

NEWSLETTER

January 2025

The Rise of Preventative PT

Physical therapy has long been associated with recovery after injuries or surgery, but a new trend is gaining traction: preventative physical therapy. This proactive approach focuses on identifying and addressing potential issues before they become significant problems, helping people stay active, healthy, and pain-free.

What Is Preventative PT?

Preventative physical therapy involves working with a physical therapist to assess your movement patterns, flexibility, strength, and overall physical health. Based on these evaluations, therapists create personalized exercise plans and interventions to improve function, correct imbalances, and reduce the risk of injury.

Who Can Benefit from Preventative PT?

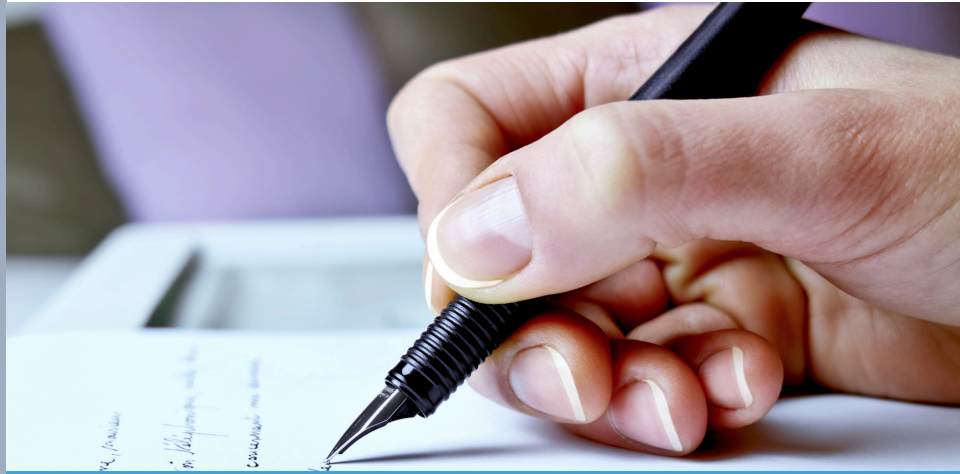
- Performing Arts for Injury Prevention
- Postural Awareness for Desk Workers
- Fall Prevention for Seniors
- Strengthening for Pre-Surgery

Preventative PT isn't just a trend—it's a smarter way to approach health and wellness. By addressing potential issues early, you can live a more active and pain-free life.

👉 Take charge of your health today! Schedule a preventative initial evaluation and discover the benefits of moving proactively.



What's New Wellness 360



Fine Motor Skills Class is Returning

Join us for a Physical Therapy-led class designed to improve hand strength, coordination, and dexterity. This class is perfect for anyone looking to enhance their ability to manage everyday tasks like writing, buttoning, or using utensils.

Our PT experts will help you regain confidence and maintain independence in daily life through guided exercises and personalized techniques.

More details will be provided on the cost and date of the Fine Motors Class.

Meet our Specialized Hand Therapist



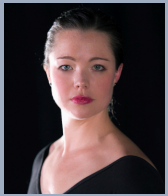
**Geremy Holz-Borys, PT, DPT,
OCS, CHT, Cert. MDT
Certified Hand Therapist and a
board-certified Orthopaedic
Clinical Specialist.**

www.wellness360fitness.com

Wellness 360 Year in Review

As 2024 comes to a close, we at Wellness 360 Physical Therapy and Massage want to celebrate a year of growth, community impact, and wellness achievements. From welcoming new team members and expanding services to supporting countless patients in their healing journeys, we are deeply grateful for the trust and support you've given us. Thank you to our amazing patients, dedicated staff, and vibrant community for making this year truly unforgettable. Here's to an even healthier and more inspiring 2025!

Welcome To Our New 2024 Employees



Sarah Jane Carlton, PT, DPT, MFA



Sydney DeCamp, PT, DPT



Taylor Wood, PT, DPT



Lizzy Elkins, PT, DPT



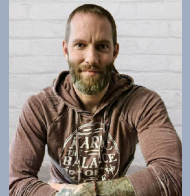
Cora Mayo, LMT, CLT



Samana Lake, PT, CYT, Dip. MDT



Jeremy Holz-Borys, PT, DPT



Shawn Thompson, LMT

We Moved for Parkinson's



Growing Caregivers Group



Awards



In the Community



Parkinson's Pool Club



New Classes: Mindful Movement for Scoliosis



Published



Thank you for trusting the Wellness 360 Team to be part of your wellness journey!

Caregivers Support Group

Are you a caregiver looking for connection and support? Join us for the Wellness 360 Caregivers Support Group, held the last Tuesday of every month at 4:00 PM at the Webster Recreation Center. This free, no-registration-needed group provides a safe and welcoming space for caregivers to share experiences, learn helpful strategies, and find encouragement. Whether you're caring for a loved one or navigating the challenges of caregiving, you don't have to do it alone. Take some time for yourself and connect with others who understand your journey. ❤️

- 📍 Webster Recreation Center
- 📅 Last Tuesday of Every Month
- 🕒 4:00 PM
- 💰 \$ Free | No Registration Required

Please feel free to bring your loved one for supervised fun with Wellness 360.



Physical Therapy for Amputees

Our Amputee Physical Therapy program is tailored to help individuals regain mobility and independence after limb loss. We provide specialized care, including:

- Gait training to improve walking and movement with a prosthesis
- Balance and fall prevention
- Prosthetic functioning education
- Strengthening and endurance
- Phantom pain management
- Contracture prevention
- Edema Management



Call today for your initial Evaluation

585-482-5060

Sydney DeCamp, PT, DPT

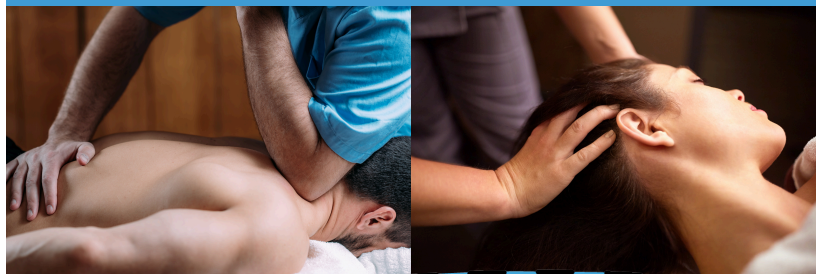
Massage Therapy



Shawn is now offering massage therapy at our Webster, NY location.

Space is limited

Convenient Online scheduling is available or by calling 585-482-5060



Better Balance Bootcamp

If you are not actively working on your Balance, you are losing it! Did you know that you can improve your Balance through exercise? There are evidence-based exercises that can significantly reduce your fall risk. Our physical therapy team can lead you through a balance and fall exercise program.

This Program can:

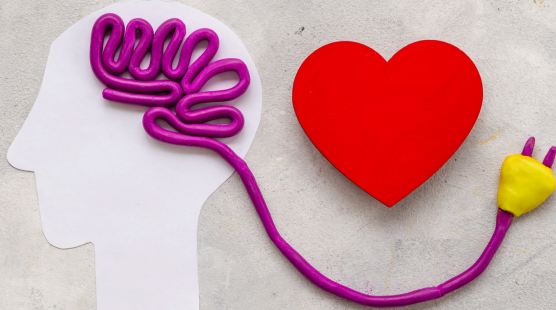
- ▶ Improve your Posture
- ▶ Strengthen your Body
- ▶ Improve your Balance
- ▶ Improve your Functional Task



6-Week Program

Webster: Thursdays starting January 2nd at 1 - 1:45 pm
Webster Rec Center . To register, call (585) 872-7103

Brighton: Tuesdays starting January 28 at 9:15 - 10am
The Barn at Buckland. To register, call (585) 784-5260



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.

8-Week Program

Starting Tuesday, January 21st at 5:30 pm - 7 pm
Webster Wellness 360 (191 W Main st, Webster)
Please register on our website or call 585-482-5060



West Side PD Support Group

January 14th, 1 pm - 2:30 pm
Chili Community Center
Contact: Mike Shafer
mws.shafer@gmail.com

East Side PD Support Group

January 8th, 1pm - 2:30 pm
169 E Main St, Webster, NY
Contact Jo Zimmerman

Caregivers Support Group

January 28th, 4 pm - 5 pm
Webster Rec Center (1350 Chiyoda Dr)
Cost: FREE for all Caregivers, NO registration required.

Rochester Parkinson's Network
Memory and Cognition with PD
January 14, 2025, 2:00 PM - 3:30 PM
The Highlands of Pittsford
This event is free, but registration is required at Rocparknet.org

Rochester Parkinson's Network
Navigating Transitions
January 18, 2025, 11:00 AM - 12:30 PM
Irondequoit Library
This event is free, but registration is required at Rocparknet.org

585-482-5060

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