

Itay Eitan Rütner

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Personal Statement

Motivated GCC-registered chiropractor with a background in biology, fitness, and rehabilitation. Passionate about integrating chiropractic care with sports science and cold exposure therapy to optimize patient recovery and performance.

Education

Master of Chiropractic (MChiro) – McTimoney College of Chiropractic, Ulster University, UK (2024)

BSc in Biology – Tel Aviv University, Israel (2017)

Professional Experience

Founder & Head Trainer (2016 – Present)

Functional Training & Rehabilitation Studio, Israel

- Designed and delivered customized rehabilitation and strength programs.
- Specialized in functional movement, post-injury recovery, and holistic training.
- Integrated cold exposure therapy and therapeutic movement for patients with arthritis, back pain, and post-surgical rehabilitation needs.
- Built and managed client base, providing both personal training and group sessions.

Certifications & Courses

- Activator Methods® Basic Scan Protocol (12 hours) – Fujitega Research Foundation
- Activator Methods® Advanced Tests (12 hours) – Fujitega Research Foundation

Clinical & Professional Skills

- Chiropractic techniques (registered GCC chiropractor).
- Sports rehabilitation and functional training.
- Cold exposure therapy for recovery, pain relief, and mental resilience.

- Post-surgical and musculoskeletal rehabilitation.
- Strength and conditioning coaching.
- Holistic and evidence-based patient care.

Languages

- Hebrew – Native
- English – Fluent
- Spanish – Basic
- Arabic – Basic