



EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



*announcing*  
**DR. SARAH REEH PT, DPT**  
TRIO's Newest Provider

Sarah graduated from Texas State University in May, 2022 with her doctoral degrees in Physical Therapy. She has also has a B.S. in Dietetics and Nutrition, which she earned in December of 2018. Sarah is excited to join Trio where she can help her clients achieve and maintain their highest quality of life.



## PODCASTS

*what we're  
listening to*

- » I Love Neuro - Recommended by Jennica Colvin, OT, OTD
- » Paul McCartney: Inside the Songs - Recommended by Danny Morrison, PTA, MBA



*words of wisdom*

## CORNER

"Age is an issue of mind over matter. If you don't mind, it doesn't matter"

Mark Twain

## Common Misconceptions About Back Pain



**Don't miss out!  
Our first workshop  
of the year is here!**

**WEDNESDAY, FEB. 7 | 11:30-1 PM**  
**TRIO REHAB CLINIC**

## How much is back pain affecting your life?



Take the online quiz by scanning the QR code and then join us for our first workshop of the year. You can get pain relief at Trio and return to the jobs you love in life!

Join us Wednesday, February 7th from 11:30am - 1pm at 1022 River Road, Suite 6, in Boerne. Call 830-331-8604 to save your spot, or reserve online at [triorehab.com/back-pain](https://triorehab.com/back-pain).

This highly informative workshop is being led by Dr. MaryLee "Bitsy" Pratt, PT, DPT, OCS (Orthopedic Clinical Specialist). You can learn more about Bitsy at [triorehab.com/about-us](https://triorehab.com/about-us).



*looking for more workshops?*

**MAY  
08**

**Difficulty Swallowing (Dysphagia)**  
Hosted by Karen Ross, SLP-CCC

**SEPT  
18**

**Fall Prevention - Practical Strategies to Keep You Upright!**  
Hosted by Dr. Suzanne McCrum, PT, DPT  
and Dr. Jennica Colvin, OT, OTD

**NOV  
06**

**Progressive Disease Management - How to Instill Hope for Those With Parkinson's Disease and Other Movement Disorders**  
Hosted by Dr. Jennica Colvin, OT, OTD

## HEALTH FAIRS

**APR  
17**

**How Healthy Am I Aging?**

**OCT  
16**

**More Details to Come**

*More information to come.*



### our vision

Provide individualized therapy in order to improve all persons quality of life.

### our mission

Trio Rehabilitation & Wellness Solutions provides Physical, Occupational, and Speech Therapy for adults in a one-to-one setting.

Our experience therapists will teach you how to improve independent function and fully participate in life.



we need your help!

**NOW HIRING**

Trio is looking for a pelvic floor physical or occupational therapist.

Know someone?  
Send them our way.  
Resumes can be sent to:  
[jcolvin@triorehab.com](mailto:jcolvin@triorehab.com).

# Breaking Stereotypes: Speech Therapy is for Everyone

Contrary to popular belief, speech therapy isn't limited to children with speech impediments. Adults can also benefit significantly from these services. Two of the most common challenges addressed by Speech Therapists for adults are:

## Voice Disorders

If you're dealing with hoarseness, breathiness, or any other voice-related challenge, speech therapy can provide targeted exercises and techniques to enhance your vocal quality.

## Difficulty Swallowing

If you're experiencing pain, coughing, or choking when swallowing or you have experienced weight loss due to difficulty with swallowing, speech therapy can improve the strength of the musculature inside the throat or recommend strategies to improve your ability to swallow food and liquids.

## The Process: What to Expect



### ASSESSMENT

A licensed speech therapist will conduct an initial assessment to understand your specific needs, challenges, and goals.



### PERSONALIZED THERAPY PLAN

Based on the assessment, a personalized therapy plan will be created to address your unique requirements. This plan may include a variety of exercises, strategies, and techniques.



### CONSISTENT SUPPORT

Regular sessions with a qualified speech therapist provide ongoing support, guidance, and encouragement. Progress is tracked, and adjustments are made as needed.

*Embark on Your Journey Today!*

If you or someone you know is interested in exploring the benefits of speech therapy for adults, don't hesitate to reach out.



### featured testimonial

"Karen Ross is an excellent Speech Therapist. She is patient, yet very thorough in her sessions. She helped me tremendously and I would encourage anyone needing help with volume, with clarity, with breathing as they speak to go and see her. Thank you, Karen!"

Francis Dusenbury

**SCHEDULE AN APPOINTMENT HERE**

We provide the following services:

- ✓ Physical Therapy
- ✓ Occupational Therapy
- ✓ Speech-Language Pathology
- ✓ Vestibular Rehabilitation (Dizzy Therapy)
- ✓ LSVT Big & Loud (Parkinson's Disease Therapy)
- ✓ Stroke Rehabilitation (Stroke Certified)
- ✓ Swallowing Therapy
- ✓ Certified Hand Therapy (CHT)
- ✓ Cognitive Therapy
- ✓ Lymphedema Therapy
- ✓ Dry Needling



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