

Dr. Robert Ruffalo Golf/Sports Medical  
Professional and Performance Instructor



Dr. Ruffalo's Athletic Performance Enhancement program utilizes the Functional Movement Screen (FMS) and Titleist Performance Institute (TPI) evaluation systems to appraise the athletes fundamental movements, motor control, and competence of basic movement patterns to determine movement deficiencies and ascertain the best corrective exercise strategy for you. FMS is used across all sports to enhance performance in baseball, football, basketball, lacrosse, and soccer. Both the Athletic Performance Enhancement and Golf Performance Strategies programs are meant to enhance your performance, get you back in the game, with decreased chance of injury, as you maximize your potential with specific individualized exercise protocols.

**Eliminate Pain  
Improve Posture  
Increase Endurance Power & Strength  
Improve Flexibility & Balance  
Improve Mobility and Stability**

**Robert A. Ruffalo-  
PT, DC, CCSP, TPI CGFI-MP3, Jr2**

**Licensed Physical Therapist  
Doctor of Chiropractic  
Certified Chiropractic Sports Physician  
Certified Functional Movement Screen  
TPI Certified Golf Fitness Instructor  
Medical Professional Level 3  
TPI Certified Junior Coach Level 2**

**Start playing your best game now!**

**Call 973-429-3001**

**to Schedule your Athletic Assessment  
and FMS Screen with Dr. Robert Ruffalo.**

## DIRECTIONS TO BLOOMFIELD OFFICE :

### From the South:

Garden State Parkway, Take **Exit 148 Bloomfield Avenue** Stay in the middle lane, go past Dunkin Donuts, and at the second light make a **left** onto Liberty Street. Go through blinking light. At the next light, make a **right** onto Broad Street. Go through the next light and under the overpass. We are the first professional building on your right: **265 Broad Street.**

### From the North:

Garden State Parkway, Take **Exit 151 Watchung Avenue.** Make a **right** at the light onto **Watchung Avenue.** At the second light, make a **left** onto **Broad Street.** Travel **2.5 miles** south on Broad Street. We are the first professional building on your left after Nevada Diner: **265 Broad Street.**

### From Route 80 West:

Take **Route 80 West** to **Garden State Parkway South.** Follow directions above "From the North"

### From Route 280 East:

Take **Route 280** to the **Garden State Parkway North.** Follow directions above "From the South"

### From Route 80 East:

Take **Route 80** to **Route 280 East.** Take Route 280 to the **Garden State Parkway North.** Follow directions above "From the South"



### From Route 3 West:

Take **Route 3** to the **Garden State Parkway South.** Follow directions above "From the North:"

### From Route 3 East:

Take the **Broad Street Exit** off Route 3. At the end of the exit, make a **right** onto **Broad Street.** Take this road until the end and make a **right** (this is where Broad Street continues). Travel **3 miles** south on **Broad Street.** We are the first professional building on the left, after the Nevada Diner.

### From Route 46 East:

Take **Route 46 East** to **Route 3 East.** Follow directions above "From Route 3 East."

### From Route 46 East:

Take **Route 46 West** to the **Garden State Parkway South.** Follow directions above "From the North"

**Parking is available in the rear of the building. Access is from Almira Street.**

## WHAT ARE PATIENTS SAYING ABOUT A T.E.A.M. APPROACH PHYSICAL THERAPY CENTER

*"By far the best physical therapy center I have ever been to. This is the only place I will ever come back to if need be. I can't thank everyone at 'A TEAM Approach' enough for all that they have done for me." – Michael C.*

*"This is a unique organization - one of a kind. I love coming here. You are all so wonderful. A T.E.A.M. Approach - you are the best staff, so energetic and positive. - Awesome" – Catherine L.*

*"Great therapeutic touch received from Doctors and their staff. Office has excellent approach to patient's sensitivity and they are also very, very friendly. They make you feel as though you are part of a team or shall I say family." – Sharon R.*

*"The care and treatment I have received was excellent. All the staff were very pleasant and courteous. Gave me excellent and professional care. Many thanks to all." – Inez S.*

*"A T.E.A.M. Approach made me feel like family and they were extremely encouraging which aided in my quick recovery." – Todd I.*

*"Thanks A T.E.A.M. Approach for getting me walking again." – Leah P.*

*"The exercises were very practical, easy to do and worked. I feel I definitely benefited from A T.E.A.M. Approach and would recommend the facility to others." – Stefanie Y.*

*"Very professional staff, clean/neat facility, excellent physical therapy staff. Very professional, very well informed and motivated to rehabilitate patients." – William W.*



**PAIN RELIEF  
REHABILITATION  
PERFORMANCE  
PREVENTION**

**Physical Therapy Center**



## A T.E.A.M APPROACH PHYSICAL THERAPY CENTER

**Dr. Robert A. Ruffalo**  
*Physical Therapist, Chiropractic Physician  
Certified Chiropractic Sports Physician  
Certified Functional Movement Screen  
TPI Certified Golf Fitness Instructor  
Medical Professional Level 3  
TPI Certified Junior Coach Level 2*

**265 Broad Street  
Bloomfield, NJ 07003  
973-429-3001**

**www.ateamapproachpt.com**