



Performing Arts Musculoskeletal Disorder

Our Specialized Therapists understand the needs and requirements of performing artists. We work extensively with student, professional, and recreational musicians and dancers, as well as their teachers for injury prevention and recovery. Our Therapists have training in dance or dance medicine and can speak in terms of demi plié and port de bras instead of squats and arm lifts!

Physical Therapy

- ▶ Soft Tissue & Joint Mobilizations
- ▶ Manual Lymphatic Drainage
- ▶ Myofascial Release & Functional Release
- ▶ Muscle Energy Technique
- ▶ Progressive Resistance Exercises
- ▶ Technique Correction
- ▶ Pilates Reformer and Mat Exercises
- ▶ Functional Movement Screen (FMS)
- ▶ Hip and Ankle strengthening to prepare for pointe work

Additional Services

- ▶ Dancer Wellness and Injury Prevention Workshops
- ▶ Backstage Physical Therapy
- ▶ Pre-Performance PT Support

Call today for your initial evaluation
585-482-5060



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

📞 585-482-5060

www.wellness360fitness.com

