

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



BOOKS

what we're reading

- » Theo of Golden: A Novel by Allen Levi
- » Pilates for Rehabilitation: Recover From Injury and Optimize Function by Samantha Wood



PODCASTS

what we're listening to

- » ON PURPOSE: Jay Shetty

Welcome to 2026!

Trio's vision is to provide individualized therapy to improve all people's quality of life. While we continue to offer individual therapy, we recognize a need for additional services for people post-rehabilitation. To meet this need, we are expanding our wellness programs this year and are excited to continue RISE while also introducing two new programs. Read on to learn more.



RISE

RISE is an ongoing, specialized program for people living with Parkinson's Disease and other movement disorders. Classes are taught by a licensed therapist who specializes in Parkinson's Disease and understands many of the physical, and social/emotional needs of those living with Parkinson's. Six classes are available in one week for the advanced level members and four classes for intermediate members. Advanced and intermediate levels are determined at the time of enrollment!

[CLICK HERE TO LEARN MORE](#)



PT-BASED PILATES

Pilates is a low-impact, full-body exercise focusing on core strength, posture, and flexibility through controlled movements on a machine called a reformer or on the mat/floor. This form of exercise is becoming increasingly popular due to the continued evidence being reported that Pilates can help build strength and flexibility, improve balance, and keep athletes injury-free. All sessions are one-on-one for 50 minutes. Beginners are welcome!

Stay tuned! We'll be sharing more details soon on our website at triorehab.com. In the meantime, please click on the flyer above for pricing and additional information.



words of wisdom

CORNER

"Everyone you will ever meet knows something you don't."

- Bill Nye

join us! COME & LEARN EVENT

MAR 4 Join us for a come-and-learn event about each of these classes! Instructors will be available to answer questions. 10:00 am-12:00 pm at Trio Rehab



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



STRENGTH TRAINING FOR OLDER ADULTS

(55+ preferred, but not required) Trio will offer strength training classes twice a week on Mondays and Wednesdays from 8:30–9:20 a.m. or 9:30–10:20 a.m., beginning on April 6. Classes will follow a rotating schedule focusing on upper-body strength, lower-body strength, and plyometrics/balance. This program is still in the late dream/early action stage, so look out for more details coming soon.

Founders' Rate

- \$179/month for 2 classes per week
- Available to the first 6 members for the first 45 days of the program
- Special Founders' Rate only available Monday, 4/6 through Thursday, 5/21

Regular Rate

- \$220/month for 2 classes per week

Minimum of 4 participants required to launch the class. Maximum of 5 participants per class to ensure personalized coaching.

SWING STRONG TILL IT'S GONE FUNDRAISER

Starting February 1, 2026, the Physical Therapy team, the Occupational/Speech Therapy team, the Administrative Team, and members of the RISE wellness program will be engaging in a friendly competition to see who can walk/run the most miles to raise money for Swing Strong Till It's Gone.

Swing Strong is a local non-profit with a mission to raise money and awareness about Parkinson's Disease for the **Michael J. Fox Foundation**. The goal is to walk or run 125 miles per team. Trio Rehab will donate \$1 per mile, up to \$500 plus an extra donation for the winning team. Message us on Facebook @TrioRehabilitationandWellness to let us know you're participating and to follow our collective progress.



JOIN THE CHALLENGE!

“ featured google review

“I love the individualized attention. I love that. They listen to my concerns and address them directly. Best place I've been to.”

- T. Mikrut



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

REQUEST AN APPOINTMENT HERE

INSURANCE PLANS ACCEPTED