

# Verona's Pursue PT Offers Advanced Sports Recovery & Rehab Services

VERONA, NJ, UNITED STATES, August 29, 2025 /EINPresswire.com/ -- From high school sprinters to weekend warriors, local athletes have their hub for cutting-edge recovery right in Verona, NJ. Pursue Physical Therapy & Performance Training's Verona clinic now offers expanded sports recovery and athletic rehab services. By integrating modern recovery tools with one-on-one expert care, the Verona team helps patients bounce back faster and prevent injuries.

## High-Tech Tools for Faster Recovery

Pursue PT Verona provides a range of advanced recovery tools to speed healing and relieve soreness. Athletes can utilize NormaTec compression therapy to flush out harmful metabolites and boost circulation for quicker muscle recovery. The clinic also features Game Ready systems that combine cold therapy and compression to reduce pain and swelling while stimulating healing. Other modalities like IASTM (instrument-assisted soft tissue mobilization), therapeutic cupping, Hypervolt percussion massage, and Kinesio/RockTape taping are used to loosen tight tissues, improve circulation, and support injured areas. These high-tech options give athletes access to recovery techniques once reserved for the pros.

## One-on-One Sports Specialist Care

Cutting-edge technology is paired with personalized, hands-on therapy at Pursue PT Verona. Every session is one-on-one with a board-certified sports physical therapist, ensuring each patient receives undivided expert attention. The practice is led by Dr. Brandon Cruz, PT, DPT, a double board-certified Orthopedic and Sports specialist who is also Fellowship trained in Orthopedic Manual Therapy. Under Dr. Cruz's guidance, Pursue PT's programs blend manual



Pursue PT In Verona NJ

therapy, targeted strength training, and sport-specific exercises to expedite recovery. "A well-rounded recovery plan with the right tools can help athletes bounce back faster and perform at their best," said Dr. Cruz. "Our goal is to get you back to the activities you love as quickly and safely as possible."

### From ACL Injuries to Runner's Knee

Whether rehabbing a post-operative ACL tear, nagging tendonitis, "runner's knee", or a CrossFit overuse injury, Pursue PT Verona customizes each plan to get athletes back in action quickly and safely. The team treats sports injuries of all ages, from youth soccer sprains to adult joint pain, by addressing root causes and correcting faulty movement mechanics. This comprehensive approach not only speeds up recovery but also helps prevent future injuries.

You can download Pursue PT's ACL Rehab E-Book [here](#).

### Patient-First Access and Convenience

Pursue PT Verona follows a patient-first model focused on accessibility and results. Thanks to New Jersey's Direct Access law, athletes can start physical therapy right away with no referral needed. The Verona office also offers flexible scheduling with early-morning and late-evening hours (7:00am–9:00pm weekdays) to accommodate busy schedules. Quick access and convenient hours mean less time on the sidelines.

### Contact Information:

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