

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



TIME FOR A MOCKTAIL

*what we're
enjoying*

A good Paloma is an underrated cocktail and an even more underrated mocktail.

Here's how to make it:

- » Grapefruit juice
- » Lime juice
- » Agave syrup
- » Club soda
- » Grapefruit slice or lime for garnish

Congratulations are in order!

Trio is proud to have providers who are committed to personal and professional development.



Dr. Jennica Colvin, OT, OTD graduated from UT Health Science Center with a Post-Professional Doctoral Degree in Occupational Therapy!



Dr. Suzanne McCrum, PT, DPT, CSRS, AiB now has her Doctorate of Physical Therapy!

Upcoming Workshops and Health Fair

SEP
18

Fall Prevention - Practical Strategies to Keep You Upright

Hosted by Dr. Suzanne McCrum, PT, DPT, and Dr. Jennica Colvin, OT, OTD

To learn more about this topic, check out Trio's blog at triorehab.com/trio-blog

OCT
16

Health Fair

More details soon!

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

“

words of wisdom

CORNER

“Success is the sum of small efforts, repeated day in and day out.”

Robert Collier



HAPPY HAND THERAPY WEEK!

In honor of Hand Therapy Week, we want to celebrate the incredible Kathy Baker, a dedicated occupational therapy practitioner with 39 years of experience and hand therapist for 22 years. Kathy's commitment to her patients and her expertise make her an invaluable asset to our team. Her patient-oriented approach and passion for helping others have transformed countless lives, making her a true beacon of excellence in our field. Join us in honoring Kathy's remarkable career.

The primary role of a Certified Hand Therapist is to evaluate, treat, and rehabilitate individuals with various hand and upper extremity conditions. They work closely with patients to develop customized treatment plans to help them regain optimal functioning and reduce pain.



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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Pelvic Floor Therapy has returned at Trio Rehab!



Pelvic floor therapy is a specialized kind of physical therapy aimed at relieving the symptoms of pelvic floor dysfunction and involves physical methods of strengthening and/or relaxing the muscles of the pelvic floor.

Dr. Suzanne McCrum, PT, DPT, and Cristina Bowen, PTA, are providing this service. For more information, call us today!

[TRIO BLOG](#)

JOIN US IN WELCOMING OUR NEW TEAM MEMBERS!



Please give a warm welcome to the new Front-end Manager, Katie Barclay (left), and Front-end Assistant, Evelyn Shoemake (right). The Trio Rehab team is thrilled to have them both!

Like every member of the TRIO family, Katie and Evelyn embrace a culture of living life to the fullest. And everyday, the team works to do that by taking a customer-first approach.

Follow this link to get to know more of the team:

[ABOUT US](#)

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

INSURANCE PLANS ACCEPTED

We accept the following insurance plans:

- ✓ 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

Click here to learn more: triorehab.com/patients.