



Physical Therapy

Wellness 360 focuses on improving mobility, function, and quality of life through personalized exercises, manual techniques, and patient education. We aim to support individuals through injury recovery, manage chronic conditions, and prevent future impairments, promoting overall well-being and independence.

Specialties

- ▶ Neuro-Rehab
- ▶ Performing Arts Medicine
- ▶ Pelvic PT
- ▶ Orthopedic, Pre/Post Surgery
- ▶ Scoliosis Treatment
- ▶ Cancer
- ▶ Wheelchair Fitting
- ▶ Balance & Fall Prevention
- ▶ Home Modifications
- ▶ Specialized Hand Therapy
- ▶ Amputee Physical Therapy

Billable to Insurance

Cash-based option available

No referral needed (dependent on your insurance)

Schedule by calling

(585) 482-5060

or Email:

info@wellness360fitness.com

Mobile Physical Therapy Available



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

📞 585-482-5060

www.wellness360fitness.com