

Growing up in Carson, CA, Dr. Taylor Sillekens developed a love for basketball, football, and martial arts at an early age. Through experiencing PT himself, he learned the effect that PT can have on people, not only physically, but mentally and emotionally. Combining his early and long-lasting passion for sports and exercise, with his passion for PT, Taylor decided to pursue a career in Physical Therapy.

In pursuit of this career, Taylor earned his Doctor of Physical Therapy degree from California State University, Long Beach. While attending CSULB, he participated in the THRIVE Lab@the Beach!, where he worked alongside mentors and classmates to research the feasibility of digital group exercise and its effect on cardiometabolic factors. He also presented a poster of his lab's research on HRV and cardiometabolic factors in DPT students, at the 2021 Combined Sections Meeting (CSM).

Also, while attending CSULB, Taylor focused his efforts on improving Diversity, Equity, and Inclusion. He created the "Why I Choose LB PT" video to showcase students of varying racial, ethnic, and gender-identified cultures to inspire more diverse students to pursue healthcare and reduce associated inequities. He co-founded the CSULB PTMA Physical Therapy Multicultural Alliance, a student-led club whose mission is to foster open dialogue on healthcare disparities of all ethnic, gender, and class groups by incorporating mentoring groups, community service events, and educational workshops/panels. He also became a founding member of CSULB DPT's Diversity, Inclusion, and Community Engagement Council. He was awarded the Nance Mahan Endowed Student Award for his scholastic and extra-curricular achievements.

Taylor's loves to provide personalized care that is based on evidence-based practice. Along with numerous manual therapy interventions, he loves to employ a variety of movement-based techniques ranging from controlled articular rotations to functional movement science focused on 3-dimensional movement to enhance the neuro-muscular components of rehabilitation. Utilizing his Certified Strength and Conditioning Specialty (CSCS), Taylor prides himself in his ability to develop dynamic and challenging exercise programs for optimal rehabilitation and sports training.

Taylor intends to use his profession, specialty, additional certifications, and passion to not only provide personalized care for his patients but also affect some change in communities that are being deprived of good healthcare.