



# Scoliosis Treatment

Discover effective physical therapy solutions for scoliosis management. Our team of specialized physical therapists uses the Rigo Concept of the BSPTS school of Physical Therapy to develop individualized scoliosis specific exercises ( PSSE ) to improve alignment, elongate the spine, and strengthen the spine

## Physical Therapy

- ▶ Outpatient Orthopedic
- ▶ Specialized Scoliosis Treatment
- ▶ The Schroth Method
- ▶ Balance & Fall Prevention
- ▶ SI Joint Specialization
- ▶ The McKenzie Method
- ▶ Rigo Methods

## Group Fitness

- ▶ Caring for the Curve Workshop
- ▶ Yoga for Posture
- ▶ \*Mindful Movement for Scoliosis  
\*Children/Teens

Direct Access Available  
Call today for an appointment  
585-482-5060



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

📞 585-482-5060

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

