



# Department of Physical Therapy and Rehabilitation Science

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Home > Education > UCSF/SFSU Doctor of Physical Therapy (DPT) > Faculty Bios > Christopher DaPrato, PT, MS, DPT,  
SCS, CSCS, PES

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## **Christopher DaPrato, PT, MS, DPT, SCS, CSCS, PES**



**Assistant Clinical Professor, UCSF  
Physical Therapist**

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### **EDUCATION**

- BS, Human Physiology, San Francisco State University, San Francisco, CA, 1999
  - MS, Physical Therapy, California State University, Long Beach, CA, 2002
  - DPT, Physical Therapy, Temple University, Philadelphia, PA, 2008
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### **BOARD CERTIFICATIONS**

- Physical Therapist <sup>[2]</sup> (PT)
  - Sports Certified Specialist <sup>[3]</sup> (SCS)
  - Certified Strength and Conditioning Specialist <sup>[4]</sup> (CSCS)
  - Performance Enhancement Specialist <sup>[5]</sup> (PES)
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### **BIOGRAPHY**

DaPrato obtained his MS in physical therapy from CSULB, and his clinical doctorate in physical therapy from Temple University. DaPrato was formerly the Outpatient Manager for the UCSF Physical Therapy Faculty Practice, and is now on Faculty as an Assistant Professor with joint appointments in the Departments of Physical Therapy and Rehabilitation Science, and Orthopaedics. He was previously a team PT for Division 1 athletes at Cal, and worked extensively with their track and field, football, and soccer teams. DaPrato has been teaching continuing education courses over the last few years specifically in the areas of athlete return to play, specialty concepts related to the LE, endurance athlete management, and unique manual therapy applications in addressing running injuries and athletes.

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## **COURSES**

- PT 212A Muscle Biology & Therapeutic Exercise Prescription
  - PT 212B Advanced Therapeutic Exercise Prescription
  - PT 199 Manual Therapy Concepts for Orthopedics and Sports
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## **CLINICAL EXPERTISE**

At the Faculty Practice, DaPrato specializes in sports injury prevention/rehabilitation and manual therapy concepts relative to the orthopedic and spine population. He has spoken at numerous conferences and continuing education seminars on the subjects of manual therapy, sports injury management, and spinal care. Manual therapy is a sub-specialty in physical therapy which often expedites efficient, quality outcomes for patients. The body will often choose the path of least resistance, and as such we must find the root adhesions, preventing inefficient movement and dysfunction. Without removing the barrier to efficient movement patterns, there is often a revolving door effect of chasing symptoms. Successfully treating the symptom doesn't always mean fixing the problem. DaPrato's approach rests firmly on the current evidence that manual interventions paired with movement pattern retrain is a winning combination. His view is that you must increase structural mobility while focusing on neuromuscular re-education and motor control for maintaining stability.

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## **CLINICAL & RESEARCH INTERESTS**

- Radiologic considerations of the connective tissue system and muscle pain syndromes
- HVLT interventions for C/S ROM dysfunction, Cervicogenic Headache
- Fascial plane mechanics in athletes, and connective tissue matrix changes with overuse
- Running mechanics and running efficiency/performance
- Exercise Physiology principles in Therapeutic Exercise and Strength and Conditioning
- Taping techniques relative to the rehabilitation population

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**Links**

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[2] <http://www.apta.org/>

[3] <http://www.abpts.org/Certification/Sports/>

[4] <http://www.nasca.com/Certification/CSCS/>

[5] <http://www.nasm.org/fitness-specializations/performance-enhancement-specialist-%28pes%29>