



REHABILITATION & WELLNESS SOLUTIONS

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



announcing DR. KARA SHORT, PT, DPT TRIO's Newest Provider



PODCASTS

what we're listening to

- The mindbodygreen Podcast - Recommended by Eileen Vogt, PT
The NOGGINS AND NEURONS Podcast (Stroke & Brain Injury) - Recommended by Jennica Colvin, OT, OTD



words of wisdom CORNER

"The flaw in doing something as an ACT is that you look for a result... when it is done as your NATURE you are not attached to the result & you continue doing it."

R Don Ruggles

Our first workshop of the year!



COMMON MISCONCEPTIONS ABOUT BACK PAIN

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.

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.

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



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

More information to come.

HEALTH FAIRS

APR 17

OCT 16

Congratulations!



Congratulations are in order for the achievements of 2023! Suzanne McCrum received her post-professional Doctoral degree in Physical Therapy in August of 2023!

Jennica Colvin received her post-professional Doctoral degree in Occupational Therapy in December of 2023!

Danny Morrison, PTA, received his dry needling certification in the fall of 2023!



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.



Provide personalized, one-on-one care. We provide individual treatment plans.



Never overbook or leave our patients unattended for long periods of time. We care about our clients and their time.



Receive ongoing education and training to ensure we stay up-to-date on the latest and best treatment programs available.



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Have a question about your 2024 deductible?

We encourage clients to call their insurance providers to find out their deductible amount. It is MUCH easier for you to get a representative on the phone than it is for us. Otherwise, your insurance company is electronically billed no later than 48 hours after your treatment and will take approximately 10-30 days to receive remittance advice or deductible amounts. We accept most major health insurance.

we accept:

- Aetna (ATA)
- Aetna Mental Health
- BCBS
- Cigna (ASH)
- Community First
- Humana
- Humana Military BH-TriCare East
- Magellan (BCBS HMO)
- Medicare
- Optum (United)
- TriCare Select
- TriCare Prime

we do NOT accept:

- Cigna
- Medicaid
- Ambetter Insurance

What do Speech Language Pathologists Treat in Older Adults?



Trio has a goal to grow their speech therapy department by 50% in 2024! Do you know what a speech therapist does for the adult population?



Speech therapists who work with adults most often treat the following four diagnoses:

DYSPHAGIA

(difficulty swallowing)

Treated with targeted exercises to strengthen the swallowing muscles, electrical stimulation, and/or dietary modifications to reduce the risk of aspiration (choking)

APHASIA

(difficulty understanding speech or speaking)

Treated via stress reduction, singing, and naming as well as targeted exercises to improve verbal communications of wants and needs

DYSARTHRIA

(poor speech)

Treated via education and practice of breath control and how to use lips and tongue to better improve intelligibility

VOICE DISORDERS

Treated via education about good vocal hygiene, strengthening respiratory muscles, and techniques to improve vocal tonation



REQUEST TO SCHEDULE AN APPOINTMENT

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