

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



PODCASTS

what we're listening to

» Episode 47: Swallowing Issues and Oral Care with Parkinson's - Presented by the Parkinson's Foundation. Listen at: parkinson.org/library/podcast/47

» Episode 40: Nutrition and Aging: Healthful Tips for Older Adult - Presented by Honestly Again by Friends Life Care. Listen at: podcasts.apple.com



BOOKS

what we're reading

» *Good Energy: The Surprising Connection Between Metabolism and Limitless Health* by Casey Means, MD

» *Walking Thru: A Couple's Adventure on the Pacific Crest Trail* by Michael Tyler



words of wisdom

CORNER

"It does not matter how slowly you go as long as you do not stop."

Confucius

Transform Your Life with **RiSE**

We're aiming to grow the RISE program to 20 participants by December 1st to help more people enhance their mobility and quality of life.

Now open to low and moderate fall risk participants—sign up today and join us in this life-changing program, instilling hope for those with Parkinson's disease and other movement disorders!

CLICK HERE TO LEARN MORE & SIGN UP

Testimonials for Rise:

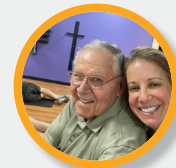


"I greatly enjoy the RISE class. My cardiovascular fitness has improved and I have increased stability and strength. The speech classes are beneficial and very interesting. I also appreciate the social aspects that are built into this well designed and executed program."

- Nancy Murphy, retired dietician

"My wife has improved her overall strength and her balance is slowly improving!"

- Partner of Nancy Murphy



"I am definitely stronger."

- James Skloss, a retired, stubborn farmer



DON'T LET THOSE BENEFITS SLIP AWAY!

Maximize your end-of-year insurance benefits before they reset. Schedule your appointments now and make the most of your health and wellness journey. Your well-being is the best investment!

INSURANCE PLANS ACCEPTED

We accept most major health insurances; click the button above or go to triorehab.com/patients to learn more.



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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SHOULDER PAIN TIPS

Here are 3 stretches to help with your shoulder tightness. Hold each stretch GENTLY (meaning no more than a perceived 4/10 on a scale where 10 is the most amount of stretch) for 2 minutes.



TRIO WELCOMES KRISTI PELLETIER, SLP

Kristi has been a speech language pathologist for over 10 years and has joined our team to teach RISE participants! She also works in our speech department teaching people how to speak again and swallow with ease!

looking for THE RIGHT CANDIDATE

Know a therapist? We are hiring! We are looking for one full time OT/PT with hand experience or is a certified hand therapist. We also need a full time PT with enjoys treating both orthopedic and neurological patients! Visit triorehab.com/careers.

Know someone? Send them our way!
[830.331.8604](tel:830.331.8604) | info@TRIOrehab.com



thankful FOR YOU

If you have been a client of ours this year, we are grateful to you for using our services. We have enjoyed another year of tremendous growth and only wish to continue to serve this community with the best therapy EVER!



ONLINE BOOKING IS NOW AVAILABLE!

We're excited to announce that online booking is now available! When you complete the online form, you'll see real-time appointment availability. However, please note that your appointment is not finalized until you receive a confirmation phone call from Trio.

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