

# NEWSLETTER

September 2024

## What's New Wellness 360?

### Shoulder Pain and Parkinson's

Shoulder pain commonly occurs in people with Parkinson's disease. The most common cause of shoulder pain is "impingement." While shoulder impingement can occur in anyone, specific movement patterns and PD symptoms predispose people with Parkinson's to impingement.

Impingement, and the pain associated with it, occurs when the postural muscles in our midback between our shoulder blades are not working correctly to stabilize our scapula.

So what can be done to address this? Physical Therapy is a great place to start! A Physical Therapist will provide a full assessment of your movement patterns. We can identify which muscles are tight and weak and prescribe specific exercises to correct the imbalances.

To read more about specific exercises to improve shoulder impingement, click the link below.



## Moving Day

Annual Fundraising Walk that unites people around the country living with Parkinson's disease (PD), their care partners, and loved ones to help beat Parkinson's Disease.

▶ Make a Donation  
Or

▶ Join our Team

Date: September 28th

Event Start: 9:00 AM

Location:

Monroe Community College Lot G

Team Name: **ROCK STEADY BOXING**  
**ROCHESTER/WELLNESS 360**



SCAN ME!



191 W Main St, Webster ▶ 1328 University Ave, Rochester

📞 585-259-0782

📞 585-482-5060

[www.wellness360fitness.com](http://www.wellness360fitness.com)

# Rochester RedWings

Wellness 360 had a great night at the Rochester Redwings game! Thank you for supporting the PD Foundation!



## 2024

### Congratulations

Wellness 360 for winning the Rochester Business Journal **Top Winner** for *Best Health Fitness Company* and **Winner** for *Best Physical Therapy & Sports Rehabilitation Clinic* in Rochester!

# Congratulations Lindsay!



Voted onto the Board of Directors for the Rochester Parkinson's Network!

*Keep Doing Big Things for our PD Community!*

# Physical Therapy for Figure Skaters



Specialized PT for figure skaters is not just about treating injuries but also about enhancing performance, preventing future injuries, and ensuring the skater can perform at their best with reduced risk of injury.

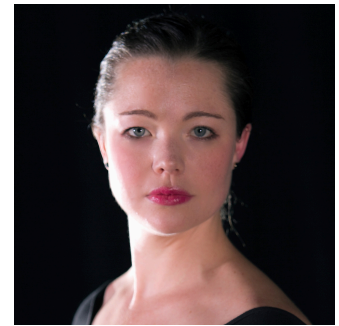
## Why Physical Therapy?

- ▶ Injury Prevention
- ▶ Balance & Core Stability
- ▶ Performance Enhancement
- ▶ Injury Rehabilitation
- ▶ Injury Awareness & Management

Schedule your appointment for specialized Sports Rehab with Local Figure and synchro skater

Sarah Jane Carlton PT, DPT, MFA

585-482-5060



Sarah Jane Carlton PT, DPT, MFA



# Mindful Movement for Scoliosis

Each class focuses on integrating yoga-based postures, breath work, and mindful movements to increase body/mind awareness as well as improve the strength and stability of those with scoliosis or other structural differences.

An Initial Evaluation is needed  
Call today for your Appointment  
585-482-5060

- ▶ Class Starts Sept 14th
- ▶ Saturdays 9:00-9:50
- ▶ Children/Teen's Class

**Instructor:** Tricia Coleman, M.S. CCC-SLP/L, TSSLD, CYT





### Stress Less with Beth

This 8-week Class includes learning how to incorporate techniques of mindfulness, breathwork, and meditation to decrease your stress, improve your overall health, and manage your disease diagnosis.

#### This Program Includes

- ▶ Science Behind Mindfulness
- ▶ Meditation Techniques
- ▶ Stress Reduction Techniques
- ▶ Pillars of Mindful Living
- ▶ Breathwork
- ▶ and MORE

8-Week Program  
 Wellness 360 Webster  
 Wednesday Nights  
 5:30 pm - 7 pm  
 Zoom Options Available  
 Cost: \*\$18 per class  
 \*can use W360 class pkg option

### Better Balance Bootcamp

If you are not actively working on your Balance, you are losing it! Join Beth as she guides you through a 6 week exercise program to Improve your Posture, strengthen your body, improve your balance, both static and dynamic.



September 19th - October 24th  
 Thursday, 1 pm - 2 pm  
 Webster Rec Center  
 1350 Chiyoda Dr  
 To Register, please call  
 (585) 872-7103

9/10: West Side PD Support Group  
 Chili Community Center  
 1 pm - 2:30 pm  
 Contact: Mike Safer  
 mws.shafer@gmail.com

9/11: East Side PD Support Group  
 169 E Main St, Webster, NY  
 1pm - 2:30 pm  
 Contact Jo Zimmerman

September Lipedema Support Group is **canceled** for September. Next support group will be held in November 2024

Webster Better Balance BootCamp  
 Sept 19 - October 24th  
 1350 Chiyoda Dr, Webster  
 1 pm - 1:45 pm  
 Please Call Webster Rec to Register  
 (585) 872-7103

Caregivers Support Group  
 When: September 24th  
 Webster Rec Center (1350 Chiyoda Dr)  
 Cost: FREE for all Caregivers, NO registration required.

9/28 Moving Day  
 for the Parkinson's Foundation  
 9 AM starting time  
 Monroe Community College Lot G



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