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Author of over 150 scientific publications with funding from the US National Institutes of Health and other organizations, in 2016 he was awarded both the ISSLS award in spine research and the AANEM Distinguished Researcher award for neuromuscular research. Haig built an award-winning rural rehabilitation program and founded the University of Michigan's spine program, e-health telemedicine program, and cancer rehabilitation program. He's been recognized with the top American clinical and teaching awards in his field.

Haig is a graduate of the University of Wisconsin-Milwaukee, the Medical College of Wisconsin, and Northwestern University's Rehabilitation Institute of Chicago, and is sub-specialty certified in Pain Medicine and Electrodiagnostic Medicine. After studying global rehabilitation policy as visiting professor at the Vienna Medical University, he has advised healthcare systems and governments in low-resource as well as developed countries.