

# Steven Capobianco

D.C., MA, DACRB, CCSP, PES

9361 Desert Willow Way,  
Highlands Ranch, CO, 80129  
(408) 480 2794  
[drstevecapo@gmail.com](mailto:drstevecapo@gmail.com)

## Professional Background

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|----------------|---|
| 2009 - present | Medical Director – Rock Tape Inc., Los Gatos, CA  |
| 2014 – present | Owner – ProjectMove, Littleton, CO  |
| 2007 - 2013    | Clinic Director/Owner - Symmetry Sports Injury and Performance Care. Los Gatos, CA  |
| 2005 - present | Adjunct Instructor – Palmer College of Chiropractic West. San Jose, CA.<br>• Sports Chiropractic<br>Event Clinician – Palmer College of Chiropractic West |
| 2005 - 2008    | Collegiate Team Chiropractor – San Jose State University Athletic Department (Division I)   |
| 2003 - 2008    | Associate Chiropractor – Director of Spinal Rehab and Care. TEAM CLINIC Sports Therapy Group. Santa Clara, CA.  |

## Educational Background

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|-----------------------|---|
| March 2010            | Diplomate American Chiropractic Rehab Board (DACRB) - ACRB  |
| Nov 2005 – March 2006 | Palmer Institute of Professional Advancement, Palmer College of Chiropractic West<br>Certified Chiropractic Sports Physician – CCSP (Post Doctoral Program) |
| Jan 2000- Sept 2003   | Palmer College of Chiropractic West, San Jose, CA, USA.<br>Doctor of Chiropractic (Magna Cum Laude).  |
| Aug 1997- Aug 1998    | University of South Florida, Tampa, FL, USA. (Summa Cum Laude)<br>Master of Arts, Adapted Physical Education (Exercise Therapy for Special Populations)     |
| Sept 1992- May 1996   | York University, Toronto, On, CAN.<br>Bachelor of Arts, Kinesiology and Health Science (Honors)   |

## Specialized Training

- Fascial Movement Taping (FMT) – Power Taping Method: Author/Lecturer (Rock Tape)
- Level 1 – Selected Functional Movement Assessment Specialist – FMS
- Level 1 – Functional Movement Screen Certified Specialist - FMS
- Certified Performance Enhancement Specialist (PES) – NASM
- Corrective Exercise Specialist (CES) – Candidate - NASM
- Diplomate of American Chiropractic Rehab Board (DACRB) - ACRB
- Certified Chiropractic Sports Physician (CCSP) – ABCSP
- Certified Strength and Conditioning Specialist (CSCS) – NSCA
- Active Release Technique (A.R.T.) – Master
- Graston Technique Provider (2007)
- Certified Kinesiotape Technique Provider – CKTP (2008)
- Certified Personal Trainer (CPT) – NASM (2004)
- Health Provider First Aid and CPR
- Level II Coaching Certificate (Ice Hockey, Soccer) - NCCP

## Workshops & Presentations

- Capobianco, S. Mapping Movement: Tape me out to the Ball Game. Professional Baseball Chiropractic Society, Scottsdale, AZ, USA 2016
- Capobianco, S. Cycling Specific Kinesiology Taping. UHC Pro Cycling, Tarpon Springs, FL, USA, 2016
- Capobianco, S. Fascial Movement Taping Level 1-2. Seattle, WA, USA 2015

- **Capobianco, S.** Fascial Movement Taping Level 1. Parker National Conference, Las Vegas, NV, USA 2014
- **Capobianco, S.** Fascial Movement Taping Level 1-2. Johannesburg, South Africa, 2013
- **Capobianco, S.** Fascial Movement Taping Level 1-2. Kuwait City, Kuwait, 2013
- **Capobianco, S.** Fascial Movement Taping Level 1-2. Vina del Mar, Chile, 2013
- **Capobianco, S.** Fascial Movement Taping Level 1-2. Dubai, UAE, 2013
- **Capobianco, S.** Fascial Movement Taping Level 1-2. Zurich, Switzerland, 2012.
- **Capobianco, S.** Fascial Movement Taping Level 1-2. Frankfurt, Germany, 2013.
- **Capobianco, S.** Taping for Endurance Athlete. Sports Medicine Symposium, Kona, HI, USA, 2012
- **Capobianco, S;** Spencer, B. Power Taping Method. Welsh Rugby Union, Wales, UK, June 2011
- **Capobianco, S.** Power Taping Method. London, England, June 2011
- **Capobianco, S;** Brink, J. Power Taping Method. ACRB Symposium, Orlando, FL, March 2011
- **Capobianco, S.** Power Taping Method. Chicago, IL, Aug 2010
- **Capobianco, S.** Power Taping Method. University of Notre Dame, Fremantle, Australia, Aug 2010
- **Capobianco, S.** Power Taping Method. Western Australia Institute of Sport, Perth, Australia, Aug 2010
- **Capobianco, S.** Power Taping Method. Murdoch University, Perth, Australia, Aug 2010
- **Capobianco, S., Brink, J.** Power Taping Method. Castro Valley, CA, July, 2010
- **Capobianco, S., Van den Dries.** Power Taping Method. Dallas, Texas, May, 2010
- **Capobianco, S., Brink, J.** Power Taping Method. Los Gatos, CA, Feb, April 2010
- **Capobianco, S.** “Interval Training/Injury Prevention Concepts. Los Gatos Police Department, Los Gatos, CA, **Dec 2009**
- **Capobianco, S.** “Core Values”: Core Stabilization Concepts for General Athlete. Body Firm Fitness Studio, Los Gatos. **Dec, 2008, Feb 2009.**
- **Capobianco, S.** Critical Point: Pre-Race Injury Recognition and Care. AIDS Marathon Training Group, Los Gatos, June 2007
- **Capobianco, S.** New Graduate Seminar. Palmer College of Chiropractic West, San Jose, CA, **2008, 2009, 2010**
- **Capobianco, S.** Current Concepts of Core Rehabilitation. Palmer College of Chiropractic West, San Jose, Jan/Feb, **2005, 2006, 2007, 2008, 2009, 2010** (4 week Seminar Series).
- **Capobianco, S. and Chevalier , A.** Alternative Care for Sports Injuries. San Jose State University. (**2004, 2005, 2006, 2007**)
- **Capobianco, S.** Triathlete Triad: Common Injuries/Rehabilitation. Tribe Triathlon Club, Campbell, CA Feb 2005, Kain Performance Triathlon Group, Los Gatos, CA, **Mar, 2005.**
- **Capobianco, S.** Rolling into Spring: Self Myofascial Release Technique. Palmer College of Chiropractic West, San Jose, **May 2004.**
- **Capobianco, S., Hunt, D.** Self Myofascial Release. Workshop at BodyFirm Personal Training Studio, Los Gatos, CA, **April 2004.**
- **Capobianco, S.** Power Training & Periodization of Strength. Presented to undergraduate students at the University of South Florida, Department of P.E., Wellness and Sport Studies, **June 1998.**
- **Capobianco, S., Rauschenbach, J., & others.** Weight Training: Workshop for Secondary Physical Educators. Presented at the Land O' Lakes High School, Pasco County, FL, **Feb 1998.**
- **Capobianco, S.** Periodization of Strength: Cycling a Training Plan. Weight training workshop at Aurora High School, Aurora, Ont, **Feb 1997.**
- **Capobianco, S.** Fitness Prescription and Personal Training Workshop. Presented to senior high school students at Alexander Mackenzie High School, Richmond Hill, Ont, **Nov 1996.**

## Publications

- Bowers, L., Ellery, P., & Capobianco, S. *National Consortium on Physical Education for Individuals with Disabilities: Members Accomplishment Project.* **NCPERID: June 1998.**
- Capobianco, S., Van den Dries, G. Power Taping Method: Taping movement, not muscles. Rock Tape Inc. Instructional Manual: **Dec 2009**

## Event Emergency/Performance Care

- CrossFit Regional Games, Santa Clara (2012), Santa Rosa (2013)
- Cross Fit Games (Medical/Taping Team), Carson, CA (2010, 2011, 2012, 2013, 2014, 2015)
- 24 Hours of Adrenaline Mountain Bike Championships – (Event Clinician – PCCW Sports Council), Carmel, CA (2007)
- Northface Endurance Challenge – (Event Clinician – PCCW Sports Council), Marin, CA (2007)
- Cal Bearthon (Triathlon) – (Event Clinician – PCCW Sports Council), Berkeley, CA (2008, 2009)
- Santa Cruz ½ Marathon & 10K – Santa Cruz (2007)
- Iron-Man World Championship (A.R.T. Performance Team) – Kona, HI (2002)
- California Man – Ironman/Half Iron Man Distance Triathlon, CA. (2004, 2005, 2006)
- Uvas Triathlon – San Jose, CA (2004, 2005, 2006, 2007)

- San Jose International Triathlon – San Jose, CA (2004, 2005, 2006, 2007)
- San Mateo Regatta – (Event Clinician – PCCW Sports Council), San Mateo, CA (2006)
- CatFish Open Water Swim – Steven’s Canyon, San Jose, CA (2004, 2005)
- Sea Otter Classic Mountain Bike Challenge – Monterey, CA (2003, 2007, 2008)
- World Championship Highland Games – Pleasanton, CA (2002, 2003)
- Pacific Grove Triathlon – Monterey, CA (2003)
- Stockton Soccer Tournament2 – Stockton, CA (2001-2003)
- Hoop it Up – San Jose, San Francisco, CA (2000-2003)

## **Professional Affiliations**

- American Chiropractic Association
- California Chiropractic Association
- International Society of Clinical Rehabilitation Specialists
- American Board of Chiropractic Sports Physicians
- National Association of Sports Medicine
- National Strength and Conditioning Association
- Society of Weight Training Injuries Specialists

## **Awards**

2004 Intern of the Year – Student ACA Sport Council Award (Palmer College of Chiropractic West)  
 2003 Clinic Excellence Award – Palmer College of Chiropractic West  
 2003 Executive Service Award – SACA Sport Council  
 2003 Fellowship Award – Palmer College of Chiropractic West  
 1998 Excellence Award – University of South Florida