

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



*resources for*  
**PARKINSON'S DISEASE**

**Parkinson's Foundation**  
[facebook.com/parkinsondotorg](https://facebook.com/parkinsondotorg)

**Parkinson & Movement  
Disorder Alliance**  
[facebook.com/PMD.ALLIANCE](https://facebook.com/PMD.ALLIANCE)

**Parkinson's & Movement  
Disorder Foundation**  
[facebook.com/ParkinsonsFoundation](https://facebook.com/ParkinsonsFoundation)

**All About Parkinson's**  
[facebook.com/@AllAboutParkinsons](https://facebook.com/@AllAboutParkinsons)

## October is Physical Therapy (PT) Month!

To honor Physical Therapy Month, let's celebrate all the amazing physical therapists and physical therapy assistant at Trio Rehab.

### *Did you know?*



Our PTs are passionate about learning and educating others



Our PTs communicate via telephone with your doctor, especially when there's a concern



Our therapists go above and beyond to receive certifications ON top of their regular license to ensure you get better.

That means we can provide services such as:  
*(click each icon to learn more!)*



**Pelvic Floor  
Rehab**



**Stroke  
Rehab**



**Parkinson's  
Intervention**



**Orthopedic  
Rehab**



**Balance  
Therapy**



**Cardiac  
Rehab**



**Vestibular  
(Dizzy) Therapy**



At Trio Rehab., we believe our PT's are an amazing group of dedicated learners and humans! We are thankful for each one of them who chose to work at Trio.



**Dr. Suzanne McCrum**  
PT, DPT, CSRS, AiB



**Eileen Vogt**  
PT



**Mary Lee "Bitsy" Pratt**  
PT, DPT, OCS



**Kara Short**  
PT, DPT



**Jennifer Arredando**  
PTA



**Danny Morrison**  
PTA



**Stephanie Waite**  
PT



**Cristina Bowen**  
PTA



**Sarah Reeh**  
PT, DPT

“

*words of wisdom*

**CORNER**

“A cow that can no longer milk is an udder failure!”

Don Ruggles, previous client

## Upcoming Workshops and Health Fair

### Health Fair

OCT 16 12 - 2 PM

The focus of our October Health Fair will be Fall Risk Reduction - How to Create an Action Plan. 12:00 - 2:00 pm.

Did you know one of the best exercises to improve your leg strength and reduce your risk for falls is the "Sit-to-Stand." Suzanne McCrum, PT, DPT recommends integrating moving from sitting to standing WITHOUT your hands at least 10 times before eating a meal!

[SIGN UP HERE!](#)

### Workshop

NOV 6 12 - 1 PM

Progressive Disease Management - How to Instill Hope for Those With Parkinson's Disease and Other Movement Disorders

Hosted by Dr. Jennica Colvin, OT, OTD

Dr. Jennica Colvin, Occupational Therapist, will be speaking about the strength of hope when diagnosed with Parkinson's Disease. Topics that will be covered include the role of consistent exercise, social support, and how collaboration between the person with PD, the therapist, and the doctor improve satisfaction in care as well as hope that you can take control of your PD instead of it taking control of you!

[SIGN UP HERE!](#)



1022 RIVER RD, SUITE 6 | BOERNE, TX 78006  
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830-331-8604 | E-FAX: 1 (855) 923-0869

# RISE



A WELLNESS PROGRAM FOR PARKINSON'S DISEASE & MOVEMENT DISORDERS  
HOSTED BY TRIO REHABILITATION AND WELLNESS SOLUTIONS

[CLICK HERE TO LEARN MORE](#)

## RISE STARTS THIS MONTH!

*It's not too late to sign up!* 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. Trio has been working on this idea for at least 6 months and EVERYONE is beyond excited to work together with members of our community to improve their life with PD! Starting Oct 1, 2024!

*Move from a place of hopelessness to one of hope & empowerment!*

RISE	Monday	Tuesday	Wednesday	Thursday	Friday
1 - 2 pm	CIRCUIT + STRENGTH*	CARDIO + MOVE*	HIFI*	CARDIO + MOVE*	
2 - 3 pm		SPEECH + SWALLOW		SPEECH + COMMUNICATION	

\*Classes will be held at Anytime Fitness. Speech Sessions will be held at Trio.

**Class Descriptions** (Click the button above for details)

**CARDIO + MOVE:** 30 minutes of cardiovascular exercise using heart rate monitoring followed by 20 minutes of large amplitude movements to support flexibility and stamina.

**CIRCUIT + STRENGTH:** Rotate through stations that focus on skills such as balance, strength, and functional mobility incorporating strength training for some stations.

**HIFI:** High-Intensity Functional Interval (HIFI) will ensure heart rates are at each participant's working level for the majority of the class. Both standing and sitting modifications will be offered. All will be encouraged to stand with assistance for part of the class.

**SPEECH + SWALLOW:** Posture and exercises to improve/maintain strength of the oral-motor cavity will be used to decrease the risk of difficulty with swallowing.

**SPEECH + COMMUNICATION:** Posture, breathing, and biofeedback will be utilized to decrease facial masking and improve socialization.



### 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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## 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](http://triorehab.com/patients) to learn more.

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

## LOOKING FOR HELPFUL THERAPY RESOURCES AND TOOLS?

Go to our Tools & Resources page at [triorehab.com/therapy-resources](http://triorehab.com/therapy-resources). This page is designed to educate our patients about the three disciplines of therapy, Physical, Occupational and Speech Therapy, through educational blog posts, information on symptoms and treatments for different conditions, and preventative tips and advice for continued at-home self-care. We believe that knowledge is power and knowing what is available to you is vital in getting the proper care.



## 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, 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