



Isaac Woo

Rehab Therapist/Personal Trainer

Passionate Rehab Therapist and Functional Neurology Specialist with expertise in pain management, injury rehabilitation, and strength training. Combining advanced neurological techniques like P-DTR, NKT, and IKN, I help clients optimize movement, recover from injuries, and achieve peak performance. With a background in Sport Science and Management, I focus on educating and empowering individuals to take an active role in their recovery, ensuring personalized and effective care.

Contact

Phone

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Email

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Address

Singapore

Expertise

Pain Management

Functional Neurology

Injury Rehabilitation

Weight Loss

Strength Training

Language

English

Chinese

Malay

Experience

2022-Present

Freelance Personal Trainer & Rehab Therapist

- Assisted patients in their recovery from various post-surgical cases, including ACL reconstruction, TFCC injuries, and Morton's neuroma.
- Supported clients in achieving their weight management and fitness goals through personalized training plans.
- Managed neurological cases such as cerebellar disorders, neuropathic pain, and stroke rehabilitation, facilitating functional improvements.

2024-Present

Personal Trainer @ Fitscale Solutions

- Designed and implemented custom training programs for clients with various fitness levels and goals.
- Helped clients achieve strength, weight loss, and rehabilitation goals

Education/Courses

Aug 2020 - May 2024
Nanyang Technological
University

Bachelor of Sport Science and Management

Nov 2022 - July 2024
P-DTR

Proprioceptive - Deep Tendon Reflex
Advanced practitioner

Nov 2021 - May 2022
NKT

Neuro Kinetic Therapy
Advanced practitioner

Dec 2023 - Mar 2024
IKN

Integrated Kinetic Neurology
Level 2 practitioner

Nov 2023 - Oct 2024
Next Level Neuro

Next Level Neuro