



EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



BOOKS

what we're reading

- » *Aging Fearlessly: A Comprehensive Guide to Longevity, Healthy Aging, Mental Wellness, and Living with Vitality and Joy* by William Callaghan



PODCASTS

what we're listening to

- » *4D: Deep Dive Into Degenerative Disease* hosted by the Academy of Neurological Physical Therapy (ANPT)

How to Stay Strong, Independent, and Out of a Nursing Home



We are ALL old people in training!

And most aging adults don't realize the top three reasons nursing home admissions occur: incontinence, dementia, and frailty. These don't show up all at once—they sneak in slowly, making everyday life harder until independence starts to slip away.

The good news? You can fight back. And it doesn't take hours in the gym or complicated routines. Two simple habits—**strength training and walking**—make all the difference.



Why Strength Matters

Muscle is your best defense against aging. It keeps you steady on your feet, helps you get out of chairs, and even supports bladder control. Yes—pelvic floor strength is trainable, and when it's ignored, incontinence often follows. Simple exercises like sit-to-stands, squats, and band work can prevent both falls and bladder problems.



Why Walking Matters

Walking isn't just exercise—it's medicine for your brain. Regular walks increase blood flow and oxygen to the brain, protecting memory and reducing dementia risk. Even 20 minutes a day can make your mind sharper and your body stronger. Walk with a friend, and you get the added bonus of social connection, which boosts brain health even more.

When Problems Have Already Started

If you're already noticing leakage, memory slips, or weakness—it's not too late. That's where Trio Rehab comes in.

- Our physical therapists can rebuild strength, improve balance, and confidence!
- Our occupational therapists make daily routines easier and safer, so you stay independent at home.
- Our speech therapists help with memory and communication when dementia is part of the picture.

(continued)



words of wisdom

CORNER

"The secret to staying young is to live honestly, eat slowly, and lie about your age."

- Lucille Ball



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

HOW TO STAY STRONG (continued from front page)

The Bottom Line

Believing in yourself and your ability to control your aging is where it begins! And, when there is a bump in the road, such as incontinence, dementia, or frailty, your therapists as Trio Rehab can help. With consistent strength, walking, and the right therapy team, you can hold on to your independence longer than those who believe retirement means sitting on a recliner watching TV.

At Trio Rehab, we're here to help you take back control—one step, one rep, one day at a time.

[CLICK HERE TO LEARN MORE](#)

“ featured google review

“Trio Rehab is a tremendous facility for both my wife and myself. I was a patient for about a month and a half for some serious inner ear hearing loss which affected my balance. The vestibular sensory system recovery exercises twice a week really helped. Suzanne and Sarah are superstars who are forebearing and nice and deserve a raise!”

- James R. Powell, PhD, UTSA Physics and Astronomy



RISE MEMBERSHIP IS GETTING A FACE-LIFT!

Okay, maybe just a little botox. But really, our members love RISE and we want to get more members involved.

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

Classes

- Cardio + Move
- Circuit + Strength
- HIFI
- Speech + Swallow
- Speech + Communication

Pricing

- 1 class/wk - \$160/month
- 2 classes/wk - \$230/month
- 3 classes/wk - \$300/month
- 4 classes/wk - \$360/month
- Unlimited - \$425/month

New Location, Same Us

Classes are currently held at Anytime Fitness in Boerne. We'll be in a new space soon. Stay tuned for the details!

[REQUEST AN APPOINTMENT HERE](#)

[INSURANCE PLANS ACCEPTED](#)

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