managed the clinical department of the senior roller hockey teams, providing direct support during training sessions and competitions.
- Developed and implemented injury prevention and recovery programs.
- Injury prevention and acute care.

● **EDUCATION AND TRAINING**

OCT 2023 – DEC 2023

HELLO AI BASICS European Institute of Innovation and Technology

Specialized in AI applications for healthcare, exploring machine learning, patient data analysis, and digital health innovation.

Website www.eithealth.eu

Link <https://hvl.thinkific.com/certificates/xzvwwf02md>

6 OCT 2023 – CURRENT Lisbon, Portugal

MASTERS DREGREE IN NEUROFUNCTIONAL PHYSIOTHERAPY Alcoitão School of Health Sciences

Website www.essa.pt | **Field of study** Therapy and rehabilitation |

Thesis "Are there any differences in Postural Control and Motor Competence between individuals with Adolescent Idiopathic Scoliosis (AIS) diagnosis and individuals without AIS?"

26 JAN 2023 – 16 SEP 2023 Lisbon, Portugal

POST-GRADUATION DEGREE IN NEUROLOGICAL PHYSIOTHERAPY Alcoitão School of Health Sciences

Website www.essa.pt | **Final grade** 18,44 in 20 | **Type of credits** ECTS | **Number of credits** 40

JAN 2019 – FEB 2020 Pau, France, France

LES CHAÎNES PHISIOLOGIQUES DE LÉOPOLD BUSQUET Méthode Busquet

Type of credits Horas | **Number of credits** 184h

30 SEP 2019 – 10 OCT 2019 Paris, France, France

MÉZIÈRES MÉTHOD

18 MAR 2018 – 13 MAY 2018 Australia

MAT ONLINE LEVEL 1 MAT - Movement Assessment Technologies

5 MAR 2016 – 6 MAR 2016 Czechia

DNS EXERCISE COURSE I The Prague School of Rehabilitation and Manual Medicine

Type of credits Horas | **Number of credits** 12h

27 NOV 2015 – 28 NOV 2015 Lisbon, Portugal

FMS CERTIFIED Functionalmovement.com

Website Functionalmovement.com

12 APR 2014 – 6 JUL 2014 Lisbon, Portugal

ACUPUNCTURE FOR PHYSIOTHERAPISTS Traditional Chinese Medicine Faculty School e Master Physical Therapy

- Introduction to the meridian system and acupuncture techniques (part A). April 12th-13th 2014, 16 hours;
- Acupuncture and neuromuscular recovery of the face and upper limb (part B). May 3rd-4th 2014, 20 hours;
- Acupuncture and neuromuscular recovery of the lower limb and pain (part C). June 14th-15th and July 5th-6th 2014, 36 hours.

Type of credits Hours | **Number of credits** 72h

19 NOV 2011 – 20 NOV 2011

WHOLE BODY KT TAPING - BASIC & INTERMEDIATE KT Tape

Type of credits Horas | **Number of credits** 16h

SEP 2005 – DEC 2009 Lisbon, Portugal

BACHELOR'S DEGREE IN PHYSIOTHERAPY Alcoitão School of Health Sciences

Website www.essa.pt | **Final grade** 15 in 20 | **Type of credits** ECTS | **Number of credits** 240

15 JUN 2009 – 20 JUN 2009 Lisbon, Portugal

BASIC LIFE SUPPORT Portuguese Red Cross Association

Final grade 20

18 APR 2009 – 25 APR 2009 Lahti, Finland

ERASMUS INTENSIVE PROGRAMME - ACTIVE REHABILITATION FOR ELDERLY BY MULTIDISCIPLINARY WORK Lahti University of Applied Sciences, Faculty of Social and Health Care

Themes of the Intensive Programme Week:

- The ageing process;
- The meaning of ageing in different cultures;
- The goals and processes in multidisciplinary elderly rehabilitation.

Type of credits ECTS | **Number of credits** 6

● **LANGUAGE SKILLS**

Mother tongue(s): **PORTUGUESE**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1
SPANISH	B2	B2	B1	B1	A2
FRENCH	A2	A2	A2	A1	A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● **DIGITAL SKILLS**

Virtual, Augmented and Mixed Reality | Neurofunctional Rehabilitation | Education in Digital Health | Interdisciplinary Team Collaboration | Curriculum Development | Evidence-Based Decision Making | Data-Driven Clinical Decision Making | Leadership and Team Management