

Leading The Way In Sports PT: Pursue Physical Therapy Hoboken Puts Athletes Ahead with Modern Cupping Therapy

Boost recovery and performance with cupping therapy at Pursue PT in Hoboken—modern treatment for athletes seeking faster healing & pain relief.

HOBOKEN, NJ, UNITED STATES, May 19, 2025 /EINPresswire.com/ -- Hoboken's competitive runners, CrossFit devotees, and weekend warriors have a new recovery weapon: cupping therapy at Pursue Physical Therapy & Performance Training. While suction-based healing dates back to 1000 BC, the clinic's state-of-the-art plastic "vacuum" cups bring this ancient practice firmly into the modern sports physical therapy playbook—helping athletes boost circulation, reduce their inflammation, and bounce back faster than ever.



"From the outside, the circular marks look dramatic, but the results are always impressive," said Dr. Brandon Cruz, PT, DPT, board-certified in orthopedics and sports. "Cupping draws fresh blood to tired muscle, unloads stubborn trigger points, and accelerates natural

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How It Works

During treatment a therapist positions lightweight plastic cups over tense or painful areas on the body, then withdraws air to create gentle suction. The negative

pressure lifts the body's skin and connective tissue, stimulating micro-circulation and breaking tiny surface vessels that prompt a controlled healing response. The short-lived marks fade within days, but the benefits—relaxed muscle fibers, restored range of motion, and faster nutrient delivery—can benefit athletes for weeks.

Athlete-Specific Advantages

Rapid recovery: Increased blood flow flushes metabolic waste and supplies oxygen to fatigued muscle, trimming the downtime between hard sessions.

Natural anti-inflammatory: By mobilizing stagnant fluids, cupping helps calm swollen tissues without relying on pills that may hamper long-term recovery.

Tension release: Lifting tissue instead of compressing it eases deep fascial adhesions common in overused calves, quads, and shoulders.

Performance boost: Looser muscle and improved glide translate into smoother mechanics, greater power output, and lower injury risk.

Many Pursue PT clients pair cupping with manual therapy, dry needling, or targeted strength drills to multiply gains. “By layering techniques we can attack pain from every angle,” Dr. Cruz noted. “We treat causes and symptoms in the same session, so athletes return to training both sooner and stronger.”

Safety First

Although side effects are minimal, Pursue PT advises expectant mothers and individuals with open wounds, bleeding disorders, fevers, or acute inflammatory conditions to consult a physician before they schedule. Athletes unsure about suction can begin with massage or compression and graduate to cupping once comfortable.

Try It Yourself

Pursue PT now offers cupping therapy in Hoboken, Verona, and Cedar Knolls. Thanks to New Jersey's Direct Access law, no prescription is required—just call and book.

“Pain shouldn't be the price to perform,” Dr. Cruz added. “If you're sore, stiff, or stuck on the sideline, cupping could be the boost your body needs.”

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