

Finding it difficult to sit, move, exercise, or enjoy intimacy due to pelvic pain?

While in some serious cases, pelvic floor dysfunction may require minimal invasive surgery such as pelvic reconstruction surgery, most pelvic floor conditions can be treated relatively easily.

At Trio Rehab, our Pelvic Floor Physical Therapists are experts in the pelvic anatomy and its role in urinary, bowel, and sexual function. We provide personalized, evidence-based care that addresses your unique needs and goals. With a wealth of experience and a commitment to lifelong learning, our therapists combine innovative techniques with realistic expectations to improve your outcomes. We work collaboratively with you to provide an individual treatment plan, ensuring a supportive and empowering healing journey.



Evaluation & design of a comprehensive treatment plan



Learn breathwork techniques



Relieve painful trigger points



Gently break up scar tissue



Release muscle tension, reduce pain & improve flexibility



Improve range of motion



Restore normal movement to organs

PELVIC FLOOR REHABILITATION NOW OFFERED AT TRIO REHAB!



How to Code:

M53.3	Coccyx pain
R10.3	Lower abdomen pain
K59.02	Outlet dysfunction constipation/anismus
M46.1	Sacroiliac pain
M94.1	Syspareunia
M79.2	Pudendal Neuralgia
N94.819	Vulvodynia
N94.810	Vulvar vestibulitis
R10.2	Pelvic & perineal pain
N41.9	Prostatitis
K59.00	Constipation
K58	IBS
M54.5	Lower back pain
M62.83	Muscle spasm
M25.55	Pain in hip

MORE THAN JUST KEGELS

In most cases, pelvic floor physical therapy includes both internal and external therapy. There will be no internal examinations on the initial visit. Our pelvic floor therapists begin each new therapy program with a pelvic evaluation to assess core muscle strength and coordination. From there, we will design a comprehensive treatment plan designed to strengthen and relax pelvic muscles.

Empower your patients
with the right information and support.

For more details, refer them to Trio Rehabilitation and Wellness Solutions for expert Pelvic Floor Therapy.

How to refer to Trio:

Simply send the referral to Trio Rehabilitation and Wellness Solutions using one or more of the common ICD 10 codes (see left inset).

Frequency and duration:

- Treatment planning is based upon patient needs and resources.
- An example plan of care for less complex pain may include residual pain after a pelvic infection (UTI, prostatitis) and may only require 1-2x per week for 4-6 weeks to improve.
- More complex cases (complex injury, autoimmune, connective tissue dysfunction, trauma, multiple diagnoses, comorbidities) may benefit from 2-3x per week for 10-12+ weeks.

Learn more about Pelvic Floor Rehabilitation at triorehab.com

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