



Scoliosis Treatment

Discover effective physical therapy solutions for scoliosis management. Samana is certified in the Rigo Concept with the Barcelona Scoliosis Physical Therapy School based on the original Schroth Method. The method focuses on the concepts of 3D spinal correction, breath expansion, muscle activation and integration to empower patients to reduce curve progression and improve postural alignment.

Physical Therapy

- ▶ Outpatient Orthopedic
- ▶ Specialized Scoliosis Treatment
- ▶ Rigo Concept based on the original Schroth Method
- ▶ 3D Spinal Correction
- ▶ Breath Expansion
- ▶ Muscle Activation

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

