

Feeling pressure, bulging,  
or discomfort down there?

Discover relief for  
Pelvic Prolapse Symptoms.



*We provide one-on-one care with individual treatment plans.*

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



Strategies and techniques for daily activities



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:

N81.10	Cystocele
N81.6	Rectocele
N81.4	Uterovaginal POP
K62.3	Rectal Prolapse
N81.9	Female genital POP
M35.7	Hypermobility
M24.2	Ligament Disorders
K46.9	Abdominal hernia
K40.90	Inguinal hernia
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.
- More complex cases (multiple organ laxity, connective tissue disorder, intractable constipation, cognition, poor voiding habits, poor IAP management) may benefit from 2-3x per week for 6-12+ weeks.

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

1022 RIVER RD, SUITE 6 | BOERNE, TX 78006  
[TrioRehab.com](http://TrioRehab.com) | p. (830) 331-9604 | [info@triorehab.com](mailto:info@triorehab.com)