

Janet W. Shaw, M.S., L.M.T.

West Columbia, SC 29170

Healthcare Business Owner | Personal Exercise Training | Massage Therapy

- I have used exercise to treat medically diagnosed diseases and disorders in middle-aged and older adults since 1986, adding massage therapy to my treatment modalities in 1999, in both preventive and rehabilitative, individual and multi-disciplinary settings. This work has involved close coordination with physicians, nurse case managers, attorneys and other healthcare providers, assessment, program design and implementation, and documentation.
- I have served on the South Carolina Massage/Bodywork Panel (SC Massage Therapy Board, 2023) since 2007, later elected Vice Chair, and then Chair in 2016, where I continue to serve and lead.

EXERCISE PHYSIOLOGIST

- Master of Science, Exercise Science, University of South Carolina, Columbia, SC, 1992.
- Bachelor of Arts, Physical & Movement Education, Teacher Certification, Columbia College, Columbia, SC, 1986
- National Teacher Certification Exam 1986, South Carolina Educator License 1986-1998.
- Previous Member American College of Sports Medicine.
- Health/Fitness Instructor Certification, ACSM.
- Certification for Exercise in Older Adults, ACSM.
- Personal Trainer Certification, ACSM.
- Previous Member American Society of Exercise Physiologists
- Previous Member American College of Lifestyle Medicine

LICENSED MASSAGE THERAPIST

- Certification for Massage/Bodywork Therapy, South Carolina Massage Institute, Columbia, SC, 1999
- South Carolina Licensed Massage Therapist, License # 1935, 1999- present.
- Continuing Education certifications in Structural Integration, Craniosacral Therapy, Myofascial Release Therapy.
- Member of the South Carolina Governor's Advisory Panel for Massage/Bodywork Therapy 2007 – 2023
- Member of the South Carolina Massage Therapy Board 2023 - present
- Member American Massage Therapy Association 2012 – present.
- South Carolina Delegate to the Federation of State Massage Therapy Boards (FSMTB), 2011 – present.
- Member FSMTB License Renewal Committee 2014 – present
- Member FSMTB Registry Review Panel 2020 – present
- Chair of FSMTB License Renewal Committee 2021
- Invited member of the FSMTB Strategic Planning Committee 2021
- Invited member of the Massage Interstate Compact Technical Assistance Group, Council of State Governments, 2021
- Member FSMTB Nominating Committee 2023

CAREER CHRONOLOGY

- **Chair, South Carolina Massage Therapy Board** 2023 - present
- **Chair, South Carolina Massage/Bodywork Panel** 2016 - 2023
- **Vice Chair, South Carolina Massage/Bodywork Panel** 2014 - 2016
- **Panel Member, South Carolina Massage/Bodywork Panel** 2007 - present
- **Owner, Jan Shaw Personal Training & Massage Therapy, LLC** 2016 - present

Janet W. Shaw, M.S., L.M.T.

West Columbia, SC 29170

- **Partner, The Balance Institute, TBI, LLC** 2014-2016
- **Owner, Southern Health Institute, Inc., dba The Balance Institute (2001)** 1996-2014
- **Exercise Physiologist**, HealthSouth Rehabilitation Hospital (HRH), Columbia, SC 1991-2001
- **Team Member**, Neurotherapy, Spinal Rehabilitation, and Work Hardening Programs, HRH 1991-2001
- **Taught** Back Education and Biomechanics classes to corporate employees, HRH 1993-2001
- **Exercise Physiologist**, Bone Marrow Cancer Center, Palmetto Richland Hospital, Columbia, SC 1999-2000
- **Interim Outpatient Center Director**, HealthSouth Rehabilitation Hospital, Columbia, SC 1997-1997
- **Created and operated** the **Therapeutic Reconditioning** program, exercise for discharged patients, HRH 1995-2001
- **Developed** the exercise component, Pulmonary Rehabilitation program, HRH 1993-1994
- **Created and operated** the **HealthSouth Employee HealthClub** program, HRH 1992-2001
- **Assistant to the Physician**, Columbia Internal Medicine/Cardiology, Columbia, SC 1996-1998

References available upon request

OTHER INTERESTS AND ACTIVITIES

- Owner, Jan Shaw Music 2023 - present
- Serve on the Town of Springdale, SC, Board of Zoning Appeals 2020 – present
- Elected to Christ's Sanctified Holy Church, West Columbia, SC (local) Conference 2019 - 2023
- Volunteered with Samaritan's Purse, hurricane response, TX, NC 2015, 2017
- Church Sunday School teacher, Adult class 2016 – present
- Volunteer for local pet rescue, foster dogs 2002 - present
- Songwriting, intermittent 2000 - present
- Owner, Women With Tools residential remodeling, SC Licensed Specialty Contractor 1995 - 2012
- Volunteered with Habitat for Humanity, Women's Build 1995
- Church Sunday School teacher, Young People's class 1985 – 1989
- Church Sunday School Superintendent 1984 -1985