



# SHANTAI WATSON

CHIROPRACTIC INTERN

## BACKGROUND

Dr. Shantai Watson grew up in Edmonton, Alberta, Canada. She grew up being over-involved in sports; swimming, playing soccer, figure skating and (her favorite) ski racing. She moved to Denver in 2019, drawn to the mountains and hot summers.

## EDUCATION

Dr. Shantai Watson received her Bachelor of Biological Sciences with honors from the University of Alberta in 2015. She then took a year off to explore the world, traveling to Central America, South Africa and Europe. She considers this time traveling and experiencing diverse cultures an important part of her education. In 2016, she began her chiropractic education at Palmer College of Chiropractic West in San Jose, CA. There, she had the phenomenal opportunity to be a part of the sports council, and work with athletes including marathoners, triathletes, cyclists and rugby players early on in the program. During her time at Palmer West, she was also involved with the ACA Sports Council Student Executive Board as Social Media Director, Vice President, and finally as President. She was also Cofounder and President of the Chiropractic on Purpose club. She developed this club as she acknowledged a need for a student community that helped each other create their vision and purpose for their futures as chiropractors, and developing their philosophies on health, chiropractic and business. She graduated with Cum Laude Honors, and was awarded the Virgil Strong Philosophy Award, and the FICS student scholarship for her involvement in the Sports Chiropractic community. She is board certified in Canada, and has completed numerous continuing education courses including the Webster Technique Certification, ICPA and ICA pediatric courses, MPI (Motion Palpation Institution) courses, nutrition courses and the FAKTR peripheral nerve entrapment course, among others.

## WHY CHIROPRACTIC?

Dr. Shantai's love for sports began at 3 yrs old when she clicked in to her first pair of skis. As she began competing internationally as a FIS ski racer, having Chiropractors as parents meant she got to experience the amazing boost to performance that athletes can achieve through chiropractic care. This "boost" became especially apparent after a major injury where she broke both of her legs at once, dislocated her left knee and required 13 surgeries to stabilize it. Her injury occurred at the impressionable age of 15, and her only thoughts on a career path had been "Olympic Ski Racer". During her recovery process, she discovered a fascination with the human body and healthcare. She learned to love the health professionals including her Orthopedic Surgeon who gave her anatomy lessons while operating on her knee, and her amazing Physical Therapist who was her biggest cheerleader, working with her daily. Surgeon or Physical Therapist seemed like great career options, especially because she couldn't just copy the other chiropractors in the family! However, throughout her recovery, what she learned from her chiropractor parents was the body's power and ability to heal, and the natural and phenomenal things you may do to promote healing. The chiropractic perspective of the human body as a self-healing, self-regulating mechanism resonated with her. She had adjustments, soft tissue therapy and acupuncture regularly, she was put on an appropriate nutritional protocol, and had a personal class 4 laser by her bed to use every day. Although she was told she may not ever run or ski again, 3 years after her devastating ski crash, she got to click in to her skis again. That was one of the best days of her life and why she's so passionate about the power of chiropractic.

## AREAS OF SPECIAL INTEREST

With a personal background as an athlete, Dr. Shantai Watson loves treating other athletes. She enjoys the challenge of treating knee injuries and hip pain. Dr. Shantai Watson also has special interest in pediatric and perinatal chiropractic. She loves helping ensure children are growing and developing properly, thriving and smiling. She has a special interest in women's health, and loves to help women prepare for the athletic event of birth, and to feel their best once baby has arrived.

## WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

Dr. Shantai practices what she preaches and lives an active lifestyle involving cycling, running, yoga, skiing and hiking with her Bernedoodle puppy, Mabel, and her boyfriend (also a chiropractor), Mat. During the winter, she can be found in the mountains every weekend, coaching kids skiing at Team Summit. Dr. Shantai also loves to travel – she has visited 35 countries and is always planning her next adventure. A bucket list item is to visit all 7 continents. She only has Antarctica left, but it might be a little too chilly!