

Tessa Furano Hale PT, DPT, CAMI, RDN

Doctor of Physical Therapy
CoreAlign Master Instructor/Faculty
Registered in Dry Needling
Polestar® Pilates Practitioner
She/Her/Hers

tessa@pinnacle4performance.com

Current Employment

Doctor of Physical Therapy and Pilates Practitioner/Instructor
Pinnacle Performance
Salt Lake City, UT
2008-present

CoreAlign Faculty Member/CoreAlign Master Instructor
Balanced Body
2013-present

Polestar Pilates Practitioner
Polestar Pilates Education
2008-present

Adjunct Faculty Doctor of Physical Therapy Program
University of Utah College of Health
2019-present

Instructor of Anatomy for Yoga Teacher Training Program
Salt Lake Power Yoga
Salt Lake City, UT
2018-present

Employment History

Pilates Mentor
Polestar Pilates Education
2009-2013

Research Coordinator and Research Assistant
Skeletal Muscle Exercise Research Facility (SMERF)
University of Utah, Department of Physical Therapy
May 2004-2007

Medical Supplies Manager and Physical Therapy Aide
University of Utah- Orthopaedic Center
May 2000-2005

Educational History

University of Utah Department of Physical Therapy
Doctor of Physical Therapy (DPT)
May 2008

Polestar Pilates, Practitioner of Pilates for Rehabilitation
May 2008

Westminster College Of Salt Lake City
Bachelor of Science, Biology
May 2002

Clinical Education

TOSH at the Olympic Oval
Outpatient Orthopedic Physical Therapy Clinic
Kearns, UT
Spring 2008

Meier and Marsh Physical Therapy
Hand Therapy and McKenzie Low Back Clinics
Tooele, UT
Spring 2008

Pinnacle Performance
Physical Therapy and Intelligent Movement
Salt Lake City, UT
Summer 2007

HealthSouth Seapines Inpatient Rehabilitation
Melbourne, FL
Summer 2006

Kamas Outpatient Physical Therapy/Home Health
Kamas, UT
Summer 2006

Primary Children's Hospital, Inpatient/Intensive Care Unit Physical Therapy
Salt Lake City, UT
Spring 2006

Teaching History

Anatomy for Patients: Anatomy at Home
Pinnacle Performance
3 Virtual 3-hour courses
Jan, Feb, March 2024

Anatomy for Patients
Pinnacle Performance
3 3-hour courses
Aug, Sept, Oct 2023

Empowering Osteoporosis on the CoreAlign
Balanced Body
Virtual 2 hour course
April 2023

Yoga Teacher Training: Anatomy Level 1
Salt Lake Power Yoga
Salt Lake City, UT 84102
February 2023

CoreAlign Instructor Training 1: Foundations
Pinnacle Performance
Salt Lake City, UT 84115
September 2022

CoreAlign Introduction for Rehabilitation Professionals- 4 Hour Workshop
St. Alphonsus Hospital
Boise, Idaho
May 2021

Yoga Teacher Training: Anatomy Level 2
Salt Lake Power Yoga
Salt Lake City, UT 84102
April 2021

CoreAlign Instructor Training 1: Foundations
Pinnacle Performance
Salt Lake City, UT 84115
March 2021

Yoga Teacher Training: Anatomy Level 1
Salt Lake Power Yoga
Salt Lake City, UT 84102
October 2020

Yoga Teacher Training: Anatomy Level 1
Salt Lake Power Yoga
Salt Lake City, UT 84102
February 2020

CoreAlign Instructor Training 1: Foundations
Pinnacle Performance
Salt Lake City, UT 84115
November 2-3, 2019

Intelligent Movement and Principles of Optimal Movement
2nd Year Doctoral Seminar
Co-Taught with Paul Lastayo
September- October 2019

Yoga Teacher Training: Anatomy Level 2
Salt Lake Power Yoga
Salt Lake City, UT 84102
May 2019

Yoga Teacher Training: Anatomy Level 1
Salt Lake Power Yoga
Salt Lake City, UT 84102
April 2019

Pilates and Physical Therapy
2nd Year Doctoral Seminar
Volunteered/Co-Taught with Paul Lastayo
January- February 2018

CoreAlign Instructor Training 2: Progressions
Pinnacle Performance
Salt Lake City, UT 84115
April 7-8 2018

CoreAlign Instructor Training 1: Foundations
Pinnacle Performance
Salt Lake City, UT 84115
January 27-28 2018

CoreAlign Instructor Training 2: Progressions
Pinnacle Performance
Salt Lake City, UT 84115
July 31 2016

CoreAlign Instructor Training 1: Foundations
Pinnacle Performance
Salt Lake City, UT 84115
May 2016

CoreAlign Instructor Bridge 1 Workshop

Pinnacle Performance
Salt Lake City, UT 84115
March 20

CoreAlign Instructor Bridge 1&2 Workshop
Pinnacle Performance
Salt Lake City, UT 84115
March 19

CoreAlign 2
Pure Movement Pilates
Fort Wayne, Indiana
January 31- February 1 2016

CoreAlign 1
Pure Movement Pilates
Fort Wayne, Indiana
January 29-30 2016

CoreAlign 2
Pinnacle Performance
Salt Lake City, UT 84115
May 2015

CoreAlign 1
Pinnacle Performance
Salt Lake City, UT 84115
February 2015

CoreAlign 2
Pinnacle Performance
Salt Lake City, UT 84115
February 2014

CoreAlign 1
Pinnacle Performance
Salt Lake City, UT 84115
January 2014

Continuing Educational History

2020 Application of Post-Concussion Clinical Guidelines: An Emphasis on Cervical and Vestibular Domains
Utah Physical Therapy Association, Annual Conference
Salt Lake City, Utah
16 contact hours
October 23-24, 2020

Ethics
Utah Physical Therapy Association, Annual Conference
1 Contact Hour
October 24, 2020

2019 Clinical Decision Making in the Integration of Manual Therapy for the Pain
Science Physical Therapist
Utah Physical Therapy Association, Annual Conference
Salt Lake City, Utah
16 contact hours
October 25-26, 2019

Ethics
Utah Physical Therapy Association, Annual Conference
1 Contact Hour
October 26, 2019

Functional Dry Needling Level 1
Kinetacore
Brighton, Colorado
Keri Maywhort PT, DPT
37 Contact hours
May 3-5 2019

American Physical Therapy Association Annual Combined Sections Meeting
Washington DC
16 Contact hours
January 24-26 2019

2018 Utah Physical Therapy Association, Semi-Annual Conference
St. George, Utah
8 Contact Hours
March 2-3 2018

2017 Advanced Differential Diagnosis and Treatment of Runners
Utah Physical Therapy Association, Annual Conference
Salt Lake City, Utah
12 Contact Hours
October 6-7 2017

Ethics
Utah Physical Therapy Association, Annual Conference
1 Contact Hour
October 6-7 2017

2016 Oov Pilates
Salt Lake City
Daniel Vladeta
Polestar Pilates
January 2016

Oov 3D Assessment
Salt Lake City
Daniel Vladeta, Nick Dawe
Polestar Pilates
October 2016

2015 CoreAlign Faculty Update
Nora St. John, MS
Denver, CO
November 7-8

Pathokinesiology of the Lumbar Spine (16 APTA credit hours)
Amy Broekemeier, DPT, CMPT, PMA Certified Pilates Instructor, Polestar
Principal Educator
Polestar Pilates
November 13-14

Scoliosis (8 APTA Credit hours)
Amy Broekemeier, DPT, CMPT, PMA Certified Pilates Instructor, Polestar
Principal Educator
Polestar Pilates
November 15

2014 CoreAlign Essentials for Rehabilitation Professionals
Carrie Lamb, PT, DPT, OCS / Rhondi Miller, PT, MS, SCS
Pilates on Tour
Phoenix, AZ
April 7-8

2013 NAIOMT 710 Level III- Advanced Lower Quadrant, Part A
William Temes, MS, PT, OCS, COMPT, FAAOMPT
September 20-22

NAIOMT 710 Level III- Advanced Lower Quadrant, Part B
William Temes, MS, PT, OCS, COMPT, FAAOMPT
November 8-10

CoreAlign Level 2
EHS Pilates Studio
San Francisco, CA

Nancy Meyers

CoreAlign Faculty Certification
Sacramento, CA

NAIOMT Level III C-703A- Advanced Upper Quadrant Integration
William Temes, MS, PT, OCS, COMPT, FAAOMPT

NAIOMT Level III C-703B- Advanced Upper Quadrant Integration
William Temes, MS, PT, OCS, COMPT, FAAOMPT

2012 CoreAlign Level 1
Pilates on Tour
San Francisco, CA
Nora St. John, MS

Pilates for Scoliosis
Pilates on Tour
San Francisco, CA
Madeline Black

2011 NAIOMT 600 Level II- Lower Quadrant, Part A: Extremities
Manual Therapy Assessment and Treatment of Lower Extremity Joint
Dysfunction
William Temes, MS, PT, OCS, COMPT, FAAOMPT

NAIOMT 600 Level II- Lower Quadrant, Part B: Lumbosacral Spine
Manual Therapy Assessment and Treatment of Movement Dysfunctions of the
Lumbar Spine
William Temes, MS, PT, OCS, COMPT, FAAOMPT

NAIOMT 600 Level II- Thoracic Spine
Manual Therapy Assessment and Treatment of Spinal Dysfunction
William Temes, MS, PT, OCS, COMPT, FAAOMPT

2010 NAIOMT 600 Level II- Upper Quadrant, Part A: Extremities
Manual Therapy Assessment and Treatment of Upper Extremity Joint
Dysfunction
William Temes, MS, PT, OCS, COMPT, FAAOMPT

NAIOMT 600 Level II- Upper Quadrant, Part B: Spine
Manual Therapy Assessment and Treatment of Spinal Dysfunction
William Temes, MS, PT, OCS, COMPT, FAAOMPT

Advanced Assessment Part I

Polestar Pilates
Brent Anderson, PhD, PT, OCS

Advanced Assessment Part II
Polestar Pilates

2009 NAIOMT 500 Level I- Differential Diagnosis in Orthopaedic Manual
Physical Therapy
Ann Porter Hoke, PT, OCS, FCAMT, FAAOMPT
Christopher Hoekstra, PT, DPT, OCS, COMT, FAAOMPT

Rotational Sports
Polestar Pilates
Brent Anderson, PhD, PT, OCS

Advanced Gait
Polestar Pilates
Brent Anderson, PhD, PT, OCS

Amy Broekemeier, DPT, CMPT, PMA Certified Pilates Instructor, Polestar
Principal Educator

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

2007 Pilates for Rehabilitation: Principles of Movement
Polestar Pilates
Amy Broekemeier, DPT, CMPT, PMA Certified Pilates Instructor, Polestar
Principal Educator

Pilates for Rehabilitation: Level I-VI
Polestar Pilates
Amy Broekemeier, DPT, CMPT, PMA Certified Pilates Instructor, Polestar
Principal Educator

Professional Memberships

American Physical Therapy Association
Professional Member
Member since 2005

Certification and Licensure

2008 Physical Therapist, State of Utah, USA
2022 Registered in Dry Needling, State of Utah, USA

Publications

Hale, T. PT and Pilates: The Perfect Partnership. The Core by Balanced Body.
Online April 21, 2021

Dibble LE, Hale T, Marcus RL, Gerber JP, Lastayo PC. High intensity eccentric resistance training decreases bradykinesia and improves quality of life in persons with Parkinson's disease: A preliminary Study. Parkinsonism and Related Disorders. 2009 PRD1200

Dibble LE, Hale T, Marcus RL, Gerber JP, Lastayo PC. The safety and feasibility of high force eccentric resistance exercise in persons with Parkinson's disease. Arch Phys Med Rehabil. 2006 Sep;87(9):1280-2

Dibble LE, Hale T, Marcus RL, Gerber JP, Lastayo PC. High-intensity resistance training amplifies muscle hypertrophy and functional gains in persons with Parkinson's disease. Mov Disord. 2006 Sep;21(9):1444-52

Presentations

Osteoporosis Workshop
Pinnacle Performance
Salt Lake City, UT
2024

Osteoporosis Workshop
Pinnacle Performance
Salt Lake City, UT
2023

Osteoporosis Workshop
Pinnacle Performance
Salt Lake City, UT
2022

A Career in Physical Therapy
Westminster College
Salt Lake City, Utah
2016-Current

Physical Therapy is Functional: An Introduction to Physical Therapy
Utah Association of Health Sciences Teachers
Saratoga Springs, Utah
2014

Applying Pilates: An Experiential Session in the Office
Utah Department of Forest Service
Salt Lake City, Utah
2012

Introduction to Pilates
Utah Department of Forest Service
Salt Lake City, Utah
2011

Mehler A, Hale T, Foreman, K, Hayes H, Lastayo P, Dibble L. Differences in anticipatory postural adjustments between fallers and non-fallers in persons with Multiple Sclerosis.
Poster presentation
APTA Combined Section Meeting, Nashville, Tennessee 2008

Disease severity differences in anticipatory postural adjustments in patients with Parkinson's Disease.
Platform Presentation by Colleague, Kari Lasco
APTA Combined Section Meeting, Nashville, Tennessee 2008

Community Activities/Volunteerism

Westminster Alumni Mentorship Program
2017-2020

University of Utah Physical Therapy School Application Review
2017-2020

Leukemia Lymphoma Society Light the Night
Bright Light Volunteer/APTA representative
2016-2018

Utah Physical Therapy Association Marketing Board
Opt4pt.com Development, Content, and Sponsorship Opportunities
2016-2018

University of Utah Physical Therapy School Interviewer
2015-2020

Utah Chapter Multiple Sclerosis Walk
Ripko's Commandos
Volunteer/Walker
2015-2020

BlueMoon Festival Volunteer and Consultant
Holladay, UT
2013-2014

Lunch Stop Organizer and Volunteer

150 mile Bike Tour/Fundraiser
Multiple Sclerosis Society, Utah Chapter
1986-2007

Utah Special Olympics
Fitness Evaluations Volunteer
2008