



EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



## BOOKS

*what we're  
reading*

- » *Blind Spots, When Medicine Gets It Wrong and What It means for Our Health* by Marty Makary, MD
- » *Mind Magic: The Neuroscience of Manifestation and How It Changes Everything* by James R. Doty, MD



## PODCASTS

*what we're  
listening to*

- » MMOA Podcast - Physical Therapy | Fitness | Geriatrics



*words of wisdom*  
CORNER

"Take care of your body—it's the only place you can live rent-free, but maintenance isn't optional!"

## Staying Strong and Steady as You Age: Practical Tips Beyond Removing Rugs

As we age, maintaining strength and stability is crucial to prevent falls and stay independent. While removing rugs can reduce tripping hazards, there are many other proactive steps you can take to stay strong and steady.



### Strength Training

Incorporate simple strength exercises into your routine. Bodyweight squats, leg raises, and light resistance band work can help build muscle and improve balance.



### Balance Exercises

Practice balance-enhancing activities like standing on one foot, heel-to-toe walking, or using a balance board. Tai chi and yoga are also excellent for improving stability and flexibility.



### Footwear

Wear supportive, non-slip shoes around the house. Proper footwear can improve your stability and reduce the risk of slipping.



### Core Strengthening

A strong core is essential for balance. Exercises like planks, bridges, and seated marches can help strengthen your abdominal and lower back muscles.



### Home Modifications

Ensure your home is well-lit, and consider installing grab bars in key areas like the bathroom. Keeping pathways clear and furniture arranged to allow easy movement.



### Flexibility & Stretching

Keep your joints flexible with regular stretching. Focus on your calves, hamstrings, and hip flexors to maintain a full range of motion.

By integrating these practices into your daily life, you can build the strength and confidence to navigate your home safely—no rug removal necessary!

*let's be social*



Did you know we have a Facebook and Instagram account?

Facebook: [@triorehabilitationandwellness](https://www.facebook.com/triorehabilitationandwellness)

Instagram: [@triorehabwellness](https://www.instagram.com/triorehabwellness)





### 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 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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## EMPOWERING OUR COMMUNITY: BRINGING STRENGTH & CONFIDENCE TO OLDER ADULTS

As an occupational therapist dedicated to enhancing the well-being of our community, I've come across a transformative program that could significantly benefit our older adult population: the Modern Management of the Older Adult (MMOA) by the Institute of Clinical Excellence.

**What is MMOA?** MMOA is a comprehensive educational program designed for healthcare and fitness professionals. After completion of the program, therapists at Trio can engage older adults in our community in safe and effective strength training tailored to meeting you where you are! The program itself is focused on the following:

- **Understanding the Aging Process:** Delving into the physiological changes during healthy aging and common geriatric syndromes like frailty.
- **Effective Evaluation:** Learning to assess older adults accurately to tailor interventions.
- **Exercise Prescription:** Developing strategies to prescribe and adapt exercises, even in complex medical scenarios.
- **Psychosocial Considerations:** Addressing the unique mental and emotional needs of older adults.
- **Balance and Fall Prevention:** Implementing evidence-based interventions to enhance stability and prevent falls.

### Why consider bringing MMOA to our community?

Implementing the principles of MMOA locally can:

- **Enhance Independence:** Empower older adults to maintain their autonomy through improved strength and balance.
- **Reduce Fall Risks:** Equip individuals with the tools and confidence to navigate their environments safely.
- **Promote Active Aging:** Encourage a proactive approach to health, emphasizing the capabilities rather than the limitations of aging.

### We value your feedback and need your input!

To assess the interest and potential impact of introducing MMOA principles to our community, please take a moment to complete our quick survey—  
**you'll receive a \$5 coffee gift card as a thank-you!**

[CLICK HERE FOR THE SURVEY](#)



## HAPPY WORK ANNIVERSARY!

7 incredible years! Kathy brings expertise, compassion, and joy to our team. We're so thankful for her dedication to our patients and community. She's currently the only Certified Hand Therapist (CHT) in Boerne, but that changes June 2 when Leah Trefz, OT, CHT joins our team just in time for Hand Therapy Week (June 2-8)!

Why does the CHT credential matter? It means the therapist has completed over 4,000 hours of advanced training in hand and upper extremity rehab and passed a rigorous national exam. Not all clinics offering "hand therapy" have a true CHT, so be sure to ask.

With a CHT, you're truly in expert hands. (ha!) Learn more about hand therapy and what we treat at: [www.triorehab.com/trio-blog/hand-therapy](http://www.triorehab.com/trio-blog/hand-therapy).

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