

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



APPS

*what we
recommend*



- » **Dexterity** - An app that works well to address fine motor and dexterity difficulties. *Recommended by Kate Grove, OT and Kathy Baker, OT, CHT*



- » **Lumosity** - a brain training app that exercises memory, reasoning, and more! *Recommended by Karen Ross, SLP*



- » **Calm** - An app to support sleep and meditation using brief but effective educational approaches to support your calm. *Recommended by Jennica Colvin, OT, OTD because both she and her daughter, Juliette, love the sleep stories!*



REMINDER!
Our first Health
Fair of the year is
around the corner!



How Well Are You Aging? - A Holistic Assessment of Your Health

WEDNESDAY, APRIL 17 | 10:00 AM-12 PM | TRIO REHAB CLINIC
Slots will be every 10-15 minutes depending upon the number of sign-ups.

We will look at risk for depression, pain, walking speed, and the 8 dimensions of health. The 8 dimensions of health include emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial.

Registration is required for this event.
Call to confirm/or click on this link:

triorehab.com/events



HEALTH FAIRS

Can't make our April health fair? Your next opportunity is October 16th (time TBD). The focus of our October health fair will be Fall Risk Reduction - How to Create an Action Plan.



words of wisdom

CORNER

"Life is a Gift.
Time is a Gift.
Breath is a Gift.
Meditation is a Gift.
You don't bargain with Gifts...
You don't demand Gifts...
Know you are Worthy to be given a Gift."

Sri Sri Ravi Shankar

SPRING SHOWERS BRING MAY FLOWERS AND...DIZZINESS?



With Spring around the corner, the clinic often receives a plethora of referrals for people with dizziness. Want to know how dizziness may be affecting your life? Check out the Dizziness Handicap Inventory [here](#).

At Trio, we provide therapy for people who are dizzy called vestibular therapy. Suzanne McCrum has multiple years of experience resolving people's dizziness using simple and pain-free maneuvers and exercises. If you want to know more, Suzanne is always available for a brief phone conversation to answer any questions you may have about vestibular rehabilitation.



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 experienced 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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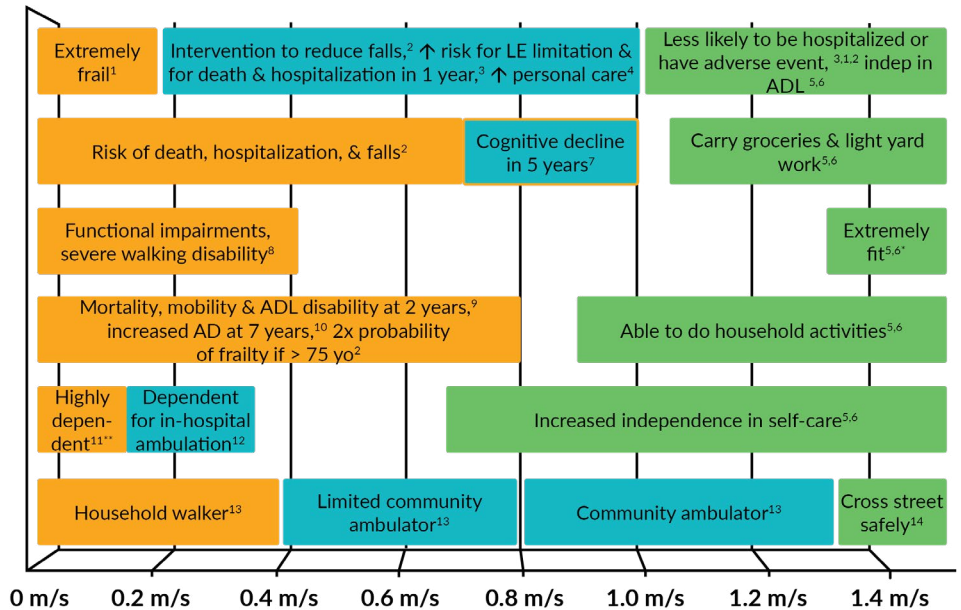
Did You Know? Walk More to Get More!

Your walking speed isn't just about getting from point A to point B—it's a powerful indicator of your overall health and well-being! Research shows that brisk walking isn't just good exercise; it's also linked to:

- ✓ Better cardiovascular health
- ✓ Improved muscular strength & endurance
- ✓ Enhanced cognitive function
- ✓ Increased longevity

Studies show that individuals who walk faster tend to live longer, emphasizing the significance of brisk walking for overall well-being and healthy aging. If you are experiencing a decline in your walking speed call today!

Walking Speed



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4254896/>



Trio Rehab Workshops

MAY
08
12-1 PM

Difficulty Swallowing (Dysphagia), Hosted by Karen Ross, SLP-CCC
Come to this FREE workshop to hear how speech therapy can help those with dysphagia! Signs and symptoms of difficulty with swallowing include but are not limited to: gagging/coughing while eating, a "wet" or gurgly voice after eating, and frequent episodes of upper respiratory infections or pneumonia.

Light lunch and beverages provided. Presentation will begin at 12:10pm with Q&A starting at 12:45pm. Call to confirm/or click on [link](#). Registration is required for this event.

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

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