



REHABILITATION
& WELLNESS
SOLUTIONS

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



PODCASTS

what we're listening to

- » Hands in Motion
podcasts.apple.com/us/podcast/hands-in-motion/id1556968851



BOOKS

what we're reading

- » Remarkably Bright Creatures by Shelby Van Pelt
- » The Let Them Theory by Mel Robbins



RISE is expanding!

Beginning March 1, 2025, RISE will be offered 8 times a week for the physical portion of Parkinson's disease management and 4 times a week for speech! See below for the class schedule.

CLICK HERE TO LEARN MORE & SIGN UP

| RISE | Monday | | Tuesday | | Wednesday | | Thursday | |
|---|---------------------------------------|---------------------------------------|----------------------------------|----------------------------------|-------------------------|-----------------------------|--------------------------------------|---------------------------------------|
| | Level 1 | Level 2 | Level 1 | Level 2 | Level 1 | Level 2 | Level 1 | Level 2 |
| 1 - 2 pm | | CIRCUIT + STRENGTH at Anytime Fitness | SPEECH + SWALLOW at Trio Rehab | CARDIO + MOVE at Anytime Fitness | | BIG PWR! at Anytime Fitness | SPEECH + COMMUNICATION at Trio Rehab | CARDIO + MOVE at Anytime Fitness |
| 2 - 3 pm | CIRCUIT + STRENGTH at Anytime Fitness | | CARDIO + MOVE at Anytime Fitness | SPEECH + SWALLOW at Trio Rehab | HIFI at Anytime Fitness | | CARDIO + MOVE at Anytime Fitness | SPEECH + COMMUNICATION* at Trio Rehab |
| Level 1: Introductory, needing more support (green color) | | | | | | | | |
| Level 2: Advanced, needing minimal support (purple color) | | | | | | | | |

“ featured google review

“Kathy Baker is a professional and personable hand therapist. She and I spent two days a week together for two months while she helped me regain better use of my right hand. I made considerable progress while also enjoying the process, since Kathy had a variety of effective strategies to keep me engaged. Do not hesitate to ask for Kathy if you ever need an OT.” - Carolyn Osborn



words of wisdom

CORNER

“Let the beauty of what you love be what you do.”

Rumi



LEND US YOUR EARS!

Do you know of a PT or OT looking for a job? We are hiring! Trio is growing like a weed and we need to fill the following positions: one full time PT, one full time OT, and one part time OT. See our website for more details under the careers tab!



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.



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

Shoulder & Elbow Injuries: WHY OT/CHT MIGHT BE THE RIGHT CHOICE OVER PT



A person with a shoulder, elbow, wrist, or hand injury might not realize they need to see an occupational therapist (OT) or a certified hand therapist (CHT) instead of a physical therapist (PT) for several reasons:

- 1. Lack of Awareness of Specialties** – Many people assume that PTs treat all musculoskeletal injuries, not realizing that OTs/CHTs specialize in the upper extremity (shoulder, elbow, wrist, and hand) and can provide more fine-motor and function-based rehabilitation.
- 2. Misconception About Occupational Therapy** – People often associate OTs only with daily living activities (e.g., dressing, eating, and bathing) and don't realize that OTs and CHTs are highly specialized in treating elbow, wrist, and hand injuries.
- 3. Doctor's Referral or Insurance Limitations** – A physician may automatically refer to PT because PT is the more common default for general rehabilitation, even when an OT/CHT might be the better fit. Some insurance plans also default to PT coverage first.
- 4. Overlap in Treatment Areas** – Both PTs and OTs treat elbow injuries, but PTs often focus on strength, mobility, and gross motor function, while OTs/CHTs focus on fine motor skills, functional use, and intricate hand movements. A patient may not understand which approach best suits their needs.
- 5. Previous Experience with PT** – If someone has had PT in the past for another injury (like a knee or back issue), they may assume PT is the go-to for all rehab rather than considering a specialist.
- 6. Pain Location vs. Functional Deficits** – Patients may think of an elbow injury as a joint or muscle problem, which sounds like something a PT would treat. They may not connect their grip weakness, dexterity loss, or functional limitations to the need for an OT/CHT.

CHT Credential is Less Well-Known – A Certified Hand Therapist (CHT) is often an OT (sometimes a PT) with advanced training in upper extremity rehab, but many people don't know this specialization exists. Trio Rehab is proud to offer this specialized therapy.

INSURANCE PLANS ACCEPTED

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

We accept the following insurance plans:

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

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