

TRIO



REHABILITATION
& WELLNESS
SOLUTIONS

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



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.

SERVICES PROVIDED

INSURANCE PLANS ACCEPTED



testimonial

"I have enjoyed going to Trio Rehabilitation for my physical therapy. They are always on time with my appointments and I love that the physical therapist stays with you the whole time and is not trying to work with multiple people simultaneously. There is no sitting waiting to know what the next thing is. They are friendly, professional, and knowledgeable.

I highly recommend Trio Rehabilitation for your physical therapy needs."

Paula White

Happy New Year!

As we step into 2025, we're excited to continue supporting your health and wellness journey. Whether you're setting new goals or building on the progress you've made, Trio Rehab is here to guide you every step of the way.



REAL-TIME ONLINE BOOKING

Did you know you can easily request your next appointment from the comfort of your home? Online booking is now available at triorehab.com. Securing your spot has never been easier! Follow the link to reserve your appointment today.

[CLICK HERE TO SCHEDULE NOW](#)

RISE: Our Commitment to Your Wellness

RISE is a wellness program that launched in October for people with Parkinson's Disease and other movement disorders that supports slowing the progression of these disorders using anecdotal and evidence-based interventions. The program is off to a great start! As with all areas of service, with RISE our team combines years of expertise, innovative techniques, and personalized care to ensure you achieve your goals and move beyond limitations. If you or a loved one is struggling, contact us today to schedule an assessment.

Find Relief with Pelvic Floor Therapy

At Trio Rehab, our Pelvic Floor Physical Therapists are experts in pelvic anatomy and its impact on urinary, bowel, and sexual function. If you're dealing with any of the following symptoms, we can help.

- **Urinary Dysfunction:** Leaks while laughing, sneezing, or exercising
- **Chronic Pelvic Pain:** Lingering or sharp pain in the pelvis, hips, or lower back affecting daily activities
- **Pelvic Organ Prolapse:** Heaviness or pressure in the lower abdomen, or noticing a bulge in the pelvic area
- **Diastasis Recti (DRA):** Weak core or a gap in the abdominal muscles, often making lifting or twisting difficult