

# Wellness

Physical & Massage Therapy

# 360

## About Us

Wellness 360 provides One-on-one individualized treatments using evidence-based exercises and hands on skills to improve your mobility, decrease your pain, or manage your disease progression.

### Services:

#### Physical Therapy



- ▶ Neuro-Rehab
- ▶ Pelvic PT
- ▶ Orthopedic
- ▶ Mobile Out-patient
- ▶ Chronic Pain
- ▶ Balance & Fall Prevention

#### Massage Therapy



- ▶ Medical Massage
- ▶ Manual Lymph Drainage
- ▶ Chronic Neck/Back Pain
- ▶ Myofascial Release
- ▶ Deep Tissue

#### Group Fitness Classes



- ▶ Rock Steady Boxing Webster & Rochester
- ▶ 360 Fitness (Strength & Balance)
- ▶ Parkinson's Dance
- ▶ Fine Motor Skills Class
- ▶ Yoga (Floor and Chair)

### Contact Us:

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Email:

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Locations

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