

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



*what we're
snacking on*

VEGGIE & HUMMUS CUPS

- 1 cup hummus
- 1 cucumber, sliced into sticks
- 2 carrots, sliced into sticks
- 1 red bell pepper, sliced into strips
- 1 yellow bell pepper, sliced into strips
- Cherry tomatoes

Instructions: Scoop hummus into small cups or jars and add veggie sticks and cherry tomatoes vertically. Serve!

ANNOUNCEMENT: We're Expanding!



July 1, 2024, Trio will grow by 1,200 square feet! The waiting room has become crowded and with our extra services we need the space! Patients receiving therapy for more sensitive issues, such as pelvic floor physical therapy and therapy for dizziness will be seen in this building. You as a patient will still check in at the main building and then make your way over to the new building.

BIGGER ANNOUNCEMENT!

THIS FALL, Trio will be opening, "RISE." RISE is a wellness program for people with Parkinson's disease and other movement disorders that supports slowing the progression of these disorders using anecdotal and evidence-based interventions. We will be modeling this program after roguept.com. Classes will be held three times a week and focus on cardiovascular strengthening, dual-task training, and vocal output/ swallowing ease.



WE WANT TO HEAR FROM YOU!

We invite you to participate in this brief survey to help us as we implement RISE.

[CLICK HERE TO TAKE THE SURVEY](#)

Upcoming Workshops and Health Fair

SEPT 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
The focus of our October health fair will be Fall Risk Reduction - How to Create an Action Plan. Time TBD

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

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words of wisdom

CORNER

"I refuse to join any club that would have me as a member!"

Unknown



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 CONTINUES TO GROW!

Wondering if you need pelvic floor services? The most common issues a pelvic floor physical therapist can help you with include: Incontinence (bowel or bladder), painful intercourse, and bladder/bowel prolapse. Pelvic floor therapy sounds invasive but that is not always the case! Much of pelvic floor therapy includes breathing, education about bowel/bladder habits, learning and using/practicing strategies to reduce prolapse or pain, and muscle re-education. Some, but not all,

interventions include internal work, but this private matter is to be discussed between you and your therapist!

Dr. Suzanne McCrum, PT, DPT, and Cristina Bowen, PTA, continue to provide this service.



LOVE OUR SERVICES? SPREAD THE WORD!

To support our growth, please continue to spread the word about our services! You can help us by word of mouth referrals (our favorite!), telling your doctor about us, and/or providing google reviews.

We love what we do and want the people who need us be able to find us!

[REVIEW US ON GOOGLE](#)

[REVIEW US ON FACEBOOK](#)

REQUEST 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
- ✓ Community First
- ✓ Humana
- ✓ Humana Military BH- TriCare East
- ✓ Magellan (BCBS HMO)
- ✓ Medicare
- ✓ Optum (United)
- ✓ TriCare Select
- ✓ TriCare Prime

We accept most major health insurances; click here to learn more: triorehab.com/patients.