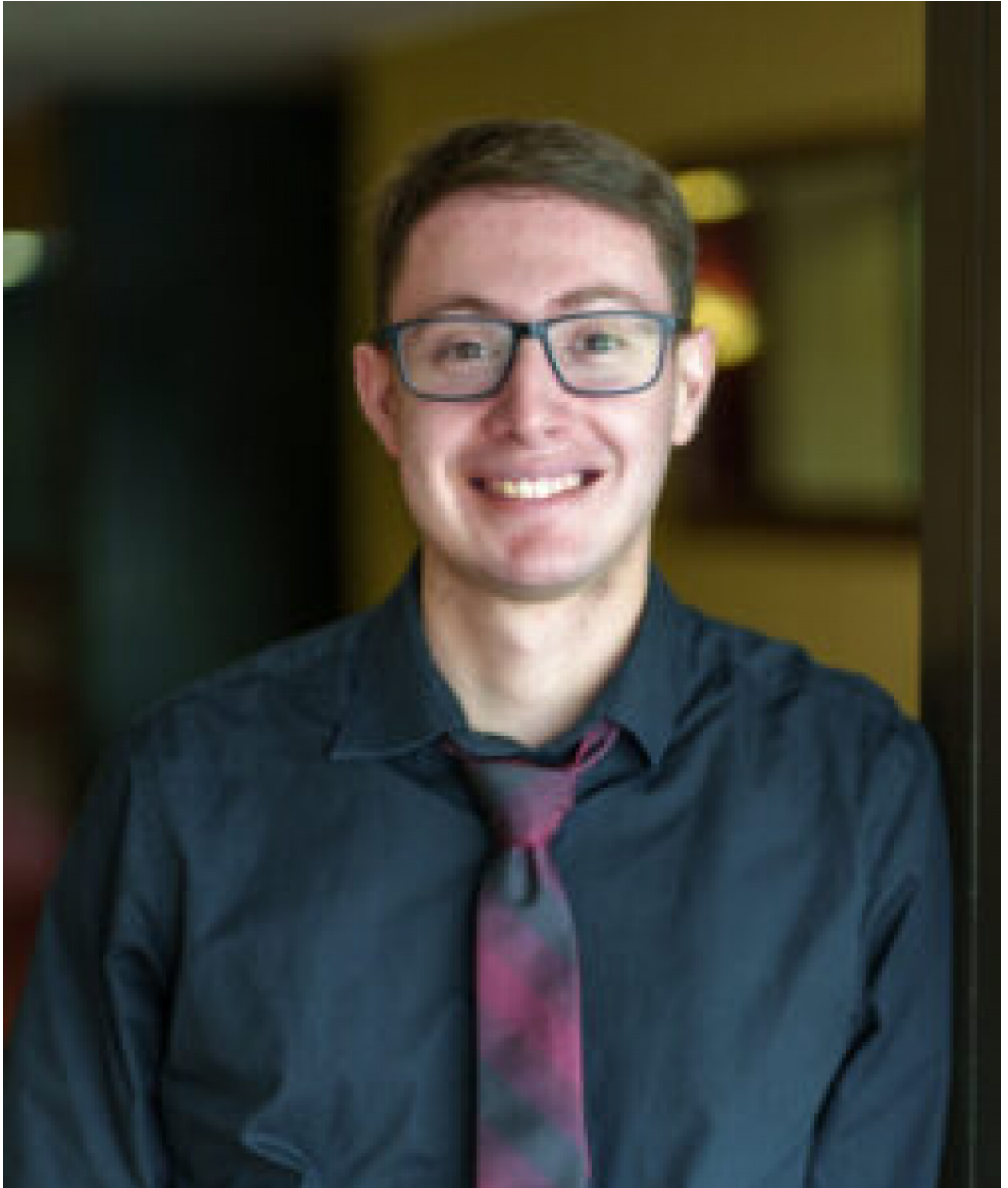


Joshua Perez, PT, DPT, a Physical Therapist with Spectrum Physical Therapy and Athletic Training

Get to know Physical Therapist Dr. Joshua Perez, who serves patients throughout the State of New Jersey.



New York City, New York Dec 29, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Perez is the newest member of Spectrum Physical Therapy and Athletic Training, the esteemed practice led by Dr. Gregory Zaccone. Dedicated to healthcare and passionate about physical therapy, he extends his expertise to patients at their Old Tappan and Edgewater locations.

A recent graduate of the University of Scranton, he holds an impressive academic background with an undergraduate degree in Exercise Science and a Doctor of Physical Therapy degree.

What sets Dr. Perez apart is not only his academic prowess but also his hands-on experience in various facets of physical therapy. His years of experience in physical therapy offices have honed his clinical skills and enriched his understanding of patient care. Furthermore, his unique background as a former athlete and sports enthusiast adds a dynamic dimension to his approach to physical therapy. His personal connection to the world of sports has driven him to seek valuable experiences in elite settings.

In the first half of 2023, he seized an exceptional opportunity to learn and collaborate with the Physical Therapy team of the San Francisco Giants. This invaluable experience has not only broadened his skill set but has also allowed him to witness firsthand the demands and challenges faced by athletes at the highest level.

Physical therapy (PT), also known as physiotherapy, is one of the allied health professions that, by using evidence-based kinesiology, electrotherapy, shockwave modality, exercise prescription, joint mobilization and health education, treats conditions such as chronic or acute pain, soft tissue injuries, cartilage damage, arthritis, gait disorders, and physical impairments typically of musculoskeletal, cardiopulmonary, neurological, and endocrinological origins. Physical therapy is used to improve a patient's physical functions through physical examination, diagnosis, prognosis, physical intervention, rehabilitation, and patient education. It is practiced by physical therapists (known as physiotherapists in many countries).

Learn More about Dr. Joshua Perez:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/82858004>, or through Spectrum Physical Therapy and Athletic Training, <http://www.spectrumptat.com/our-staff/>

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