

# Dr. Peter Ferraro, DC, MCS-P

FERRARO SPINE & REHABILITATION CENTER, PC | 230 MIDLAND AVE. | SADDLE BROOK | 973-478-2212 | FERRAROSPINE.COM



Dr. Peter Ferraro

**CELEBRATING 23 YEARS IN PRACTICE, DR. PETER FERRARO RECOGNIZES THAT PEOPLE ARE INCREASINGLY INTERESTED IN SEEKING ALTERNATIVES TO TRADITIONAL MEDICINE TO ACHIEVE AND MAINTAIN OPTIMAL WELLNESS. COMBINING THE MOST ADVANCED TECHNOLOGY AND A MULTIDISCIPLINARY APPROACH, THIS TRAILBLAZING PHYSICIAN HAS CREATED A UNIQUE AND ALL-ENCOMPASSING CENTER FOR HEALTH AND WELLNESS.**

The Ferraro Spine & Rehabilitation Center integrates chiropractic care with a mix of specialties. Certified physicians and specialists use alternative healthcare treatments for wellness, optimal performance for competitions or personal achievements and even golf technique enhancement. The multidisciplinary staff of 20 provides chiropractic, physical therapy, spinal decompression, sports medicine, acupuncture, nutrition counseling, deep tissue laser therapy amongst other non-conventional treatments and programs tailored to the individual needs of every patient. Dr. Ferraro created the Patent Pending Ferraro Spine Method™ for the nonsurgical treatment of herniated disc injuries utilizing a comprehensive treatment plan that combines spinal decompression, therapeutic exercises, joint manipulation, and deep tissue laser. Based on the patient's needs, Dr. Ferraro and the team at Ferraro Spine & Rehabilitation, PC will recommend a treatment plan that targets the issues causing the pain and discomfort.

"The practice was created focusing on an integrated approach methodology to treating some of the most difficult conditions like herniated and degenerative disc injuries," Ferraro explains. "I am privileged to work with a team of highly skilled physicians, doctors, therapists and acupuncturists who deliver cutting-edge care. Our goal is to prioritize non-surgical and non-pharmaceutical treatments whenever possible."

Treating patients of all ages – children to seniors – the practice has successfully helped tens of thousands. Dr. Ferraro's work with professional athletes led to the NFL Alumni Wellness Challenge, an online reality series featuring former NFL stars who have an interest in testing their physical and mental health. "The program was created as a platform for health and wellness initiatives and ultimately seeks to improve lives," said Ferraro, the Chief Wellness Officer and a founding member of the NFL Alumni Wellness Challenge. "The best part is showcasing participant's progress to the public as an example of what can be done when you work hard in a proactive environment. These guys are warriors and exemplary role models."

Dr. Ferraro added Fast Twitch Saddle Brook, an Under Armour Elite Training Facility to enhance the healing process and help patients achieve optimum function and injury prevention. The facility, staffed by Masters in Exercise Physiology and Sports Science professionals, uses software that provides 15-minute, non-invasive assessments that generate personalized reports as well as state-of-the-art telemetry equipment known as Athos. Fast Twitch facilities are strategically designed to integrate the main elements of training, functional strength, resistance training, speed and agility, plyometrics, and core strength. The facilities' seamless layout and unique equipment are dictated by the demands of the FT Methodology, which stresses the translation of performance training into sport performance.

Dr. Ferraro earned his doctorate at New York Chiropractic College. Amongst his many accomplishments, Dr. Ferraro is also the founder of Advanced Compliance Solutions, a consulting firm dedicated to practice management, as a certified medical compliance specialist for the healthcare industry and a member of the American Academy of Professional Coders. Dr. Ferraro is also a member of the American Chiropractic Association Governors Advisory Cabinet, Association of NJ Chiropractors and the Italian American Police Society of NJ.