Faculty Member Dr. DaPrato Featured in KPIX Story

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Chris Daprato, Assistant Clinical Professor[^1] in the Department of Physical Therapy and Rehabilitation Science, was recently featured in a KPIX television news story[^2]. Millions of people watched swimmer Michael Phelps swim his way to victory with the purple circles on his back and shoulders in full display. These marks are the evidence of a therapeutic intervention called Myofascial Decompression (MFD), in which negative pressure is applied over soft tissues, which are then moved actively or passively to increase connective tissue mobility via movement pattern reeducation.

Dr. Daprato brought this approach to the Olympic training camp in Colorado Springs and teaches this technique to physical therapists across the country. Patients and athletes alike have given the intervention high praise. There are few methods to decompress tightened tissues, and Dr. Daprato is currently conducting research on the effects of this intervention and the mechanisms for the positive responses he?s seen in clinical practice.

[^1]: Department of Physical Therapy & Rehabilitation Science
[^2]: http://ptrehab.ucsf.edu
Source URL: http://ptrehab.ucsf.edu/news/faculty-member-dr-daprato-featured-kpix-story

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