



Lymphedema Therapy

Lymphedema therapy involves comprehensive management techniques, including manual lymphatic drainage, compression therapy, exercise, and skincare, aimed at reducing swelling and improving the function of the lymphatic system. It's tailored to individual needs and often helps those with lymphedema regain mobility and enhance their quality of life.

Treatment Includes

- Manual Lymph Drainage
- Complete Decongestive Therapy
- Compression Garments
- Range of Motion Exercise
- Joint Mobilization
- Myofascial Release

Other Services

- Ultra-Sound
- Low-Level Laser
- Bandage-Only Appointments

Call today for your initial
evaluation

585-482-5060



961 Panorama Trail S, Rochester

📞 585-482-5060

www.wellness360fitness.com