

Client Reviews

Very Professional

“I had been going to a chiropractor for neck pain and tightness in shoulders, but with no relief. Called Balance Institute and made an appointment with Jan Shaw. She suggested Myofascial Release. It was wonderful! After 3 visits the neck pain is gone and it has been almost 3 months. I highly recommend Balance Institute! Thanks, Jan!”
Glenda M. October 2015

Great Experience

“Jan has helped me out of many painful situations, so it is hard to narrow it down to just one. I’ll just say that I have been very satisfied with the techniques we have used and the results. And I’m still going to her.” Chuck Mikell September 2015

Great Experience

“Jan Shaw was professional and kind and took the time to understand my personal issues. I enjoyed working with her and will be back again.” CC August 2015

Friendly Service

“Enjoyed my massage and recently recommended Jan to a co-worker. Look forward to booking my next session.” P.S. August 2015

Personalized, Friendly Service

“I’ve received both massage and personal training from Jan, and I love the way she targets both to exactly what you need. With massage Jan focused on my heel, which has Plantar Fasciitis. For the training, she does a health check first to see the condition you’re in, and then she designs a program of both cardio and strength training in a way that challenges you without wearing you out; in fact, I feel energized after my workouts! I’m glad to have discovered The Balance Institute.”

Theresa Madden August 2015

Massage

“I was very pleased with Jan... My massage was only 30 minutes but a lot was accomplished in that time period. My muscles were very happy. SW July 2015

Wonderful Service and Value

“Today was the first time in months I’ve been able to get out of bed without my knee hurting. Jan was able to produce immediate results during my session. Thank you Balance Institute. I look forward to continued results. Benjamin Clark Temple. July 2015

Myofascial Release

“A wonderful non invasive, non intrusive treatment rendered by a knowledgeable; and well experienced massage therapist. The hour’s session was both relaxing and restorative. My chronic lower back pain receded to a minimum; and was still at that level the following day.

Highly recommended. Thank you Jan (Shaw) for helping me feel better." Robert M. June 2015

Insurance Run-a-round

"... you know how Medicare is, they get you in when you're weak, build you up then let you go, to get weak again. No one keeps a program going to maintain that strength." JM November 2015



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Myofacial Release

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Myofascial Release

"The Myofascial Release is a very beneficial treatment. After just two 30 minute sessions I was able to sleep an entire night without waking from back pain! I would highly recommend!" Kelly B. May 2015

Free Clinical Trial

"I have had one session of the therapeutic massage pertaining to the pain in my thumb and wrist area following surgery for my thumb 3 months ago. Once I got past 2 months of occupational therapy, my thumb, wrist, were very stiff and numbness still present. This one treatment has lightly stretched, loosened, my tendons and ligaments and cause a flow of life from my arm to my hand. Today 2 days after the treatment I am still having improvement. I highly recommend this therapy. Nancy Smith" April 2015

Intuitive healing touch

“Have seen Jan for several years as a trainer but more recently as a massage therapist. She certainly has healing hands with a gentle touch. Had serious unexplained sharp back pain one day, saw Jan the next and had instant relief from the sharp pain and the pain totally went away in 2 more days. Jan has intuitive healing touch coupled with a genuine desire to help each person move towards improved health.” Lynne H. March 2015

Real relief

“I have some relief after 4 sessions with both Jan and Liana. For me and my back and shoulder issues, massage has been most beneficial. I am pleasantly surprised. Both very professional and caring people who know what they are doing. They have different approaches so the balance institute is able to help find what works best for the problem being addressed. I have the highest respect for both and they really want to be helpful.” R. Lockard January 2015

Massage Review

“I had a positive experience with Jan she explained her technique of massage and how it should impact my pain.” Joy W. January 2015



My experience at the balance institute, Jan's the best.

"I confused my appointment date, but was seen anyway by someone else. I have pain that will not let me lay down and take a nap, I have to

have a pill to sleep. Jan did her release technique with me and I dosed off. Jan was professional but very warm and her technique let me relax that much, I could have stayed there much longer but would have to have some kind of wake up system so I would not miss it. I was expecting to be pounded like tough steak but was treated more like frosting on a cake. " RL December 2014

Well worth the time and money.

“A clean, quiet, professional office. Jan is a delightful professional who listens and engages many years of experience to achieve the results you are looking for. If you have a specific trouble area, especially challenging complaint, or can't quite understand why your body won't keep up with your game plan – Jan is the one to see. As an athlete herself, Jan listens with experience and sets a game plan that ensures success.” Joan November 2014

Jan Shaw specializes in creating exercise programs that are individualized to your personal needs. In my case, because of my age (82) she has developed a program that is based on enhancing my balance and strength and has gradually intensified it in areas that I can best handle.

Of particular note, on my first visit she was monitoring my vital signs as I walked on the treadmill and when she detected an erratic heart rate she immediately stopped me and insisted that I see my cardiologist as soon as possible. In addition, she followed up by forwarding the results of her observations directly to my cardiologist. As a result, my cardiologist noted the urgency of my condition and scheduled an emergency surgery to insert a pacemaker to regulate my irregular heartbeat. I am convinced that Jan's concern and prompt follow up saved my life.

This genuine concern for her clients is truly remarkable, and during our exercise sessions I value the way she provides encouragement and direction in such a low key manner that makes each visit totally stress free.



Best I have found

“Jan is a massage therapist that can do so much more than just relax weary muscles. Jan is a thoughtful listener, experienced professional, and patient healer. My experience was that she could “fix” my muscle challenges and constant joint pain.” Joan October 2014

GREAT treatment

“Jan is an incredible healer and helper. During my time on her table my muscles unwound in ways I never imagined – her work showed me just how my twisted muscles could be released to make my walking, sitting and sleeping pain free. This is, quite honestly, a miracle cure and Jan is also a kind person.” JW October 2014

Competent and professional

“Immaculate facility with competent and qualified professionals who listen and get results. For me, this was the first massage therapist (Jan) who ‘fixed’ problem areas in one visit. I would unequivocally recommend Jan to anyone looking for an evaluation of muscle or tissue pain and the knowledge, ability, empathy, and appointment availability to get you on the path to recovery.” Joan October 2014

Friend and patient

“I so appreciate the help I have received at The Balance Institute. Jan has kept me from having to have surgery or, at least, shots for the pain from spinal stynosis. I am going and doing most everything I want. Thanks TBI.” DH October 2014

therapy

“Jan was great. Although, I wanted the find and treat massage through Groupon Jan did a fine job. The scheduled therapist was sick and I didn’t want to change my appointment so I was placed with Jan who primarily does myofacial massages. I did feel relaxed after the treatment and glad I was able to get an appointment that day.” Robin H. September 2014

Just what the body kneaded

"I suffer from chronic migraines and see a range of specialists. Jan Shaw worked her magic with a myofascial release massage in a problem area and was able to relieve some tension that just didn't

seem to want to let up for the specialists. I have and will always highly recommend The Balance Institute and their amazing LMTs."

LB September 2014

Runners Repairs

"I am a distance runner in the Columbia area and periodically experience tightness in my calves. Jan's slow release therapy has really helped me get back on the road. The Myofascial this method is painless and typically gets me back and talk from in three or four visits. No saying like yo get with sports medicine massage therapist. I have recommended them to quite a few running friends and would recommend them to you as well." Alan H. August 2014

Great personal trainer

"Jan Shaw is very pleasant to be with and she knows how to get the most of the individual person and their abilities." Linda D. August 2014



Amazing Relief

"Jan has such a caring and loving personality that is absolutely evident. She worked on my left leg and released the tightness from my calf and hamstring muscles by applying light pressure. I feel much better after my visit; I will go back during my basketball season.

Thanks for your services. " EW August 2014



A Miracle

"I do not understand how this is possible but I have a neurological condition, BMS, that has been constant pain for for over 10 years and Jan gave me relief when no one else could. She is a saint! There are not words strong enough to begin to thank her for this miracle. Having been to every doctor possible, it is amazing that Jan knows a lot more than they do. I can't wait for my next appointment. lw" August 2014

Spot On!

"Jan's training program has helped me slim down and tone body muscle. Paired with Pilates once a week I am re-building my core and reaching my goals." Theresa T. July 2014



One of a Kind/Myofascial Release

"I had 3 ortho surgeries & went through PT 2x before being referred to Jan. She met me @ my level, worked w/ me to meet(exceed) my goals & tailored services weekly. She is truly dedicated & has a caring demeanor. I received relief, an education & had some great conversations! More so than how much better I felt after just a few visits, others noticed how quickly I improved under her care. I would recommend to anyone, she & The Balance Institute far exceeded my expectations. Getting my groove back!" – TM June 2014



Fantastic!

"I had my first massage ever with Jan. It was an MFR massage & concentrated on my sciatica issues. My pain is completely gone and has not returned since my massage. I look forward to more sessions at The Balance Institute!" – CL June 2014



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Couch potatoes welcome!

"I've been going to TBI for physical training and massages for years, and I plan to go for years more. As a life-long couch potato with weight issues, I was intimidated by gyms and drill-sargeant trainers, but TBI is not that place. Jan Shaw is outstanding as a physical trainer, message therapist (magic!), and human being. I never thought I'd go

to a gym, let alone look forward to it. TBI has been one of the best things I've ever done for myself." Bev D. May 2014

Caring and Concerned

"Jan is one of the most caring professionals I've ever met. She is deeply committed to helping her clients achieve their goals and is very invested in helping them recover and return to good health. Her personal concern and interest in her clients is commendable!" JM May 2014

Thank you, thank you!

"Jan Shaw is helping me with muscle spasms in my neck. After the first session I had so much relief – I hadn't been able to turn my head for 4 days and the pain was constant. She did a fantastic job. Really knows her stuff. She'll be my go-to when I have an issue like this from now on. Highly recommend her." AW May 2014

Results for runner

"I run 3 or 4 days per week and was having trouble with my legs. I heard about The Balance Institute from runners in my group. I have only had two visits with Jan and it is amazing how much better I feel." – AC April 2014



training for fun and survival

"After seeing Jan for training and massage for many years. I developed a serious infection which resulted in a 3 month hospitalization. The doctors believe my survival and recovery were in large part a result of the strength I had developed from my time with Jan. And I just thought I was having fun. Glad to be working with such a competent, experienced, and caring professional. Glad to be back!" –LH April 2014



Jan Shaw - Massage

"Jan is, as always, top notch and knows exactly what type massage to perform on me to get the job done. I always leave feeling 100% better than when I went in." LM March 2014



Workouts work!

"I have been taking weekly one-hour work-outs with Jan Shaw for more than a year. I was amazed when a few months ago I had the first normal bone scan in years. At 61, I could stop taking those "bone drugs" and feel much more in control of my health. The routine of going once a week to work with Jan has also been good for my self confidence. I appreciate the wonderful massages she gives, but the benefits of working out are more important for me. I appreciate her skill and care." AM November 2013



Great massage!

"On the recommendation of my wife I went to see Jan at the Balance Institute for a massage. Having had a recent surgery, I was in need of a massage, yet somewhat hesitant due to my healing wounds. Jan did a great job, and was very attentive to my needs/limitations due to my condition. She seemed very knowledgeable about what she was doing as well. I was very impressed, and will be back soon. THANKS! " shealthconnector.org October 2013

The Balance Institute is Great!

"I have been under Jan Shaw's guidance as an exercise physiologist for more than a year. She is patient, knowledgeable, and fun. I knew my sessions were helping, but recently I got proof of that when I had the first normal bone scan I'd had in years. No more Fosamax or Boniva for me!" AM February 2013

I feel like I have found a home.

"I was so excited when I learned of The Balance Institute's existence that I couldn't wait to get an appointment and see what it was all about. After my first consultation with Jan I knew that this was a decision that I would be grateful for for the rest of my life. Thank you for what you do! " JR July 2012

Thank you ever so much! I am amazed at how effective this therapy is for my condition!
:-) Ruth (myofascial release) 2012

“My leg has been **SO** much better since you worked on it. It's amazing!”

My experience was an excellent one. Jan was very professional and a very talented massage therapist. She listened and provided just what I needed. It was a very relaxing and therapeutic experience and I felt much better when I left. I hope to be able to come again soon.

I appreciated the time Jan took to talk to me and answer my questions after the massage. I didn't feel she "pushed" the Balance Institute but gave me information I could use at any massage location. Because of this, I am more apt to return, even though it is on the opposite site of town from where I live.

Summary: I had such a positive experience from the beginning that I recommended the Balance Institute to others after my first visit.

Review: I just wanted to feel better - my lower back pain was making me miserable, exhausted and depressed! I've had massages before but they hurt during and after the treatment and I didn't want to hurt anymore. I called the Balance Institute looking and hoping for a better outcome. I found it! I had such a positive experience from the beginning that I recommended the Balance Institute to others even after my first visit.

Summary: A one-of-a-kind place I always dreamed about

Dianne W. 4/5/10

Review: Everyone at the Balance Institute takes great, and sincere, personal interest in their clients and their individual needs. Vicky Oxner is a massage therapist/body worker that takes massage to a whole new plane. Her knowledge of human anatomy is mind-boggling, her dedication is very evident, and you can tell she does this because it what she loves to do. She is indescribably amazing. Once you try her out, you'll know what I mean. Victoria, another massage therapist, puts a smile on my face everytime she walks in the room and gives a massage that will have you floating out of there. Jan Shaw, the personal trainer is phenomenal at working with "couch potatos" like me who want to be more active, and people with just about any physical problems. She's wonderfully motivational without being at all like a drill sargeant. Somehow they

weave what they do at the Balance Institute into an experience that does wonders for body, mind and soul. I always walk out of there feeling 100% better than when I walked in. I can't say enough good things about it!

- **Reviewed By:** Beverley D.
- **Review Date:** 03 Feb 2010
- **Reviewer Location:** Columbia, SC
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Summary: Best Trainer I've Ever Had

Review: I intended to go to The Balance Institute temporarily for just a couple of months. I had multiple fractures to my ankle and my physical therapist suggested that I find a qualified trainer (graduate degree and 5+ yr of experience) who could help me after I completed PT. At the time I could do very limited walking with a cane and couldn't drive. I belonged to a gym but wanted private one-on-one sessions not in a group setting. A former colleague recommended Jan Shaw and my insurance company listed her as a resource.

I met with her and felt comfortable that she could come up with a program tailored to my needs and goals. I decided to work with her until I could walk well without a cane. That seemed like a pretty daunting task at the time. I was a bit cautious because my last trainer (with an exercise physiology degree, too) promised one-on-one sessions and a comprehensive program, but didn't come through. But Jan seemed sincere and listened to me and she had years of Rehab/PT experience. Jan Shaw has exceeded my expectations.

Jan met with my physical therapist and my doctor and made sure that nothing she planned for me would cause problems down the line. I've used half dozen trainers over 20 years and no one has come close to Jan's abilities as a trainer and skills working with people. She does not have the "one size fits all" program that so many trainers use and her goal was not to make me an athlete. I am a middle-aged woman and not athletic. A lot of trainers cater to younger and more able clients and roll their eyes when someone like me pops through the door.

It is clear when I arrive for a session that she has a carefully planned program for that session. A lot of trainers fake it as they go along, but she doesn't. She has a full arsenal of exercises and no two sessions are ever the same. Hers are the most interesting workouts

I've ever experienced. She pays attention to what I enjoy or want to accomplish. She pushes me without making me feel bad if it takes a while for me to master something. She is so positive that I go there and feel like I can do anything given the time. That said, if I've had a tough day or I don't feel good and I tell her I really don't want to do a particular exercise she comes up with an alternative. She never shames me for not wanting to something. I can honestly say that I never dread going to my workouts like I have so often in the past. She's compassionate and caring, but has whipped me into shape and made me a more thoughtful eater.

Eighteen months ago she started me on the treadmill at 1 mph. In under six months she had me in shape to take a long-planned hiking trip overseas. I have had couple of other unexpected physical setbacks along the way, but she adapted quickly to my limitations and we never missed a beat. Now I can jump rope, take 10-mile hikes and can run (which I didn't do before I broke my leg!). It's been an amazing journey with her and my family and I owe her much for helping me get my life back. I am long past my planned two months at The Balance Institute. If times get tight I'll have to give up something else. I don't even want to think about how much lower my quality of life would have been if I hadn't found her.

- **Reviewed By:** Anne K.
- **Review Date:** 21 Jan 2010
- **Reviewer Location:** Lexington, SC

Summary: best therapist in the midlands

Review: I have recommended the balance institute and jan shaw to many of my friends and colleagues. They have always thanked me and been completely satisfied

- **Reviewed By:** nancy d.
- **Review Date:** 09 Jan 2010
- **Reviewer Location:** gilber, SC

Summary: Great find!!

Review: I was more than satisfied with the attentive service and packages offered. The atmosphere is causal and light but yet focused on making the most of the training time. If too many more services or products are added, I think it will take away from the one on one personal service Ms. Shaw offers. My only suggestion would be to update the seating area and entrance. An updated image may just give that extra pop for potential clients. I sing her praises.

- **Reviewed By:** Gail R.
- **Review Date:** 18 Dec 2009
- **Reviewer Location:** W. Columbia, SC

Summary: At 62 being diabetic ,having high blood pressure, being depressed and overweight I went to Jan and found someone who was very knowledgeable and extremely positive and helpful.

Review: Having at one time been a coach myself, I was not sure I would find a trainer I was willing to work with but in my first meeting with Jan I felt understood, respected and comfortable. She was accepting of where I was and seemed to sincerely feel she could help me become healthier and more fit.

From the beginning Jan tested me, assessed my abilities, provided encouragement and support and gently but increasingly challenged me. In creating a program for me she has taken into consideration: me, my interests, my health and my abilities.

As a result, in the year I have trained at the Balance Institute, I have not only improved my physical fitness but have lowered my blood sugars, decreased my insulin, lowered my blood pressure, decreased my depression, improved my eating, and lost a significant amount of weight. I feel much better about my self and have increasingly become committed to taking better care of myself.

I am continuing to work with Jan and recommend the Balance Institute as a place to train under a highly qualified, committed professional who is willing and capable of designing and helping you to follow thru with a program tailored to your needs.

- **Reviewed By:** Lynne H.
- **Review Date:** 16 Dec 2009
- **Reviewer Location:** Columbia, SC

Summary: Very satisfied with the results I am getting.

Review: I was trying to do yoga with an instructor and did not have the core strength to do the exercises. The instructor recommended that I go to The Balance Institute, and I have been going there ever since, for at least 2 years now.

I like the way that Jan tailors the exercises to what you need and what you can do without injuring yourself. I am 73 and have bad arthritis, so I cannot be doing a lot of things that are hard on the joints, such as running.

Jan evaluates you before you do any training and takes everything into consideration. She comes up with a plan and it works. I am very satisfied with the results I am getting.

- **Reviewed By:** Jackie D.
 - **Review Date:** 07 Dec 2009
 - **Reviewer Location:** West Columbia, SC
- Summary:** Great place with a fantastic staff.

Review: The Balance Institute keeps you motivated to lose weight, get in shape, and feel better. My husband and I initially started going there when he was looking for a trainer to get him in shape. I needed help following an injury I had, a broken ankle, for which I had already done as much physical therapy as I could.

We both started working with Jan, who was easygoing and helpful in suggesting things that could help. The staff at The Balance Institute is fantastic. You go in and feel as if you are part of the family. I also think that it is very comfortable for middle-aged people like us.

My husband and I worked with Jan for a year, maybe more. We were never sore no matter what we did, which was different from other exercising we had done in the past. I also have had the massages at The Balance Institute, which are wonderful.

I have highly recommended The Balance Institute to a lot of people. We definitely plan to continue working with them.

- **Reviewed By:** Cas W.
- **Review Date:** 30 Nov 2009
- **Reviewer Location:** West Columbia, SC

Mark as Spam

Lynne Harvel

"" I started training with Jan at the balance Institute 2 years ago and I have decreased my insulin, decreased my depression medicine, lowered my blood pressure, begun working out at least 5 days a week, walked in numerous 5K's, lost apx 50 pounds, and started training for a triathalon. Jan has been a great ally in my move towards better health..I started at 2.8 on the treadmill and am now up to running for a short time at 5.0. I feel better physically and emotionally and Jan's positive, gradual,

challenging, encouraging, and safe approach has been a tremendous help. I have experienced some plateaus but Jan's patience and persistence has always gotten me back on track. My thanks to Jan and the other great staff, Lynne