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## Curriculum Vitae

### Dr. Eugene Capitano BA, BSc, DC, DAC

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### SUMMARY

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**Dr. Capitano** is a Chiropractor and is in private practice in Winnipeg, Manitoba Canada. He received his B.A. (Criminal Justice) from the University of Winnipeg in 1989 and his B.Sc. (Human Biology) and Doctor of Chiropractic degrees from the National College of Chiropractic in 1993 and 1995 respectively. Dr. Capitano also went on to complete a 200 hour Post Graduate Certification in Chiropractic Rehabilitation from Los Angeles College of Chiropractic in 1995. Dr. Capitano recently attained his American College of Sports Medicine Personal Trainer Certification and Exercise is Medicine Level 1 Certification. A credential that is known as a gold standard around the world allowing him to implement safe, effective exercise programs, and modify them to meet the specific needs of patients and clients.

Dr. Capitano has established comprehensive protocols and standards for interdisciplinary rehabilitation coordinating physicians, chiropractors, physiotherapists, occupational therapists, and psychologists. Dr. Capitano brought the Hanoun Focus, FROM Disability Evaluation, and ARCON systems to Winnipeg and established them as standardized tools in the disability and rehabilitation industry. Dr. Capitano is a Certified Employment Potential Specialist for disability evaluations. Dr. Capitano has past attained his American Board of Independent Examiners.

Dr. Capitano was a member of the Musculoskeletal Study Group of Manitoba. One of his primary roles was to bring speakers to the city of Winnipeg for continuing education purposes for clinicians in the Province of Manitoba. Dr. Capitano subscribes to a movement-based approach popularized by the works of Dr. Vladmir Janda, Dr. Craig Liebenson, Dr. Stuart McGill, Dr. Charlie Weingroff and Gray Cook. He uses principles of the Functional Movement Screen (FMS), Dynamic Neuromuscular Stabilization (DNS) and sound evidence-based rehabilitation and training science. Some of the paradigms Dr. Capitano is formally trained and/or certified in include DNS, Graston, Acupuncture, Dry Needling, TPI, FRC, FRR, FMS/SFMA, RPR, SFG and HKC.

Dr. Capitano attended the Mike Boyle Strength and Conditioning Centre (MBSC). After 4 days of intensive training he brought his knowledge back to Winnipeg and opened the first of its kind MBSC Thrive Centre in Winnipeg. He offered the most advanced Strength and

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Conditioning principles to Winnipeg. These principles were used not only for the treatments of the athletic population but also for the general population who have been injured and need modern rehabilitation and training principles to prepare themselves for a return to work.

Dr. Capitano has owned and operated both Rehabilitation and Training Facilities throughout Winnipeg during his 25 years of practice. Dr. Capitano brings his clinical experience to his current work as a lifestyle chiropractic health coach focused on the prevention of chronic lifestyle-related disease. For him, exercise and nutritional coaching is a valuable deliverable he brings to his clients and patients as part of a complete and personalized lifestyle modification program informed by his years of clinical experience.

Currently, Dr. Capitano is enrolled in a master's program in psychology and neuroscience at Kings College University in London England. This is a world-renowned Institute of Psychology, Psychiatry & Neuroscience (IoPPN) who are at the forefront of global mental health research helping to inform policy, prevention, treatment and care around the world. This innovative online programme provides a comprehensive and integrated exploration of the current understanding of the psychological and neuroscientific basis of mental health, which he is looking to apply to his private practice.

The future goal is to incorporate his master's program education into his clinical practice in order to provide a biopsychosocial approach, while providing the highest quality of innovative resources in the most cost-effective, unique, individualized and thoughtful manner.

## **CERTIFICATIONS**

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### **DR. EUGENE CAPITANO BA, BSc, DC, DAC, ACSM-CPT**

Functional Range Release and Conditioning Provider  
American College of Sports Medicine - Certified Personal Trainer  
American College of Sports Medicine - Exercise is Medicine Level 1 Certification  
Doctor of Acupuncture – A member of CMAAC  
Certified Functional Integrated Needling for Pain Management and Sport Performance  
Certified Graston Provider  
DNS Certified Exercise Trainer  
Mindfulness Based Stress Reduction Trainer  
HeartMath Certified Practitioner  
Certified Functional Movement System Provider  
Certified Selective Functional Movement Assessment Provider  
Certified Fundamental Capacity Screen Provider  
Certified Y Balance Test Provider  
Titleist Performance Institute Medical Certified Level 3 and Junior Coach Level 2  
Titleist Performance Institute Fitness Certified Level 2  
KAATSU Certified in Blood Flow Moderation Rehabilitation, Recovery, and Training.  
Precision Nutrition Level 1 Certificate in Exercise Nutrition

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Certified HKC Instructor  
Certified EPIC Lift Capacity Evaluator  
Certified ARCON Evaluator  
Certified Cognitive Functional Capacity Evaluator  
Active Release Technique Certified Provider – Past  
American Board of Independent Medical Examiners – Past  
Mike Boyle Strength Conditioning Thrive Program Provider – past

### **2024 Continuing Education Courses**

7PAYFADD Psychology and Neuroscience of Addiction - March 2024

### **2023 Continuing Education Courses**

7PAYFTIN Techniques in Neuroscience - January 2023

ACSM – ACSM’s International Health & Fitness Summit: Microbiome, Macros and Metabolism.

ACSM – Exercise is Medicine® (EIM) Online Course – Osteoarthritis and Low-back Pain.

7PAHFPSY Psychological Foundations of Mental Health - March 2023

ACSM – Sedentary Behaviour and Health: Recent Insights – April 23, 2023

7PAYCAMD Child and Adolescent Mental Health: Child Development - May 2023

7PAYFMND Mindfulness: Neuroscience and Application - July 2023

M.B.S.R. Program (Mindfulness-Based Stress Reduction) by Jon Kabat-Zinn, developed at the University of Massachusetts Medical School – Completed October 8, 2023

7PAYFNMH Neuroimaging in Mental health – October 30, 2023

### **2022 Continuing Education Courses**

ART Advanced Full Body Recertification Course

ACSM - High-Intensity Interval Training for Neurodegenerative Conditions: Indications and Recommendations for Exercise Programming.

7PCSFMHC Mental Health in the community - September 2022

7PAMFBIO Biological Foundations of Mental Health - November 2022

### **2021 Continuing Education Courses**

Matheson Education and Training Solutions – Cognitive FCE online course

NS Chapter of CMAAC – Stress Relief for Better Mental Health using Acupuncture

ACSM - Exercise to Support Optimal Immune Function online course

ART Recertification Lower Extremity online course

HeartMath Clinical Certification for Stress, Anxiety and Emotional Regulation

HeartMath Interventions Online Certification Program for Health Professionals

Elite HRV Biofeedback Training for HRV Optimization online course

ACSM - Creating a Safety Culture in Your Fitness Facility online course

ACSM - Fitness Trends from Around the Globe online course

### **2020 Continuing Education Courses**

CPR & AED Level C – Full Course

Graston Webinar Lumbar Spine Concepts and GT Treatment Progression

American College of Sports Medicine/Exercise is Medicine online course

American College of Sports Medicine/Programming and Coaching HIIT online course

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NSCA's Guide to Tests and Assessments – online course  
FMS 2 Corrective Strategies online course  
TPI Fitness Level 2 Certification online course  
TPI ELDOA online course  
Clinical Overview: Approach into the Classification and Management of patients with LBP online course  
Functional Anatomy Seminars - CARs Advanced Interpretation & Application online  
FAS - Advanced Linear Loading Strategies & End-Range Strength/Velocity online  
Strength and Conditioning Principles online course  
Clinical Exercise Sciences online course  
Screening & Assessing Breathing: A Multidimensional Approach Exam online course  
Building Exercise Checklist for Successful Training online course  
Deep Breathing for Resilience and Stress Management online course  
A Common Sense Approach to Correcting Movement online course  
A Common Sense Approach to Evaluating Movement online course  
EXOS Movement Preparation and Multidirectional Speed Training online course  
EXOS Medicine Ball online course  
Contemporary Pain Research online course  
Workplace and Occupational Medicine; Sitting, Low Back and Neck Pain online course  
Foundations of Heart Rate Variability online course  
ART Recertification online course  
Fundamental Capacity Screen Certification online course  
Precision Nutrition Certification Program online course  
Precision Nutrition Definitive Guide to Plant-Based Eating online course  
Precision Nutrition Definitive Guide to Intermittent Fasting online course  
American College of Sports Medicine Nutritionist's view online course bundle  
EXOS Integrated Nutrition into Training online course  
Y Balance Test Assessing Injury Risk Certification online course  
T=R: Kettlebells by Charlie Weingroff online course  
Recovery and Sleep Summit virtual summit  
Industry Presented Webinar ACSM: Maximize Wearable Technology with your Clients  
Optimal levels of Physical Activity to protect against CVD Webinar ACSM: Dr. Lavie MD  
Canadian 24-hour Movement Guidelines for Adults live webcast October 15, 2020.  
Chiropractic check-up from the neck up... 8-hour online course with Dr. S Thistle  
San Diego Virtual Pain Summit – October 23-25, 2020  
RCCSS 2020 Virtual Conference Move: The Psychology, biomechanics, and neurophysiological implications of human movement.  
ART Recertification online course November 2020 lower extremity

### **2019 Continuing Education Courses**

ART Recertification online course

### **2018 Continuing Education Courses**

ART recertification Spine Chicago

DNS Skills Course with Robert Lardner November 17-18, 2018

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### **2017 Continuing Education Courses**

Functional Range Assessment January 20-22, 2017

Chris Korfist, January 28-29, 2017, RPR Reflex Performance Reset and Acceleration Principles

Pain Summit – San Diego, Peter O’Sullivan “A paradigm shift in understanding/treating LBP” February 2017

ART recertification February 2017

Michael Shacklock Physiotherapist, Neurodynamics upper/lower March 2017

Derek Hansen “The Application of Signal Noise Concepts to High Performance Training April 2017

Rehabilitation principles, November 3 and 4, 2017 - Connecticut USA.

### **2016 Continuing Education Courses**

ART Complex Protocols – January 14, 15, 15, 2016.

Roman Fomin PhD & Associate Professor in Physiology – January 30.

Pain Science and Biomechanical Explanations with Greg Lehman – February 6-7.

SFG Kettle Bell Course level 1 – February 19-21, 2016.

Val Nasedkin, Omegawave Systems March 4-6, 2016

Cal Dietz, Game Changing Methods in Sports, April 15-16, 2016

FAP/FRR Spine with Andreo Spina May 13-15, 2016

Douglas Heel, Physiotherapist – Sport Activation Course - June 4 & 5, 2016

ALTIS Performance Therapy Program December 2016

### **2015 Continuing Education Courses**

DNS Skills Course

DNS Exercise II, & III, Certification Program

SFG Kettle Bell Course

ART Complex Protocols

Complete Speed with Lee Taft

Stu McGill Three day course-Building the Ultimate Back

Return to Work Conference – Leading Edge Innovations

Triphasic Training with Cal Dietz

BSMPG May 2014 in Boston

Dr. Scappaticci – Functional Integrated Dry Needling program for Sports Injury

Omegawave with Roman Fomin and Val Nasedkin

FRC – Certification program

Pain Science and Biomechanical Explanations with Greg Lehman

### **2014 Continuing Education Courses**

DNS Exercise I, II, & III, Certification Program

FAP/FRR Spine with Andreo Spina

ART re-certification program

Accelerated Rehabilitation with Jason Brown.

TPI Level II Certification Program

Return to Work - Evolving Issues in Disability Management

FAP/FRR Upper extremity with Andreo Spina

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MBSC progression/regression with Coach Kevin Car  
Concussion talk by Dr. M. Cosmon  
BSMP May 2014 in Boston  
The Janda Approach with Clare Frank  
Perform Better Chicago June 26-29, 2014  
TPI Junior Coach Level 2 September 19 & 20, 2014.  
DNS C September 25-28, 2014  
Training Still=Rehab with Charlie Weingroff October 18 & 19, 2014  
TPI Level 3 and the Golf Summit October 24-28, 2014  
Criag Liebenson “Prague School to Athletic Development” November 7-9, 2014

### **2013 Continuing Education Courses**

DNS (Dynamic Neuromuscular Stabilization) Sport Level 1 and 2 Workshop  
MBSC Thrive 4 Day Certification Program  
DNS A (Dynamic Neuromuscular Stabilization) Certification Program  
HKC Certification Program  
Active Release Technique - Recertification Program Lower Extremity  
Dr. Scappaticci – Performance Functional Taping Course  
Return to Work The Silent Barriers  
Graston Advanced Course  
Dan John – The Basic Principles of Strength Training  
Canadian Pain Society Annual Conference  
Boston Sports Medicine and Performance Group conference  
Perform Better 3 day Summit  
DNS B (Dynamic Neuromuscular Stabilization) a Certification Program  
DNS C (Dynamic Neuromuscular Stabilization) a Certification Program  
Kevin Carr – Strength and Conditioning Seminar  
Craig Liebenson Faulty Movement Pattern and Rehab of the Athlete  
Graston Level 1 (Instrument assistant soft tissue technique)

### **2012 Continuing Education Courses**

Dr. McGill – Rehab of the Athlete  
Dr. Weingroff – Training=Rehab, Rehab =Training  
Dr. Scappaticci – Integrated dry needling program for pain management  
Dr. Heffner – End Range Loading  
HKC in Chicago certification course  
Graston Level 1  
Jon Engum Extreme Flexibility Workshop  
ART/SFMA Certification Program  
Perform Better 3 Day Summit  
Dr. Weingroff – Advanced Training=Rehab, Rehab =Training  
DNS A (Dynamic Neuromuscular Stabilization) Certification Program  
Dr. McGill – Rehab of the Athlete  
TPI Level 1  
DNS B (Dynamic Neuromuscular Stabilization) Certification Program

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**2011 Continuing Education Courses**

Active Release Technique - Upper Extremity

Selective Functional Movement Assessment - Level 1 and Level 2

Functional Movement System - Level 1 and Level 2

Dr. Liebenson – FCE and Performance Enhancement

Active Release Technique - Nerve Entrapment with Gross Anatomy Lab.

Dr. Liebenson – Rehabilitation of the Athlete