



EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



BOOKS

*what we're
reading*

Endure by Alex Hutchinson: What is the limit of human endurance? Is it in the body or the mind?

One Italian Summer by Rebecca Serle: A heartfelt story about grief, love, and the unexpected healing process.



PODCASTS

*what we're
listening to*

Craig Groeschel Leadership Podcast: Personal, practical coaching lessons

Neuro Navigators: A Medbridge Podcast: Breaking down challenging clinical questions in neurological rehabilitation

Trio Rehab Updates

As summer comes to a close and families settle back into their school year routines, it's a great time to refocus on your own health and well-being. Whether you've been traveling, spending time with loved ones, or simply enjoying a slower pace, we're glad you're here. We look forward to helping you stay active, independent, and feeling your best in the months ahead.

Clinic Hours Update

Appointments now begin at 8:20 a.m., and our office closes at 12:30 p.m. on **Fridays**. One thing that hasn't changed is our commitment to personalized care. Every session continues to be provided one on one, ensuring you receive the individual attention you deserve.

STRENGTH TRAINING FOR OLDER ADULTS:
NOW THREE DAYS A WEEK!

Big news! Our Strength Training Wellness Program is expanding to Fridays! Here's the updated schedule:



**Mondays (Lower Body
& Fridays (Whole Body):**
Sky, DPT, PT



Wednesdays (Upper Body):
Kathy, OT, CHT

This class is designed with the older adult in mind, and it will challenge you. Past participants report more energy, an easier time getting up and down off the floor, and less pain. No prior gym experience needed. Classes are kept small and therapist-supervised so every participant gets the attention they deserve.

➡ **Ready to try it? triorehab.com or call us at 830-331-8604**

We're offering 2 classes for \$40 as a trial. Get started today!

“

words of wisdom

CORNER

“Strength does not come from physical capacity. It comes from an indomitable will.”

- Mahatma Gandhi

“

another 5-star google review

“Kara and Christina are both amazing! They do a great job of making my physical therapy sessions challenging, but enjoyable! I am already seeing a lot of improvement after only a few weeks.”

- Cyndy Veselka





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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RISE is Growing: Introducing Rock Steady Boxing

RISE, our therapist-led wellness program for individuals living with Parkinson's disease and other movement disorders, is adding something new this month: Rock Steady Boxing!

Rock Steady Boxing is a proven, non-contact boxing program specifically designed for people with Parkinson's. Mandy Gothard, OT, is certified in the program and will begin teaching classes on Wednesdays alongside Cristina Bowen, PTA.



NEW TO RISE?

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

If you or someone you know is living with Parkinson's, we invite you to come experience it.



Learn more: triorehab.com/RISE



Or forward this to someone who should see it

Parkinson's doesn't wait, and neither should you.

WE NEED YOUR HELP: STROKE RECOVERY INTENSIVE PROGRAM

Jennica has another idea, and she needs your input to make it happen.

Trio has been open for a decade. In that time, we've had the privilege of working with hundreds of stroke survivors. One thing we know for certain: stroke recovery does not stop, no matter how long ago your stroke occurred.

We're exploring the creation of an intensive wellness program designed specifically for stroke recovery. Loosely, this would be a 2-week program running Monday through Thursday, 4-6 hours per day, with structured therapy and wellness activities aimed at pushing recovery forward.

But before we build it, **we want to hear from YOU**. We're looking for 20 responses from stroke survivors and/or caregivers of stroke survivors. First 10 responders will get a \$5 gift card for Barker and Wortman coffee inside the Boerne HEB! Your feedback will directly shape whether and how this program becomes a reality. Send questions to info@triorehab.com or call 830-331-8604.



Please submit your responses no later than August 31, 2026.

[CLICK HERE TO SUBMIT YOUR RESPONSES](#)

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](#)