



## Taylor Kevin Isaacs

M.S., C.P.T., C.S.C.S., M.E.L.T

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### BIOGRAPHY

**Taylor-Kevin Isaacs** is a highly credentialed award winning Kinesiologist/clinical exercise physiologist and certified strength and conditioning specialist. This former professor of Kinesiology at California State University in Northridge was named the IDEA Trainer of the Year in 2002, the American Council on Exercise (ACE) Trainer/Clinical Exercise Specialist of the Year in 2002, and was the two-time Grand Champion MET-Rx World's Best Trainer in 2000 and 2001. In July 2009, he was honored and recognized as an award winning IDEA expert author. Currently, in private practice, he teaches, conducts clinical research, interns allied health profession students and trains a variety of private clients.

- Clinical Exercise Physiologist/ Clinical Instructor
- Former Professor, Kinesiology Department, California State University, Northridge
  - Kinesiologist
  - Neurorehabilitation Specialist
  - ACE (American Council on Exercise Trainer of the year, 2002)
- IDEA Trainer of the year, 2002
- MET-Rx World's Best Trainer 2000 and 2001
- NSCA Strength and Conditioning Specialist (Certification # 97-07-11-003)
- Clinical Exercise Specialist
- IDEA Master Fitness Trainer
- Certified Post-Rehabilitation Exercise Specialist
- Honored Award-winning IDEA Expert Author
- Myofascial Elongation Lengthening Technique Certified

**EDUCATION:**

High School: Eden College, Johannesburg, South Africa  
12/1984

College: Rhodes University, Grahamstown, South Africa  
Major: Life Sciences: Physiotherapy  
12/1985

College: Irvine Valley College, Irvine, CA  
Major: Associate Degree  
5/1988

College: University of California, Los Angeles  
Major/Minor: Pre-Med, Psychobiology/Behavioral Modification(Autism) 5/1992

College: California State University, Northridge.  
Major: Master of Science: Kinesiology/Exercise Physiology  
6/1998

Board of Directors : Clinical Exercise Physiologist  
Life Rolls On: Jesse Billauer's Spinal Cord Injury Research Foundation

Ambassadorships  
Faculty/Ambassador/Spokesperson for American Council on Exercise (ACE)

Faculty/Ambassador/Spokesperson for IDEA.  
IDEA Personal Fitness Trainer (PFT) committee member.

Resident Clinical Exercise Physiologist – Fascioscapulohumeral Muscular  
Dystrophy support group and online [fshfriends.com](http://fshfriends.com)

**Research**

The Psychosocial and Physiological Effects of a Formal Exercise and Nutrition  
program on a male C-5,6 Complete Quadriplegic  
1998

The Psychosocial and Physiological Effects of a Formal Exercise and Nutrition  
program on a male C-4,5,6 Incomplete Quadriplegic with Central Cord  
Compression  
Syndrome  
2000

Researcher/supervisor of a spinal cord injury study titled: The Physiological and Psychosocial effects of a Formal Exercise Program on Ten Incomplete Quadriplegic Males. This is a 36 week study assessing the effect of exercising 3 days/week for 2 hours/session on body composition, gait mechanics, functional mobility, balance, posture, musculoskeletal strength and endurance, joint flexibility, cardiovascular endurance, self concept, and motivation to exercise. 2002

Courses Taught: Department of Kinesiology-California State University, Northridge.

- 1) Kin 230/311 – Therapeutic Exercise for Special Populations.
- 2) 230/311L – Supervise chiropractic interns (LACC) and student assistants in applied Kinesiology and Therapeutic Exercise.
- 3) 115A – Adapted Therapeutic Exercise.
- 4) 115A - Adapted Strength Training.– designed to transition individuals with disabling conditions from the CAPD to a community fitness center.
- 5) 126A – Strength and Conditioning
- 6) 152A – Soccer.
- 7) Kin 275 – Functional Anatomy

Department of Family, Environment and Science

- 7) FES 271-Biostatistics lab.

Department of Kinesiology -California State University, Los Angeles

- 1) Co-created the Center of Rehabilitative Exercise (CORE).
- 2) Taught: Therapeutic Exercise for Special Populations during the Winter, Spring, and Fall Quarters, 1999 – 2000.
- 3) During the lab section, I evaluated, designed, managed, and implemented changes in both the client and the student assistant's program card.

#### CERTIFICATIONS AND AWARDS

- 1) Advanced certifications Personal Training, resistance training, advanced resistance training , Fitness counseling, and Nutritional counseling from the Aerobics and Fitness Association of America (AFAA), American Institute of Fitness Educators (AIFE), and the American Council on Exercise (ACE).
- 2) National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS)

- 3) Recognized by IDEA as a Master Fitness Trainer (MFT)
- 4) Certified Post Rehabilitation Exercise Specialist by the American Academy of Health and Fitness Professionals.
- 5) American Institute of Fitness Educators (AIFE) as an older adult exercise specialist and a personal trainer.
- 6) Reviewer for the NSCA Journal of Strength and Conditioning.
- 7) Member of the American Alliance for Health, Physical Education, Recreation, and Dance. (AAHPERD).
- 8) American Council on Exercise (ACE) certified Clinical Exercise Specialist.
- 9) Certified by the American Physical Therapy Association (APTA) – Shoulder Rehabilitation Specialist.
- 10) Athletic Training Program Certified Presenter
- 11) Resident Clinical Exercise Physiologist – Fascioscapulohumeral Muscular Dystrophy support group and online [fshfriends.com](http://fshfriends.com)

#### AWARDS

- 1) Dean's Honor List and Summa Cum Laude at: Irvine Valley College, UCLA, and CSUN.
- 2) Dean's Award for Scholarship and Service  
6/8/97
- 3) Dean's Award for Outstanding Graduate Student in the College of Health and Human Development.  
4/24/97
- 4) MET-Rx World's Best Personal Trainer 1999 2/19/00  
Grand Prize Winner.  
Grand Champion Trainer.  
Deconditioned/Rehabilitation Category – Jesse Billauer ( C5-6 Complete Quadriplegic)
- 5) MET-Rx World's Best Personal Trainer 2000 2/24/01  
Grand Prize Winner.  
Grand Champion Trainer.  
Deconditioned/Rehabilitation Category – Aaron Baker ( C4-5-6 Incomplete Quadriplegic with Central Cord Compression Syndrome)
  - 1) American Council on Exercise (ACE) Personal Trainer of the Year – 2002 3/9/02
  - 2) IDEA Personal Trainer of the Year – 2002 3/1/02
  - 3) Strength and Conditioning Specialist/consultant to Harvard Westlake Men's Varsity Tennis Team – 2002,2004,2005 CIF Tennis Champions 6/3/02

## VIDEOS

ACE (American Council on Exercise) HEALTHY LEARNING VIDEOS 11/8/02

- 1) The Art of Personal Training
  - 2) Rise Above – From Dysfunction to Function
  - 3) Corrective Exercise: Anterior/Posterior postural deviations
  - 4) Corrective Exercise: Lateral Postural Deviations
  - 5) Corrective Exercise: Impaired Balance – Training

## PUBLICATIONS:

- 1) November Men's Fitness
- 2) LA Daily News- SCI Rehab
- 3) Muscle and Fitness
- 4) IDEA source
  - 6) Northridge Magazine
  - 7) IDEA Personal Trainer Journal (January 2003), 6<sup>th</sup> Annual Sports Conditioning Issue: Soccer Training for All (Independent Study CEC Approved)
  - 8) IDEA Fitness Journal (July 2005). Annual Training Special Populations Issue: A Step-by-Step Approach for Training Clients with Neuromuscular Disorders (Independent Study CEC Approved)
  - 9) TEXTBOOK: IDEA TRAINING SPECIAL POPULATIONS. Authored the chapter on Training Clients with Neuromuscular Disorders. (Published August 2005)
- 10) DIABETES RESEARCH AND WELLNESS FOUNDATION
  - a) Human Motivation = Peak Performance (September 2003)
  - b) Resident Clinical Exercise Physiologist – Fitness Question and Answer Column. Answering various health, wellness, and exercise related questions.
  - c) Arthritis and Diabetes
  - d) Diabetes and Resistance Training
  - e) Safely return to exercise following inactivity.
  - f) Beginning an exercise program
  - g) Importance of exercise for individuals w/diabetes
  - h) Training for a 5K race
  - i) Choosing a trainer

- j) Safe and effective exercise for individuals with diabetic neuropathy
- k) The future is your time
- l) Perfect posture prevents pain permanently

BOOKS: 1/30/08

Transforming Lives: The work of Taylor-Kevin Isaacs and his extraordinary clients:  
A Photoessay by Kaye Kittrell

## PRESENTATIONS

Title: The C.O.R.E. (Center Of Rehabilitative Exercise) Development Process:  
How C.O.R.E. will fulfill an unmet need!!

2/2/09

Location: Robert H. Ballard Rehabilitation Hospital in San Bernardino

Target Audience: The Free Wheelers and Possibilities: A fairly new organization through Loma Linda University directed toward disabled athletes in the community.

The purpose of this presentation is to move one step closer to the goal of changing the health care paradigm. Who better to speak to the need of a C.O.R.E. facility than individuals with a disabling condition who did not have this option at the time of their injury. Their responses will pave the way for future generations to have that choice!! Clients don't need adequate care. They need excellent care. Excellence does not just come from passion and enjoyment. It comes from study, experience and hard work. Sweat changes things. This is the real key. This is what the "collective we" have in common. The purpose of formulating the CORE committee and CASE STATEMENTS is to first and foremost formulate a transition team that will make this dream a reality!!

The following questions will be presented and discussed.

With respect to question #1, it is important to establish how long I have worked with each client and how long each client has had their respective disability. These two variables establish experience - the experience of working toward overcoming a disabling condition, and their respective improvements resulting from a long-term dedicated commitment to therapeutic exercise. It will also validate the efficacy of therapeutic exercise for a wide variety of physical disabilities, musculoskeletal injuries, diseases and a host of other disabling conditions.

1. How has ongoing therapeutic exercise affected the management and improvement of your condition?

- a. List your primary diagnosis and if applicable all coexisting conditions.
- b. Date of disabling condition/illness.
- c. How long have you and Taylor been working together.
- d. How many days and hours per week do you and Taylor work together.

2. How would you have felt, at the time of your injury or diagnosis of your condition, if there was a C.O.R.E. facility for continuity of care post-discharge from outpatient physical therapy?

3. What would having access to a C.O.R.E. facility mean to you?

Title **Share the Care: State of the heart care, state of the art technology: 11/19/08**

The purpose of this presentation is to reframe the perspective of the soon to graduate student athletic trainers and student physical therapists. The main objective is to impress across the notion that high performance results are the product of a high performance education. The education that you receive will teach you how to turn theory into thought, thought into action, and action into high performance. In addition high performance results come from having high performance standards. The standard of care is two-fold: first ask yourself this question, Would you like someone like you as your clinician? The second aspect is for you to aspire to be like the person your mother would like you to marry.

LOCATION: University of Northern Iowa, Cedar Falls, Iowa.

**Dr. Terry Noonan Professor and Head Athletic Trainer of Athletic Training, School of Health, Physical Education and Leisure Services**

Title: Releasing habitual muscle tension decreases Chronic Pain: A gradual step-by-step approach  
11/18/08

The purpose of this presentation is to discuss various methods that relaxes your whole person instantly upon the first perception of a state of tension. A variety of methodologies designed specifically for the reeducation of the neuromuscular system will be discussed. You will come to recognize localized muscle tension and enact the procedure (s) to induce a relaxation response – after all relaxation is the body's built in tranquilizer.

The following tension release procedures will be discussed, demonstrated and elaborated on:

1. Joe Wolpe: Systematic Desensitization
2. Edmund's Jacobson's progressive systematic relaxation.
3. 4 Transitional zones within an axially aligned vertebral column
4. Diaphragmatic breathing inspiration 4 seconds: hold 7 seconds, expiration 8 seconds
5. Tension inventory
6. Breathing Inventory
7. Passive Tension Flooding
8. Active Tension Release
9. Systemic Quick Tension Release
10. Self – Operations control using the rule of "Peak tension to diminishing tensions"
11. Myofascial Release
12. An 18 step whole body approach to releasing muscle tension by improving blood circulation.

LOCATION: Covenant Medical Center: Wheaton Franciscan Healthcare, Waterloo, Iowa.. Dr. Joseph Nora Medical Director Rehabilitation Program

Title: Celebration of completion: The full use of one's powers along the lines of excellence  
11/9/08

The purpose of the presentation is to inform members of the allied health care profession, members of the community and individuals living with a disabling

condition of a historical milestone. My client Aaron Baker, a recovering quadriplegic, and his mother Laquita along with Team Rise Above completed his cross-country bike ride 9/27/08. Last year he became the first - ever recovering quadriplegic to ride on a tandem bike 3182 miles from San Diego to Florida. This year he rode 4180 miles independently on a trike from San Francisco to Washington D.C - making him the first-ever recovering quadriplegic to achieve a milestone of such magnitude. The purpose of the celebration of completion is to share the process and accomplishment. The overall purpose is to inspire all individuals to the power of possibility and to promote the ongoing benefits of therapeutic exercise in obtaining the result of optimal health and wellness.

Please visit the website [www.riseabovetour.com](http://www.riseabovetour.com)

Here is the link to the Winchester Star article reporting on this milestone.

[http://www.winchesterstar.com/showarticle\\_new.php?sID=5&foldername=20080924&file=Quadriplegic\\_article.html](http://www.winchesterstar.com/showarticle_new.php?sID=5&foldername=20080924&file=Quadriplegic_article.html)

Location: The Paseo Recreation and Screening Room, Valencia.

Title: **HELP YOUR CLIENT REGAIN FUNCTION: A step-by-step practical approach.**

7/25/08

These LEARNING OBJECTIVES will be covered:

1. Integrate an exercise program into your client's training schedule, ensuring safe, effective and efficient exercise and performance progression.
2. Discuss the importance of using the Karvonen formula instead of the standard  $220 - \text{age} * \text{relative intensity}$  to determine the client's target heart rate zone.
3. Identify the importance of using the SAID principle (Specific Adaptations to Imposed Demands) when designing an exercise program.
4. Specify the elements of the physical activity program for individuals with neuromuscular disorders.
5. Recognize how exercise for an individual with a neuromuscular disorder is highly personalized and prescriptive.
6. List the benefits of passive static standing.
7. Cite client information to obtain from the medical professional.
8. Explain the vicious cycle of disability.

9. Understand the importance of abiding by the special instructions in order to decrease the client's internal core temperature to avoid overheating.

Location: Kaiser Permanente Joint Physical Medicine and Rehabilitation Pain Management symposium

Title: Transforming bodies, Transforming Lives.

7/16/08

Description: The dual- purpose of which is to integrate health care in health clubs and to bridge the gap between physical therapy and personal training with clinical exercise physiology in order to provide the necessary on-going benefits of therapeutic exercise.

On a personal note: My clients ask me how come there aren't any clinicians like yourself nor any facilities that we can go to after we have been discharged from traditional physical therapy. To that question "I respond together we are going to improve the health care system by changing the health care paradigm. Happiness is all about choices. I look forward to the day when a person discharged from formal physical therapy can continue on the remarkable improvements made while in physical therapy, knowing that they are in good, caring, and able hands. I envision the day when the clinical exercise physiologists and physical therapists are considered two horns on the same goat and can work together in preventing injury and enhancing the performance of their client. I look even more forward to the day when the question " where do we go, once we have had our case discharge conference? is no longer asked. There are many stories worth telling and many achievements worth applauding - all fueled through human determination. The process is the progress!!

Location: University Hospital: Department of Physical Medicine and Rehabilitation, Salt Lake City, Utah

Title: The Notion Of Motion – Out Of Your Seat And On Your Feet. Improving Function Increases Independence and Boosts Self-Efficacy.

7/15/08

Description:

This presentation accentuates how-to vigorously, wholeheartedly and conscientiously to live the fitness lifestyle – at any age and level of ability. This presentation emphasizes the necessity of a formal nutrition and exercise program that covers all of the components of the circle of function. It includes a focus on

gait mechanics, musculoskeletal strength, power and endurance, balance, flexibility, posture, aerobic conditioning and neuromuscular reactive training, which centers on speed, agility and acceleration. The most important piece of equipment in the gym that I use to reduce my client's risk of injury and to maximize performance is their body. When training an individual with frailty, it is imperative to adopt a joint-by-joint approach in order to prevent them from becoming a master compensator from which if not detected will lead to common compensatory pain patterns. A successful recovery process makes a great example of the expression, "let my conduct be my case".

Location: Tri- County Independent Living Center, Ogden Utah

Title: **How a Wellness Centered Approach Keeps a Community Well** 4/27/08

This presentation identifies the barriers to regular exercise for individuals with a variety of disabling conditions. During the presentation the problem (s), what to do about it (them), and how to get it done will be clearly stated. This presentation is centered around improving health and wellness in the residents of an agricultural community.

Location: Agua Dulce and Acton.

Title **The Ongoing Benefits of Therapeutic Exercise in order to maximize your client's recovery.** This presentation will discuss the importance of identifying tissue texture abnormalities, restrictions in range of motion, and asymmetries that predispose one to injury. Also included will be a complete discussion on prevention, detection and the monitoring of an injury taking into consideration the location, magnitude and rate of progression. The process is the progress.

LOCATION: University of Northern Iowa, Cedar Falls, Iowa.

4/22/08

Dr. Terry Noonan Professor and Head Athletic Trainer of Athletic Training. School of Health, Physical Education and Leisure Services

Title: **Stay In Shape While You Wait**

4/21/08

LOCATION: Covenant

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