

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



BOOKS

*what we're
reading*

The Comfort Crisis by Michael Easter: An insightful look at how physical challenges and discomfort can positively impact overall health, resilience, and well-being.



PODCASTS

*what we're
listening to*

Huberman Lab Podcast: Topics range from sleep, exercise, recovery, brain health, and habit formation.

Summer Is Here. Keep Moving!

Summer often brings travel, family visits, vacations, and changes in routine. During this time, many people unintentionally become less active. At Trio, we believe staying strong, mobile, and socially connected is one of the best investments you can make in your future health.

Whether your goal is to:

- Recover from an injury
- Manage Parkinson's disease
- Improve balance
- Build strength
- Manage lymphedema
- Maintain independence as you age

...Our team is here to help.

All therapy at Trio is provided one-on-one.

TRIO SUMMER HEALTH CHALLENGE

Test your knowledge of health, wellness, and rehabilitation for a chance to win a Trio Summer Prize Basket. Participants with the most correct answers will be entered into a drawing on July 31. Click on the button below to take the quiz.



SUMMER TRIVIA CHALLENGE



words of wisdom

CORNER

"The best time to start taking care of your health was years ago. The second-best time is today."

- Anonymous



another 5-star google review

"The staff is welcoming and caring and takes the time to understand what is needed to address the pain and limitations I have been having. My provider Kara is easy to communicate with and provides therapy and exercises that have helped alleviate the pain and numbness I experienced due to a pinched nerve affecting my back, arm, and hand. I would recommend Trio to others for their physical therapy needs." - Mike Covert





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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Know Someone With Parkinson's?

RISE is a therapist-led wellness program designed specifically for individuals living with Parkinson's disease and other movement disorders. The program focuses on movement, strength, communication, balance, and overall quality of life through structured, evidence-based exercise and wellness activities.

What Participants Are Saying

"RISE has helped bring me out of a depression. I didn't want to do anything. Now I am joining in on conversations, laughing, learning, and accepting my situation better."

- Iris Jisha

"[The Speech class] is the highlight of each week. We explore various topics about Parkinson's disease along with [using our]voices! These sessions are my support group!"

- Nelson Finch



NEW TO RISE?

Try a 3-Class Introductory Trial for \$65.

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



Learn more: triorehab.com/RISE



Or forward this to someone who should see it

STRENGTH TRAINING FOR OLDER ADULTS: BUILDING STRENGTH SAFELY & CONFIDENTLY

Our strength training program continues to grow quickly! This small-group program is designed for adults who want to:

- Improve strength and confidence
- Reduce risk of osteoporosis
- Decrease fall risk
- Stay active long-term

No prior gym experience is necessary. Many participants are new to strength training and appreciate the supportive environment and therapist supervision. One of our current members is 88 years old and lifting weights safely and confidently.

Mondays & Wednesdays • \$220/mo for 2 classes each/wk • 8:30 am or 9:30 am

Friday classes beginning mid-August! Classes limited to five participants.



TRY 2 CLASSES FOR \$25!

Call us to learn more or visit TrioRehab.com to make an appointment online.



CLICK HERE TO LEARN MORE

DID YOU KNOW? TRIO TREATS LYMPHEDEMA

Lymphedema is swelling caused by a buildup of lymphatic fluid, often occurring after:

- Cancer treatment
- Surgery
- Radiation
- Injury
- Chronic venous conditions

Our certified lymphedema therapist, Kate Grove, provides treatment that may include:

- Manual lymphatic drainage
- Compression therapy
- Exercise
- Skin care education
- Long-term swelling management

...and this is covered by insurance!

REQUEST AN APPOINTMENT HERE

INSURANCE PLANS ACCEPTED