

# Cedar Knolls' Pursue Physical Therapy Spotlights the Life-Changing Benefits of PT

*Rediscover pain-free movement at Pursue PT Cedar Knolls—physical therapy for athletes, post-op recovery, back pain, and lifelong mobility.*

CEDAR KNOLLS, NJ, UNITED STATES, May 19, 2025 /EINPresswire.com/ -- From Little League pitchers to weekend gardeners and recent surgical patients, residents across Morris County are turning to Pursue Physical Therapy & Performance Training for one simple reason: physical therapy works. The Cedar Knolls clinic is releasing new guidance this spring to remind the community that personalized PT is often the fastest, safest path to recovery—and a powerful tool for lifelong health.



“Whether you’re chasing a state title or chasing your kids around the house, a well-planned PT program can restore motion, erase pain, and even prevent injuries in the future,” said Dr.

Brandon Cruz, PT, DPT, founder of Pursue PT. “We see these results every day in our one-on-one sessions.”

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*Brandon Cruz*

## Power Plays for Athletes

For both competitive and recreational athletes, PT acts as proactive maintenance. Targeted strength and coordination drills reduce injury risk, keep joints healthy, and extend athletic longevity. “Young athletes who address nagging issues now avoid chronic pain later,” Dr. Cruz noted. Pursue PT’s sports-specific programs blend manual

therapy with performance coaching, giving players a competitive edge without sacrificing their

safety.

## A Smarter Post-Op Game Plan

After surgery, patients can face a cycle of injections and pain pills. Pursue PT's post-operative protocols offer a different route: hands-on manual therapy to restore joint movement, strategic exercises to rebuild muscle in a controlled environment, and circulation-boosting techniques that speed healing while lowering reliance on medication. The result? Better mobility, less pain, and an accelerated return to normal life.

## Break Free from Back Pain

Back pain can strike at any age and linger for years if untreated. Pursue PT's therapists zero in on the root cause—whether it's muscle imbalance, poor mechanics, or disc irritation—and deliver evidence-based strategies to correct it. Research shows physical therapy can outperform surgery, injections, and long-term medication for most nonspecific back pain, and Pursue PT's patient outcomes echo those findings.

## Benefits for Every Body

The clinic emphasizes that PT advantages extend well beyond these three groups. From growth-spurt pains in adolescents to balance training for older adults, individualized therapy boosts recovery, strength, and mobility for almost any musculoskeletal complaint. Most clients notice meaningful improvements within just a few sessions—and without the side effects that can often accompany pharmaceuticals.

## Take the First Step

"Physical therapy is more than rehabbing an injury; it's an investment in your future health," Dr. Cruz added. "If pain or stiffness is what's holding you back, PT can put you on the fast track to feeling—and moving—better."

Residents ready to reclaim their active lifestyle can book an evaluation without a physician's referral, thanks to New Jersey's Direct Access law.

## Contact:

Pursue Physical Therapy & Performance Training  
7 E Frederick Pl #400, Cedar Knolls, NJ 07927  
Phone: (973) 665-5672 | Web: [pursueptnow.com](http://pursueptnow.com)

Dr. Brandon Cruz  
Pursue Physical Therapy & Performance Training  
+1 (973) 665-5672

[email us here](#)

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