

Shawnee S. Haws, PT, DPT

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Employment

2005-present Physical Therapist & Pilates Instructor, Pinnacle Performance, Salt Lake City, UT
2010-2021 Pilates Educator, Polestar Education, Miami, FL
2015-2021 Examiner, Polestar Education, Miami, FL

Education

1999-2002 Associates Degree in General Studies
Weber State University, Ogden, UT
2002-2003 Bachelor of Physical Therapy Studies
University of Utah, Salt Lake City, UT
2003-2005 Doctor of Physical Therapy
University of Utah, Salt Lake City, UT

Continuing Education

2003-2004 Polestar Pilates Studio Certification
2003 Utah Physical Therapy Association Conference
“Core Training and Neuromuscular Stabilization”
Gray Cook, MS, PT, OCS, CSCS
2004 Utah Physical Therapy Association Conference
2005 AAOMPT Symposium “Manual Therapy of the Upper Quarter: Bringing It All Together”
“The Challenge of Whiplash Associated Disorders”
Gwendolen Jull, MPhty, PhD, FACP
“Serious and Unusual Pathologies Following Whiplash and Their Clinical Recognition “
Jim Meadows, BScPT, FCAMT
“The Diagnosis of Cervicogenic Headache”
Gwendolen Jull, MPhty, PhD, FACP
“Reflex Activation & Deactivation of Dysfunctional Muscle: Some Clinical Observations & Demonstrations & Some Speculation”
Jim Meadows, BScPT, FCAMT
“Cervical Spine Exercise Strategies: Mobility & Stability”
Ron Schenk, PT, PhD, OCS, FAAOMPT, Cert MDT
“A Rationale for Exercising the Patient with Chronic Upper Quarter Dysfunction”
Tim McGonigle, PT and Michael Moore, PT
2006 Comprehensive Pilates Repertoire Review, Polestar Education

Tracey Weibel

2006 Utah Physical Therapy Association Conference
 “Diagnosis and Treatment of Movement System Impairment Syndromes”
 Shirley Sahrman, PT, PhD

2007 Critical Reasoning in the Pilates Environment, Polestar Education
 Lise Stolz, Brent Anderson
 CR-1: The intake process for the Pilates Teacher
 CR-2: Postural Assessment A: head, neck, spine, and pelvis
 CR-3: Postural Assessment B: upper and lower extremities
 CR-4: Movement Assessment using Pilates Principles

2007 Utah Physical Therapy Association Conference
 “Current Concepts in Physical Therapy Treatment of the Shoulder and
 Knee”
 Kevin Wilk, PT, DPT

2008 Advanced Spine in the Pilates Environment, Polestar Education
 Amy Broekemeier, DPT, PMA-CPT

2008 “Management of the Upper Thoracic and Rib Cage in Upper Quarter
 Dysfunction”
 Tim Flynn, PT, PhD, OCS, FAAOMPT

2008 NAIOMT Symposium
 “Spinal Manipulation: Thrusting Physical Therapy Forward”
 Josh Cleland, PT, DPT, PhD, OCS, FAAOMPT
 Tim Flynn PT, PhD, OCS, FAAOMPT
 Peter Huijbregts PT, DPT, OCS, FAAOMPT, FCAMT
 Laurie McLaughlin DScPT, FCAMT, CMAG
 Erl Pettman PT, MSCP, MCPA, FCAMT

2008 NAIOMT 500: Level I, part A-lower quadrant
 William Temes, MS, PT, OCS, COMT, FAAOMPT

2008 NAIOMT 720: Clinical Reasoning in Advanced Differential Diagnosis
 James Meadows, BScPT, MCPA, FCAMT

2008 NAIOMT 500: Level I, part B-upper quadrant
 William Temes, MS, PT, OCS, COMT, FAAOMPT

2009 NAIOMT 600: Level II Upper Quadrant, part A-extremities
 Kent Keyser, MS, PT, OCS, COMT, CFMT, ATC, FAAOMPT

2009 NAIOMT 600: Level II Upper Quadrant, part B-spine
 Kent Keyser, MS, PT, OCS, COMT, CFMT, ATC, FAAOMPT

2009 Pilates for Rotational Sports, Polestar Education
 Brent Anderson

2009 Advanced Gait, Polestar Education
 Brent Anderson

2009 NAIOMT 610: Level II Lower Quadrant, part A-extremities
 William Temes, MS, PT, OCS, COMT, FAAOMPT

2009 NAIOMT 610: Level II Lower Quadrant, part B-spine
 William Temes, MS, PT, OCS, COMT, FAAOMPT

2009 NAIOMT 640: Level II Thoracic Spine
 Kent Keyser, MS, PT, OCS, COMT, CFMT, ATC, FAAOMPT

2010 NAIOMT 700: Level III Advanced Upper Quadrant
Erl Pettman, PT, MCSP, MCPA, FCAMT

2010 Utah Physical Therapy Association Conference

2011 Utah Physical Therapy Association Conference

2012 CoreAlign I, Balanced Body
Samantha Schoeneman

2012 Utah Physical Therapy Association Conference
“Get Your Head in The Game: Managing Disorders of the Head and Neck”

2013 NAIOMT 710: Level III Advanced Lower Quadrant, Part A
William Temes, MS, PT, OCS, COMT, FAAOMPT

2013 NAIOMT 710: Level III Advanced Lower Quadrant, Part B
William Temes, MS, PT, OCS, COMT, FAAOMPT

2013 Communication Skills for Pilates Teachers, Polestar Education
Helen Masin, PhD, PT

2013 Pathokinesiology of the Lower Extremity, Polestar Education
Amy Broekemeier, DPT, CMPT, PMA-CPT

2014 CoreAlign 2, Balanced Body
Tessa Furano Hale, DPT

2015 CoreAlign 3, Balanced Body
Tessa Furano Hale, DPT

2015 Utah Physical Therapy Association Conference
“Understanding the Relationships between the Thorax and Pelvis: The Integrated Systems Model”
Diane Lee, PT

2016 Oov for Pilates, Polestar Education
Daniel Vladata, DO

2016 CoreAlign Bridge, Balanced Body
Tessa Furano Hale, DPT

2016 Pelvic Floor: The Functional Approach, MedBridge Education
Gary Gray, PT

2016 Pilates: History, General Principles and Precautions, MedBridge Education
Sherri Betz, PT, GCS, CEEAA, PMA-CPT

2016 Oov 3D Assessment, Polestar Education
Daniel Vladata, DO

2017 HIPAA: The Ethics and Privacy of Security, MedBridge Education
Sheila Nicholson, Esquire, DPT, MBA, MA, PT

2017 Oov Level 3: Axial Organization/Efferent
Daniel Vladata, DO, Amy Broekemeier, DPT, CMPT, PMA-CPT

2018 Visceral Manipulation: Abdomen 1, Barral Institute
Lisa Brady Grant, DC

2019 Neurogenic Dysfunction of Spondylolisthesis: A Hidden Link,
MedBridge Education

2020 From the Glottis to the Pelvic Floor: Making Clinical Connections
Susan Clinton, PT, DScPT, OCS, WCS, FAAOMPT
Julie Wiebe, PT, MPT, BSc

2021 Best of Pilates on Tour: PT Rehab Summit, Balanced Body
2021 Myofascial Release I
John Barnes, PT
2021 NAIOMT C-616: Cervical Spine
Steve Allen, PT, OCS, FAAOMPT
2022 Neurologic Dry Needling for Pain Management and Sports Rehabilitation
Foundations Course, Integrative Dry Needling
TJ Stevenson, PT, DPT, CIDN
2023 LTAP Level I, Movement Rev
Anna Hartman, MS, ATC, CSCS

Professional Memberships

American Physical Therapy Association
Utah Physical Therapy Association
Pilates Method Alliance

Certification & Licensure

Utah State Physical Therapy Licensure
Polestar Pilates Studio Certification
Nationally Certified Pilates Teacher

Other Professional Activities

Mentor, Polestar Education (2006-2010)
Educator, Polestar Education (2010-2021)
Examiner, Polestar Education (2015-2021)

Awards

Publications

Presentations

2006 Intermountain HealthCare Discovery Lecture: Spine Health
2010 How's Your Balance? Studio 5 segment
2012-2018 Annual Career Fair Presentation at Wahlquist Junior High School
2020-2022 Introduction to Human Anatomy at Lakeside Elementary

Teaching Assignments

2010-2011 Polestar Education Studio/Rehab Hybrid Comprehensive Course
2011 Polestar Education Rehab Comprehensive Course
2012-2013 Polestar Education Studio/Rehab Comprehensive Course

