

Can't move quickly  
or lift weight  
because  
of ab separation?



*Move from feeling limited to building strength!*

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 personalized comprehensive treatment plan



Learn breathwork techniques



Improve relaxation, lengthening & tenderness of muscles



Loading your core



Build strength and endurance

**PELVIC FLOOR REHABILITATION NOW OFFERED AT TRIO REHAB!**



## How to Code:

M62.08 Diastasis of muscles  
M54.5 Back Pain  
M46.1 Sacroiliacitis  
R27.81 Unsteadiness on feet  
R29.3 Abnormal posture  
M25.55 Pain in hip  
M21.4 Pes planus (flat feet)  
M25.569 Pain in knee  
R53.1 Weakness  
R27.8 Lack of coordination

# 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.

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## 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).

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## Frequency and duration:

Treatment planning is based upon patient needs and resources.

- Simple DRA (like 1-2 fingers, 6 weeks postpartum) may only require 1x per week for 4-6 weeks to improve
- More complex cases (multiparity, cognition, compliance with HEP, multiple abdominal surgeries/scarring, connective tissue disorder) may benefit from 2-3 x per week for 6-12 weeks.

Learn more about Pelvic Floor Rehabilitation at [triorehab.com](http://triorehab.com)

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