



EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



BOOKS

*what we're
reading*

- » *The Lost Art of Reading Nature's Signs - Use Outdoor Clues to Find Your Way, Predict the Weather, Locate Water, Track Animals and Other Forgotten Skills* by Tristan Gooley
- » *From Strength to Strength - Finding Success, Happiness, and Deep Purpose in the Second Half of Life* by Arthur C. Brooks



PODCASTS

*what we're
listening to*

- » *The Peter Attia Drive - The Science of Art & Longevity*



words of wisdom

CORNER

"Age doesn't scare me; inactivity does."

- Unknown

October was Physical Therapy Month

Trio Rehabilitation & Wellness Solutions honored the physical therapy team on Oct. 28th! We had a blast volunteering with Hill Country Daily Bread, working our cores at Longevity Pilates, and eating a wonderful meal together from Epicure. Enjoy the pictures!



Hill Country Daily Bread
L to R - Kara Short, DPT, Sky Rost, DPT, Jennica Colvin, OT, OTD, Owner, Suzanne McCrum, PT, DPT, Cristina Bowen, PTA, and Eileen Vogt, PT



Assembling boxes at Hill Country Daily Bread



Longevity Pilates
Back Row: Stephanie Waite, Cristina Bowen, Eileen Vogt, Suzanne McCrum, Kara Short, Sky Rost, Kneeling: Ronnie White, Longevity Owner, Jennica Colvin, OT, OTD, Trio Rehab. Owner

Congratulations!



Sky Rost, DPT, for successfully completing extensive, additional coursework in dizzy (vestibular) and concussion rehabilitation through the American Institute of Balance! Want to learn more about how Sky can help with your dizziness?

[LEARN MORE](#)



RISE HAS MOVED

The RISE program has successfully transitioned to the Boerne YMCA. Did you know after being screened we offer a 3-class trial pack for \$65?

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](#)

Living Well with Parkinson's Trio Resource Guide



Move Every Day



Think & Speak Big



Eat to
Support Energy



Rest & Recharge



Connect & Plan

Local Resources (Parkinson's Disease groups in Boerne & San Antonio):

- **Neurological Support Group at The Center** (Kronkosky Center; Boerne): meets the 2nd Thursday of each month from 1:00-2:30 pm
- **Biggs Institute Parkinson's Disease Support Group** (San Antonio): Meets at UT Health San Antonio Medical Arts & Research Center (MARC) every second Thursday from 10:00-11:30 am
- **Kerrville Area Parkinson's Disease Support Group** (Kerrville): Meets at the Hospice and Home Care Building at 250 Cully Drive the first Wednesday of every month from 4:00-5:00 pm
- **Swing Strong 'til It's Gone** (Boerne): A 501(c)(3) non-profit organization formed to raise money and awareness of Parkinson's disease through the Michael J. Fox Foundation. Contact: Barry Halbert at (210) 259-5622

Parkinson's Workshop



On October 30th, in conjunction with Dr. Bob Bower, Trio Rehab hosted over 30 participants in a Parkinson's Workshop. Speakers included Dr. Bob Bower (neurologist), Kristi Pelletier (Speech-Language Pathologist), and Sarah Reeh (Physical Therapist).

The focus was on teaching the public about Parkinson's disease management through appropriate medication, diet, meditation, and exercise!

DOWNLOAD THE LIVING WITH PARKINSON'S GUIDE

If you are in need of a neurologist, please reach out to Neurology of Boerne at 830-816-5518 to schedule an appointment with Dr. Bower. If you are in need of physical, occupational, and/or speech therapy, please call Trio Rehabilitation & Wellness Solutions at 830-331-8604.

“ Parkinson's is a journey, but not one you walk alone. Medication, therapy, lifestyle, and community all play a role. Trio Rehab is here to guide, support, and celebrate progress with you.



featured google review

“Everyone is very attentive to how you move and make sure you are not in pain. The kindness from each person is remarkable. They truly know what they are doing.” - A. Swilley



End of Year Benefits



Are you moving a little slower this holiday season? Maybe your knees complain after shopping trips, or you feel wobbly hanging ornaments on a ladder. It could be conversations at family gatherings feel harder or you're coughing when drinking water, coffee, or eggnog! Those little changes—less balance, more stiffness, slower recovery, and changes with communication—aren't just “getting older.” They're signals your body's asking for help before things snowball into something bigger.

Here's the thing: Medicare already gives you coverage for physical, occupational, and speech therapy, and most people don't use it before it resets in January. Why let benefits go to waste when you could move easier, hurt less, and feel steadier heading into the new year?

At Trio Rehabilitation & Wellness Solutions, we help you regain strength, improve balance, and get back to doing what you love—whether that's baking, walking and talking while looking at the neighborhood lights, or dancing at the next family party. Don't wait for a fall or flare-up to make the call. Use the benefits you've earned and finish the year on your feet—literally.

DOWNLOAD THE FULL GUIDE

REQUEST AN APPOINTMENT HERE

INSURANCE PLANS ACCEPTED



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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Happy Holidays From Trio!



Jack, the Trio mascot, wishes everyone Happy Holidays and Merry Christmas!

As the year comes to a close, we want to extend our sincere thanks to the providers who trusted us with their patients and to every client who chose Trio Rehabilitation & Wellness Solutions for their care. Your confidence in our team means the world to us. Each therapist at Trio is driven by a shared purpose—to help others move, speak, and live with greater strength and hope.

In 2026, we look forward to continuing that mission, offering exceptional care and expanding the ways we support our Boerne community. Thank you for being part of our story—and for allowing us to be part of yours.



Leah and her patient working to return to yoga.



Jack cheering up a patient!



Kara and Cristina behaving well!

Kathy and Leah providing respite to search and rescue after the July 4th floods



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

SCHEDULE AN APPOINTMENT HERE