



Specialized Hand Therapy

Wellness 360 is now offering specialized hand therapy for treating conditions affecting the hands and upper extremities, including injuries like fractures, tendonitis, arthritis, nerve damage, and more, often providing post-surgical rehabilitation and preventative care.

Specialties

- Basal Joint OA (pre and post-surgery)
- Strains/Sprains of the Wrist and Hand
- Swan Neck and Boutonniere Deformities
- Wrist, Hand & Elbow Fractures
- Dupuytren Contracture and Release
- Carpal & Cubital Tunnel (pre/ post-op)
- Radial Tunnel and Radial Nerve Palsy
- Trigger Fingers
- OA and RA of Hands and Wrist
- CRPS of UE
- Tennis Elbow & Golfer Elbow

Schedule by calling

(585) 482-5060

or Email:

info@wellness360fitness.com



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📞 **585-482-5060**

www.wellness360fitness.com