

Does running, laughing,
sneezing, or coughing
cause unexpected leaks?



Overcome daily challenges and embrace freedom!

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



Improve relaxation, lengthening & tenderness of muscles



Techniques to reduce and manage pain



Learn breathwork techniques



Muscle strengthening techniques



Build strength and endurance

PELVIC FLOOR REHABILITATION NOW OFFERED AT TRIO REHAB!



How to Code:

N39.3 Stress Incontinence
N39.41 Urge Incontinence
N39.46 Mixed Incontinence
N39.43 Post-void dribbling
N33.9 Urinary Retention
N39.42 Incontinence without sensory awareness
R35.0 Frequency of micturition
R35.1 Nocturia
N39.44 Nocturnal enuresis
N39.490 Overflow Incontinence

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).

Treatment planning:

Treatment planning is based upon patient needs and resources of both male and female patients.

- Simple urinary issues (like urgency that respond well to torque suppression or mild leakage with strong cough) may only require 1x per week for 4-6 weeks to improve.
- More complex cases (cognitive challenges, profound muscle weakness, comorbid condition, functional movement limitations, pelvic pain) may benefit from 2-3x per week for 6-12+ weeks.

Learn more about Pelvic Floor Rehabilitation at triorehab.com

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