

TRIO

REHABILITATION & WELLNESS SOLUTIONS

Newsletter

Volume 2 • Number 1

January 2020

A New Year, A Better You!

Are YOU ready to improve one or two aspects of your life? Well, look no further! We are rolling out an 8-week series to teach you, the medical consumer, more about how we, the rehabilitation therapist, can help build a better you! Our 8-week series will cover the following topics:

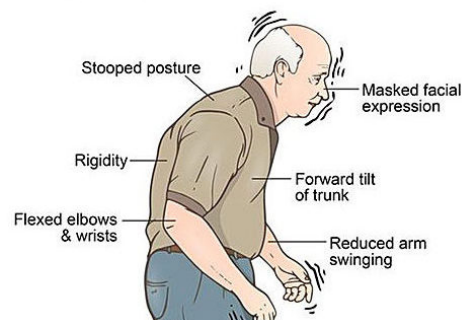
- 1. Strength After Breast Cancer:** Strength, Lymphedema, Myo-fascial Release
- 2. Speech:** Difficulty Swallowing, Word Finding Problems, Voice Therapy
- 3. Lower Back Pain:** Acute Pain, Stretches, Stress, Diet/Exercise
- 4. Hand Therapy:** Shoulder Pain, Hand Pain, Dispelling the Myth of "No pain, No gain."
- 5. Older, Wise Adult Independence:** Fall Prevention, How to Fall, How to Challenge the Brain Through Activity
- 6. Cardiac Health:** Blood Pressure, Heart Healthy Diet, Exercise/Stress
- 7. Parkinson's Disease Support:** Big & Loud Program, Slowing the Visible Effects of Parkinson's, Understanding the Non-Visible Effects
- 8. Vestibular (Dizzy) Intervention:** Dizziness Symptoms, How the Eyes and the Inner Ear Work Together, Meniere's Disease

Insurance **WILL** cover all of the above issues. If you have questions about your insurance, we will be happy to help. Call and ask to speak with Shawna Witzel, Office Manager, at (830) 755-6091.

Support for People with Parkinson's Disease

Certified LSVT BIG & LOUD is offered at Trio Rehab for those with Parkinson's Disease and other movement disorders. This program is best suited for clients to begin BEFORE they notice significant problems. Go to <https://www.lsvt-global.com> to find out more or call Trio at (830) 755-6091!

Typical appearance of Parkinson's disease



Strength After Breast Cancer!

This 4-6 week Physical Therapy program will safely monitor your return to exercise and provide you with extensive education! See our attached flyer!

"A Bored Brain is an Unfit Brain!"

Balance is a HOT topic! We all want good balance in order to decrease our risk for falls. Challenge your brain to balance tests. Can you stand on one foot with your eyes closed for 20 seconds? Watch for our series on Older Adult Independence for more balance tips and brain challenges!

What People Are Saying About Us

"They provide excellent, knowledgeable care. They understand my 89 year-old father's personality (grumpy, old man) & adjust their approach so he will cooperate."