

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



BOOKS

what we're reading

- » The Courage to Be Disliked: The Japanese Phenomenon That Shows You How to Change Your Life and Achieve Real Happiness by Ichiro Kishimi



PODCASTS

what we're listening to

- » Physio Edge Podcast - Host David Pope



words of wisdom
CORNER

"A body at motion stays in motion; a body at rest stays at rest... And if you want to keep living, keep moving!"

- Adapted from Sir Isaac Newton

Aging Well Doesn't Happen by Accident

Trio's vision is simple: To provide individualized therapy that improves every person's quality of life.

We will always provide one-on-one therapy, but we also see a gap: what happens after rehabilitation ends?

Too often, progress fades without structured support. **That's why we are expanding our Wellness Programs this year: to help our community stay strong, confident, and independent long after formal therapy is complete.**



KNOW SOMEONE WITH PARKINSON'S? FORWARD THIS EMAIL TODAY.



RISE

FOR PEOPLE LIVING WITH PARKINSON'S

RISE is an ongoing, therapist-led program specifically designed for individuals living with Parkinson's disease and other movement disorders.

Classes are led by a licensed therapist who specializes in Parkinson's and understands the physical, cognitive, and social/emotional challenges that can accompany it. Six classes per week are available for members.

This isn't a generic exercise class. RISE offers targeted, progressive training to help participants move better, feel stronger, and maintain independence long after formal therapy ends.

NEW TO RISE?

We are offering a **3-class introductory trial for \$65**. If you or someone you know is living with Parkinson's, we invite you to come experience RISE.



Learn more: triorehab.com/RISE



Or forward this to someone who should see it

Parkinson's doesn't wait. Starting early matters.



featured google review

"Trio is the best PT recovery therapy. Kate is working hard to get my shoulders working without pain once again. I appreciate her professional caring attitude and work plan developed for my personal unique problems. I feel cared for."

- Ms. MacAaron





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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PT-BASED PILATES

Pilates is a low-impact, full-body approach to improving core strength, posture, flexibility, and balance, delivered one-on-one for 55 minutes.

Because sessions are led by an experienced, licensed therapist, each program is individualized and appropriate for beginners, athletes, and those recovering from injury.

Schedule your one-on-one PT-Based Pilates session today.

[CLICK HERE TO SCHEDULE](#)



STRENGTH TRAINING FOR OLDER ADULTS

(55+ preferred, but not required) Starting April 6th, Trio is offering a new strength training program for older adults new to weightlifting. We'll focus on form first, then progress to lifting, rotating between upper body, lower body, and balance & power. Classes meet Mondays and Wednesdays from 8:30-9:20 am and 9:30-10:20 am.

Founders' Rate

- \$179/month for 2 classes per week (Only 3 spots remain!)
- 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.

MOVING FOR A MISSION

On February 1, 2026, our staff and RISE wellness members launched a friendly competition to support Swing Strong Til It's Gone, a local nonprofit that raises funds for the Michael J. Fox Foundation.

For every mile walked or run, \$1 was donated. What began as a \$250 goal quickly grew to \$500, and we are now on track to surpass \$700.

This initiative demonstrates our community's strength and an impact that reaches far beyond our clinic walls.

Want to be part of a community that moves with purpose? [Come try RISE.](#)



Congratulations

to Dr. Sky Rost, PT, who had a personal record in the Austin Half Marathon with a time of 2:36 (24 minutes faster than her last half marathon!)

join us! COME & LEARN EVENT

MAR
4

10:00 am-12:00 pm at Trio Rehab

[LEARN MORE](#)

It's not too late to sign up. Join us for a come-and-learn event about each of these classes! Instructors will be available to answer questions. Register by calling 830-331-8604 or by signing up in person at the clinic.

[REQUEST AN APPOINTMENT HERE](#)

[INSURANCE PLANS ACCEPTED](#)