
Curriculum Vitae

Dr. Eugene Capitano BA, BSc, DC, DAC

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SUMMARY

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

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.

Dr. Capitano completed his Master of Science in Psychology & Neuroscience of Mental Health at King's College London—a world-renowned institution through the Institute of Psychiatry, Psychology & Neuroscience (IoPPN). His graduate research, completed with *Merit Distinction*, explored the role of psychobiotics in depression, integrating insights from the gut-brain axis into clinical models of mental and metabolic health.

This advanced education deepened his commitment to a biopsychosocial approach, integrating neuroscience, microbiome research, and functional medicine. His ongoing mission is to apply these principles in clinical practice through innovative, evidence-based, and personalized programs that enhance physical resilience, mental well-being, and longevity.

CERTIFICATIONS

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

MSc – Psychology & Neuroscience of Mental Health, Merit Distinction (King's College London, 2025)

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
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

2026 Continuing Education Courses

ACSM: Coaching HIIT: A Practical Approach to Programming – March 2026
ACSM/NCSF: Corrective Exercise Specialist Certificate Course – March 2026
ACSM: Sleep as a Key Driver in Muscle Health and Physical Performance: Current Considerations and Perspectives – February 2026
ACSM: Fitness is Function: A Synopsis of Functional Fitness Training and Traditional Strength Training – February 2026
ACSM: Exercise Training with Chronic Kidney Disease – February 2026

2025 Continuing Education Courses

Master of Science (MSc), Psychology & Neuroscience of Mental Health – King’s College London (IoPPN). Completed August 2025 — **Merit Distinction** *Under the supervision of Dr. Olga Kotik, PhD, Dr. Capitano completed a narrative synthesis titled “The Role of Psychobiotics as an Adjunct to Standard Treatment for Depression in Adults,” critically evaluating randomized controlled trials on probiotics and synbiotics. His work highlighted their potential to improve depressive symptoms through immune, metabolic, and neuroendocrine pathways—particularly via inflammation reduction and modulation of the kynurenine pathway—while identifying key gaps in study design and demographic representation.*

ACSM: Overcoming the Fear of Resistance Exercise (FoRE) – July 2025
ACSM: Annual Meeting 2023 | Network Physiology of Cortico-Muscular, Cortico-Ocular and Inter-Muscular Interactions – July 2025
ACSM: HFJ March–April 2024 | Use Mental Imagery – July 2025

2024 Continuing Education Courses

7PAYFADD Psychology and Neuroscience of Addiction - March 2024
7PADRERC Research Skills: from Research Ethics to Reviewing and Critical Analysis- September 2024
ACSM – Lactate in Health and Disease Online Course: The Renaissance Metabolite
7PADMPAR Research Skills: from Methods and Procedures to Analysis and Reporting - November 2024
The Science of the Chiropractic Adjustment Online Course – October 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

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

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
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

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