

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



PODCASTS

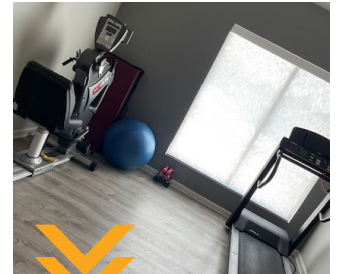
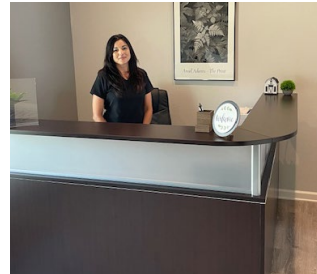
what we're listening to

- » **How I Built This** - Guy Raz interviews the world's best-known entrepreneurs to learn how they built their iconic brands. In each episode, founders reveal deep, intimate moments of doubt and failure, and share insights on their eventual success.
- » **Huberman Labs, Andy Stanley Leadership: 3 Questions Every Leader Must Answer** - This podcast is for marketplace leaders who want to add more value to their organization and do a better job inspiring those they lead.

We're Expanding!



We are up and running in our new location! You, as a patient, will still check in at the main building. The new space is designated for patients receiving therapy for more sensitive issues, such as pelvic floor physical therapy and therapy for dizziness.



As we continue to expand and enhance our services, we want to reassure you that our commitment to providing personalized, one-on-one care remains our top priority. Your well-being is at the heart of everything we do, and we are dedicated to ensuring that each patient receives the specialized attention they deserve. We believe that by broadening our capabilities, we can address your health concerns more comprehensively and effectively.

Click the buttons below for access to additional resources. As always, you can call us, and our knowledgeable staff is here to answer your questions and provide guidance.

triorehab.com/therapy-resources

triorehab.com/patients

Upcoming Workshops and Health Fair

SEPT 18 Fall Prevention - Practical Strategies to Keep You Upright!
Hosted by Dr. [Name], PT, DPT, and Dr. Jennica Colvin, OT, OTD
To learn more on this topic, check out Trio's blog at triorehab.com/trio-blog

CANCELED!

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

“

words of wisdom

CORNER

“Change your thoughts and you can change your world”

Norman Vincent Peale



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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RiSE



Trio Rehabilitation & Wellness Solutions has created a wellness program called “RISE” to help clients within Boerne and the surrounding areas take charge of the progression of Parkinson’s disease and other movement disorders. RISE will be a blend of real-life experience with solid scientific research that will help you manage your condition and slow its progression. Here’s why signing up for RISE will be a game-changer.

Anecdotal Insights and Evidence-Based Practice

Real-life stories and practical tips from others who are walking the same path can be incredibly motivating and relatable. You’ll learn what works for others, gain practical advice, and feel a sense of community and support. Scientific research backs the exercises and activities included in our program, ensuring they are safe and effective. Our classes are evidence-based and are intended to help manage symptoms, improve physical health, and slow disease progression.

Benefits of Joining a Wellness Program

- ✓ Improved Mobility and Flexibility
- ✓ Increased Strength and Endurance
- ✓ Better Balance and Coordination
- ✓ Reduced Motor Symptoms
- ✓ Mental and Emotional Benefits
- ✓ Lifted Mood
- ✓ Sharper Mind
- ✓ Boosted Confidence
- ✓ Social Benefits
- ✓ Supportive Community
- ✓ Social Interaction

What to Expect

With RISE, you can expect to participate in a variety of activities designed to meet your unique needs such as exercises that improve coordination and balance, activities to enhance strength and endurance, as well as fun and engaging exercises that boost brain health.



RISE will be held at Anytime Fitness, where Trio Rehabilitation and Wellness Solutions will host six classes a week.

For more information and to register, please visit our website at triorehab.com/riase.

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

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