

TRIO



REHABILITATION
& WELLNESS
SOLUTIONS

AUG
25

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



BOOKS

*what we're
reading*

» *Ballistic: The New Science of Injury-Free Athletic Performance* by Henry Abbott

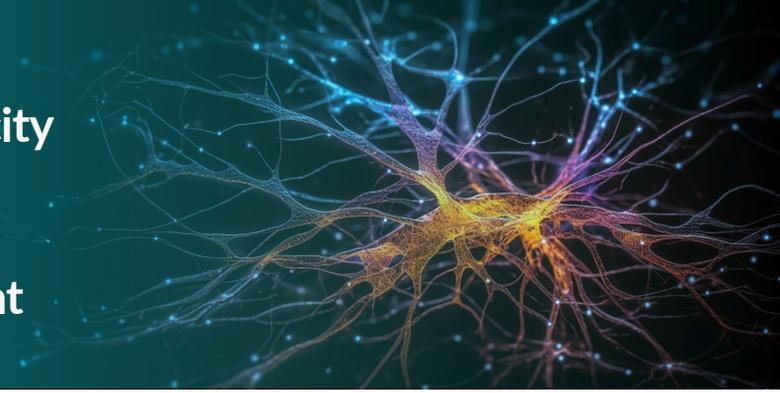


PODCASTS

*what we're
listening to*

» *The Daily Meditation Podcast* by Mary Meckley

Neuroplasticity in Action: Your Brain's Hidden Talent



Ever wish you could hit “refresh” on your body or brain? Good news—you kind of can. It’s called neuroplasticity, and it’s one of the coolest things about the human nervous system. Basically, your brain can rewire itself. Yes—even yours.

At Trio, we tap into this power every day. Whether someone is recovering from a stroke, living with Parkinson’s, or just feeling like their balance isn’t what it used to be, we design therapy that teaches the brain new tricks—or reminds it of old ones.

Think of your brain like a GPS that’s constantly rerouting.

If a road is blocked (like a nerve pathway damaged by injury or disease), therapy helps it find a detour. Not always fast, not always easy, but absolutely possible.

Here’s how we do it:

- **Repetition with purpose:** You won’t do 10 squats just to do squats. You’ll do them while reaching, turning, or problem-solving.
- **Challenge with support:** We meet you at your level, then raise the bar. Carefully.
- **Task-specific training:** You’ll practice things that matter—getting off the floor, walking on grass, pouring coffee without sloshing it onto your cat.

And here’s the kicker: This ability to change doesn’t end at age 30 (or 60, or 90). Your brain is always listening. The question is—what are you teaching it?

Want to see neuroplasticity in action? Schedule a screening or come observe one of our specialty programs like LSVT BIG, PWR!, or RISE. You’ll leave with a better brain—and probably sore glutes.

“

words of wisdom

CORNER

“Gratitude turns what we have into enough.”

- Aesop

Gratitude doesn’t just make you feel better—it rewires your brain to see better.

let's be social



Did you know we have a Facebook and Instagram account?

Facebook: [@triorehabilitationandwellness](#)

Instagram: [@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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HAND THERAPY?

WE'VE GOT THE BEST HANDS IN THE BUSINESS.

Here's something you might not know: becoming a Certified Hand Therapist (CHT) is no small feat. It takes a licensed OT or PT thousands of hours (*yes, thousands*) of direct hand therapy experience and a grueling board exam.

Now guess how many Certified Hand Therapists there are in the entire country?

Just over 6,000. That's it.



And Trio has two of them. Right here in Boerne. That's not just rare—it's clinically elite.

CHTs specialize in everything from tendon repairs and fractures to arthritis, nerve injuries, and custom splinting. If it hurts to grip, write, lift, or wave at your neighbor—our hand therapists have the tools and the talent to fix it.



featured google review

"After neck and back fusion I was referred to Trio. What a God send. These people actually care and give you one on one care."

- Greg B.



EXPLORE MORE ON OUR BLOG!

Want to learn more about Hand Therapy or other services and specialties we offer? Our blog has helpful articles designed to educate and empower you. From treatment tips to understanding different areas of care we focus on, it's a great resource to support your health journey.

TRIO REHAB BLOG

Visit our blog today to stay informed and see how we can help you reach your goals!

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