

TRIO

REHABILITATION
& WELLNESS
SOLUTIONS

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



BOOKS

*what we're
reading*

- » *The Blue Zones Secrets for Living Longer: Lessons From the Healthiest Places on Earth* by Dan Buettner
- » *The Blue Zones Kitchen: 100 Recipes to Live to 100* by Dan Buettner



PODCASTS

*what we're
listening to*

- » The *mindbodygreen* podcast (this is a repeated suggestion, but we REALLY like this one!)



words of wisdom

CORNER

“We are all old people in training so let's get to SOME work and a LOT of play!”

- Jennica Colvin, Owner

Stay Strong, Stay Independent

Most older adults say the #1 reason they keep moving isn't for the gym or the scale — it's to stay independent¹. Being able to carry groceries, play with grandkids, or get up from a chair without help is priceless. Regular movement is your insurance policy for freedom. When we become sedentary, often with the excuse it was earned after years of hard work, we have an increased risk of physical and mental health issues. But, when we remain physically active the benefits are enormous and include:

- **Confidence & Balance:** Gentle activity improves steadiness and helps prevent falls.
- **Everyday Strength:** Tasks like gardening, lifting, or walking feel easier when your muscles are strong.
- **Bone Health:** Strength training helps keep bones dense and reduces fracture risk.
- **More Energy & Mood Boost:** Movement beats fatigue and lifts spirits.

The Secret(s): Don't Do It Alone and Make it FUN!



Research shows older adults stick with activity when it's social. A walking buddy, a small class, or moving alongside others makes it fun — not a chore. Think of it as connection time, not “exercise time.”

Start Where You Are!

- Try a **15-minute walk** with a friend now that the weather is cooler and slightly less humid in the morning!
- Add **2 strength sessions per week** — light weights, resistance bands, or even sit-to-stands from a chair count. Not sure how to strength train? We can help!
- Join a **low-impact group class** (gentle yoga, Pilates, or balance training). Watch for our upcoming Pilates-based Physical Therapy wellness program.
- Build activity into **daily routines** — stretch during TV, garden, or dance in the kitchen. Jennica is a big proponent of dancing it out in the kitchen or on a table!

Staying active at 65, 75, or even 85 isn't about age — it's about attitude. *Every walk, every squat, every stretch is an investment in independence.*

¹ Franco MR, Tong A, Howard K, et al Older people's perspectives on participation in physical activity: a systematic review and thematic synthesis of qualitative literature *British Journal of Sports Medicine* 2015;49:1268-1276. <https://bjsm.bmj.com/content/49/19/1268>



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.



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



RISE IS MOVING

Anytime Fitness has been SUCH a blessing for the start of our RISE program but we have outgrown the space! The Boerne YMCA has generously offered their space and our expected move date is Oct 15th. We are grateful for this partnership and cannot wait to continue to bless our members (current and newbies) with the gift of hope and a wonderful quality of life through this program!

What is RISE?

RISE is an ongoing, wellness program intended for people with movement disorders OR have a low to moderate fall risk. How do you know if you are a low to moderate fall risk? EASY. Call us for a screening! 830-331-8604

[CLICK HERE TO LEARN MORE](#)

“ featured google review

“Due to Osteoporosis, I recently enrolled and completed strength and balance sessions at Trio. I was extremely pleased with Kara Short, the Physical Therapist who worked with me. She taught me numerous exercises I can do at home, explained them well, made sure I was doing them correctly, and patiently answered all my questions. My time at Trio was definitely time well spent. Kara is a friendly, experienced therapist who gave me much help and encouragement.” - D. Harp



OCTOBER IS PHYSICAL THERAPY MONTH

Trio Rehabilitation & Wellness Solutions honors the physical therapy profession and our dedicated physical therapists!

- **Cristina Bowen**, PTA - 10 years of experience
- **Stephanie Compean**, PT - 20 years of experience
- **Dr. Suzanne McCrum**, PT, DPT - 33 years of experience
- **Dr. Sky Rost**, PT, DPT - 7 months of experience
- **Dr. Kara Short**, PT, DPT - 12 years of experience
- **Dr. Sarah Reeh**, PT, DPT - 3 years of experience (PRN staff)
- **Eileen Vogt**, PT - 28 years of experience (PRN staff)

These ladies are gifted and supported beyond belief! We have a special day planned away from work for them on 10/28. Stay tuned for pictures from their special day in the November newsletter.

CTA: Book a Wellness Check

Our therapists can help you find the safest, most effective way to stay strong and independent.



Dr. Bower, MD
Neurology of Boerne
will be presenting

PARKINSON'S DISEASE WORKSHOP: JOIN US!

Learn about Parkinson's and other movement disorders, including symptoms, diagnosis, medical treatments, non-medical support options, and how exercise can help slow disease progression.

OCT
30

11 am-1 pm at the Boerne Chamber of Commerce
Lunch will be provided | Limited to 30 people
Call 830-331-8604 to save your seat!

[REQUEST AN APPOINTMENT HERE](#)

[INSURANCE PLANS ACCEPTED](#)