

SHANNON KEITH, DPT

Shannon began her career as a physical therapist upon obtaining her Doctoral Degree in Physical Therapy from Azusa Pacific University in California. She was trained in differential diagnosis, pharmacology, pathophysiology, radiology, and chronic pain management. She has practiced in a variety of clinical settings and has gained an appreciation for the important role of physical therapy in supporting individuals at every stage of life and recovery.

Shannon currently practices within the field of orthopedics with professional interests including biomechanics, neurological implications in orthopedics, geriatrics, rehabilitation for individuals with hypermobility and POTS, and healthcare accessibility. She prioritizes patient involvement in guiding the rehabilitative process and guides her patients in integrating new skills into a lifestyle that prioritizes functional longevity. She is pursuing continued education in orthopedics and manual therapy.

Shannon spends her free time outdoors and likes to hike, camp, swim, and kayak. She also enjoys live music, reading, crafting, and traveling. Her time as a travel physical therapist has provided the opportunity to enjoy and appreciate lifestyles across the United States.

EDUCATION

B.S. in Kinesiology, Exercise Science, **California State University of Long Beach**, California
D.P.T (Doctor of Physical Therapy), **Azusa Pacific University**, California

POST GRADUATE EDUCATION

POSTURAL RESTORATION INSTITUTE

Myokinematic Restoration

Various Presenters

6/2026

BARRAL INSTITUTE

*Orthopedic Connections to Pelvic Floor Dysfunction Neuromeningeal Manipulation:
An Integrative Approach to Trauma*

4/2026

STUDY COURSES

*Orthopedic Connections to Pelvic Floor Dysfunction
Introduction to HSD/EDS and Advanced Cranial,
Upper Cervical Instability Presentation in HSD/EDS
Eating Disorders and Pelvic Rehabilitation
How to Know if the Pelvic Floor is a Symptom Driver*

*Medbridge
Medbridge
Medbridge
Hermann and Wallace
Physicaltherapy.com*

*6/2026
12/2025
12/2025
10/2024
8/2023*

GRADUATE RESEARCH

Escoto, A., and Keith, S. Getting Over Overuse Injuries: A Broad Review of Interventions for Musicians and Carpal Tunnel Patients. **Department of Physical Therapy**, Azusa Pacific University. 2021.