



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
Schedule by calling

(585) 482-5060

or Email:

info@wellness360fitness.com

Mobile Physical Therapy Available



961 Panorama Trail S, Rochester

☎ 585-482-5060

www.wellness360fitness.com