



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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APRIL IS OT MONTH

In case you didn't know, April is Occupational Therapy Month, and we couldn't be more proud to have four of the BEST OTs in the entire city, state, and potentially even the world working at Trio. If you would like to send along a gift, we all love coffee, flavored waters, sunset walks on the beach, and puppies. But seriously, thank an OT today. We are the ones who believe that teaching you how to participate in your daily occupations (habits and routines), despite a disability, improves your quality of life!



Kathy Baker

Kathy Baker, OT, CHT, is an occupational therapist and a certified hand therapist with over 35 years of experience. Here, she is providing respite massage for first responders and search and rescue team members after the July 2025 floods.



Leah Trefz

Lt. Col. Leah Trefz, OT, CHT. Leah is an occupational therapist and a certified hand therapist with 18 years of experience. Here, she is supporting a client with a shoulder injury as they relearn how to engage their serratus anterior muscle so they can successfully return to yoga.



Kate Grove

Kate Grove, OT, CSRS, is an occupational therapist and a certified stroke rehabilitation specialist with 18 years of experience. Here, she is hugging Sebastian on his last day of OT before re-entering college after experiencing a stroke.



Jennica Colvin

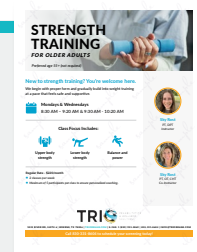
Jennica Colvin, OT, OTD, CSRS, is an occupational therapist and a certified stroke rehabilitation specialist with 24 years of experience. Here, she is not encouraging anything but bad behavior with Guy...who also appears to encourage bad behavior. They got nothing done this day!



PILATES: NEW PRICING!

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.

[Click the flyer to learn more!](#)



NEW: STRENGTH TRAINING

This program is designed for individuals who have never lifted weights, with a focus on building proper form before progressing to weight training. The program will rotate focus across upper body strength, lower body strength, and balance and power. It is preferred for ages 55+, though this is not required.

[Click the flyer to learn more!](#)

REQUEST AN APPOINTMENT HERE

INSURANCE PLANS ACCEPTED