



Hypermobility

Physical therapy plays a crucial role in managing joint hypermobility and associated conditions like Ehlers-Danlos Syndrome (hEDS). A skilled physical therapist can help individuals with hypermobility improve their functional mobility, strengthen muscles, and reduce pain, ultimately leading to an enhanced quality of life.

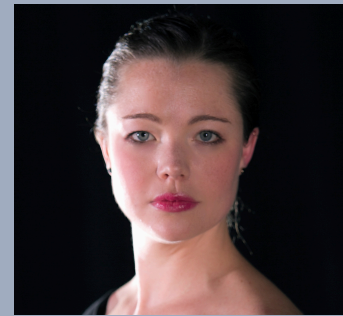
Benefits

- Joint stability and reduced pain
- Increased strength and flexibility
- Improved mobility and overall function
- Better posture and alignment
- Enhanced quality of life

Call to Schedule

585-482-5060

Specialist



Sarah Jane Carlton,
PT, DPT, MFA



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