

## ICD-10 Common Codes for Pelvic Rehab Providers

With ICD-10 changes taking place in 2015, we thought it would be helpful to put together a bit of a cheat sheet for our pelvic health providers. Keep in mind that this is only a guide, and that you and your facility should rely upon your own knowledge and skills. We hope this list makes getting to coding proficiency a little easier!

The Centers for Medicare and Medicaid Service have a website called “Road to 10” that is very helpful for learning about all the changes between ICD-9 and ICD-10, starting with an “ICD-10 Basics” (<http://www.roadto10.org/icd-10-basics/>). The site has some documents for physicians which therapists might find somewhat useful, including ones called “Common Codes for OB/GYN” (<http://www.roadto10.org/action-plan/phase-2-train/common-codes-obgyn>) or Common Codes for Orthopedics. (<http://www.roadto10.org/action-plan/phase-2-train/common-codes-orthopedic>). The [Herman & Wallace Pelvic Rehabilitation Institute](#) has created this document for you to help keep some commonly used codes at your disposal.

There are 3 main things that are going to help you transition to ICD-10: 1) knowing how ICD-10 is different than ICD-9, so that you are aware of the additional choices you may need to make, 2) having a comprehensive list of all the codes to choose from, and 3) having a shorter list of codes so you don’t have to move through the entire list!

If you need a primer on ICD-10, Rick Gawenda has done a great job of providing resources, including his courses on the MedBridge website (for discounted pricing, visit <http://www.medbridgeeducation.com/hw-overview>). First, we will cover some how-to about navigating the websites and the lists. Next, we will give you some hints about avoiding the pitfalls of the new system. Finally, we present a short list of some “go-to” codes for most pelvic rehab providers. For great training seminars, you can also check out WebPT’s blog (<https://www.webpt.com/blog>) and other resources on their site.





To begin with, you will want to download and save a list of the new codes. This can be accomplished by heading to <http://cdn.roadto10.org/wp-uploads/2014/08/2015-ICD-10-CM-Tabular-List-of-Diseases-and-Injuries.pdf>. You will see a document with the following title:

## ICD-10-CM TABULAR LIST of DISEASES and INJURIES

### Table of Contents

When you look at the table of contents, note that each section gives you a range of codes labeled by letters, such as A, B, C, D, etc. There are certain sections that are relevant for pelvic rehabilitation, and some which are probably not very useful, such as “Diseases of the Eye and Adnexa.” Examples of some sections with high interest for pelvic rehab are highlighted below.

### Table of Contents

- 1 [Certain infectious and parasitic diseases \(A00-B99\)](#)
- 2 [Neoplasms \(C00-D49\)](#)
- 3 [Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism \(D50-D89\)](#)
- 4 [Endocrine, nutritional and metabolic diseases \(E00-E89\)](#)
- 5 [Mental, Behavioral and Neurodevelopmental disorders \(F01-F99\)](#)
- 6 [Diseases of the nervous system \(G00-G99\)](#)
- 7 [Diseases of the eye and adnexa \(H00-H59\)](#)
- 8 [Diseases of the ear and mastoid process \(H60-H95\)](#)
- 9 [Diseases of the circulatory system \(I00-I99\)](#)
- 10 [Diseases of the respiratory system \(J00-J99\)](#)
- 11 [Diseases of the digestive system \(K00-K95\)](#)
- 12 [Diseases of the skin and subcutaneous tissue \(L00-L99\)](#)
- 13 [Diseases of the musculoskeletal system and connective tissue \(M00-M99\)](#)
- 14 [Diseases of the genitourinary system \(N00-N99\)](#)
- 15 [Pregnancy, childbirth and the puerperium \(O00-O9A\)](#)
- 16 [Certain conditions originating in the perinatal period \(P00-P96\)](#)
- 17 [Congenital malformations, deformations and chromosomal abnormalities \(Q00-Q99\)](#)
- 18 [Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified \(R00-R99\)](#)
- 19 [Injury, poisoning and certain other consequences of external causes \(S00-T88\)](#)
- 20 [External causes of morbidity \(V00-Y99\)](#)
- 21 [Factors influencing health status and contact with health services \(Z00-Z99\)](#)





Each section within the table of contents will also have a list of the “blocks” of information (including the range of codes) and will look like the example below:

**Chapter 14**

**Diseases of the genitourinary system (N00-N99)**

**Excludes2:** certain conditions originating in the perinatal period (P04-P96)  
certain infectious and parasitic diseases (A00-B99)  
complications of pregnancy, childbirth and the puerperium (O00-O9A)  
congenital malformations, deformations and chromosomal abnormalities (Q00-Q99)  
endocrine, nutritional and metabolic diseases (E00-E88)  
injury, poisoning and certain other consequences of external causes (S00-T88)  
neoplasms (C00-D49)  
symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified (R00-R94)

This chapter contains the following blocks:

- N00-N08 [Glomerular diseases](#)
- N10-N16 [Renal tubulo-interstitial diseases](#)
- N17-N19 [Acute kidney failure and chronic kidney disease](#)
- N20-N23 [Urolithiasis](#)
- N25-N29 [Other disorders of kidney and ureter](#)
- N30-N39 [Other diseases of the urinary system](#)
- N40-N53 [Diseases of male genital organs](#)
- N60-N65 [Disorders of breast](#)
- N70-N77 [Inflammatory diseases of female pelvic organs](#)
- N80-N98 [Noninflammatory disorders of female genital tract](#)
- N99 [Intraoperative and postprocedural complications and disorders of genitourinary system, not elsewhere classified](#)

If you look within these sections, you will find, among many conditions and diagnoses, codes for conditions that we commonly use in pelvic rehabilitation. Be sure to choose the most specific and accurate code.





For example, if you were to search the document for “diastasis” when wanting to code diastasis recti you could be directed to page 687 (for instructions on searching a document, click here:

<http://www.wikihow.com/Search-for-a-Word-or-Phrase-in-a-PDF-Document>):



**M62.0 Separation of muscle (nontraumatic)**  
**Diastasis of muscle**

**Excludes1:** diastasis recti complicating pregnancy, labor and delivery (O71.8)  
traumatic separation of muscle- see strain of muscle by body region

**M62.00 Separation of muscle (nontraumatic), unspecified site**

**M62.01 Separation of muscle (nontraumatic), shoulder**

**M62.011 Separation of muscle (nontraumatic), right shoulder**

**M62.012 Separation of muscle (nontraumatic), left shoulder**

**M62.019 Separation of muscle (nontraumatic), unspecified shoulder**

**M62.02 Separation of muscle (nontraumatic), upper arm**

**M62.021 Separation of muscle (nontraumatic), right upper arm**

**M62.022 Separation of muscle (nontraumatic), left upper arm**

**M62.029 Separation of muscle (nontraumatic), unspecified upper arm**

Notice right below the words “Diastasis of muscle” that you then see the exclusion for coding:

**M62.0 Separation of muscle (nontraumatic)**  
**Diastasis of muscle**

**Excludes1:** diastasis recti complicating pregnancy, labor and delivery (O71.8)  
traumatic separation of muscle- see strain of muscle by body region

A helpful thing this document does is to also list the code for the excluded code. This lets you know you would find the code for a traumatic diastasis recti during pregnancy, labor or delivery in the part of the document with the prefix starting with the letter “O” as seen in the above example where code is listed as O71.8.

When you are choosing these codes, remember that there is a lot more to coding than using a cheat sheet! Learn about ICD-10 so you can get all the steps completed correctly, saving you and your patients a lot of work later on. The following is a list of common codes, first by general topic, then listed alphabetically. If there is a code you would like to see added to the list, [let us know](#) and we can update it.



## ICD-10 Common Codes for Pelvic Rehab Providers – Grouped by Topic

### Back Pain

M54.5 Low back pain (Loin pain Lumbago NOS), (Excludes1: low back strain (S39.012), lumbago due to intervertebral disc displacement (M51.2), lumbago with sciatica (M54.4-))  
M62.830 Muscle spasm of back

### Bowel

R14.0 Abdominal distension (gaseous) Bloating Tympanites (abdominal) (intestinal)  
R14.1 Gas pain  
R14.3 Flatulence  
R15 Fecal incontinence Includes: encopresis NOS Excludes1: fecal incontinence of nonorganic origin (F98.1)  
R15.0 Incomplete defecation Excludes1: constipation (K59.0-) fecal impaction (K56.41)  
R15.1 Fecal smearing (Fecal soiling)  
R15.2 Fecal urgency  
R15.9 Full incontinence of feces (Fecal incontinence NOS)  
K58 Irritable bowel syndrome Includes: irritable colon spastic colon  
K58.0 Irritable bowel syndrome with diarrhea  
K58.9 Irritable bowel syndrome without diarrhea Irritable bowel syndrome NOS  
K59.0 Constipation Excludes1: fecal impaction (K56.41) incomplete defecation (R15.0)  
K59.00 Constipation, unspecified  
K59.01 Slow transit constipation  
K59.02 Outlet dysfunction constipation  
K59.09 Other constipation  
K59.1 Functional diarrhea Excludes1: diarrhea NOS (R19.7) irritable bowel syndrome with diarrhea (K58.0)

### Connective Tissue Disorders

L90.5 Scar conditions and fibrosis of skin (adherent scar, cicatrix, disfigurement of skin due to scar, fibrosis of skin NOS, Scar NOS) Excludes2: hypertrophic scar (L91.0), Keloid scar (L91.0)  
M35.7 Hypermobility syndrome (Familial ligamentous laxity)  
Q79.6 Ehlers-Danlos syndrome



## ICD-10 Common Codes for Pelvic Rehab Providers - Grouped by Topic (Cont.)

### Hip pain

#### M16 Osteoarthritis of hip

- M16.11 Unilateral primary osteoarthritis, right hip
- M16.12 Unilateral primary osteoarthritis, left hip
- M16.2 Bilateral osteoarthritis resulting from hip dysplasia
- M16.31 Unilateral osteoarthritis resulting from hip dysplasia, right hip
- M16.32 Unilateral osteoarthritis resulting from hip dysplasia, left hip
- M16.4 Bilateral post-traumatic osteoarthritis of hip
- M16.51 Unilateral post-traumatic osteoarthritis, right hip
- M16.52 Unilateral post-traumatic osteoarthritis, left hip

#### M25.55 Pain in hip

- M25.551 Pain in right hip
- M25.552 Pain in left hip

#### M25.65 Stiffness of hip, not elsewhere classified

- M25.651 Stiffness of right hip, not elsewhere classified
- M25.652 Stiffness of left hip, not elsewhere classified

### Pelvic Injury

#### M84.35 Stress fracture, pelvis and femur (Stress fracture, hip)

- M84.350 Stress fracture, pelvis

### Pelvic Muscle Weakness or Incoordination

#### N81.84 Pelvic Muscle Wasting

#### R27.8 Lack of coordination (muscle incoordination)





## ICD-10 Common Codes for Pelvic Rehab Providers - Grouped by Topic (Cont.)

### Pelvic Pain

- N42.81 Prostatodynia
- M53.3 Sacrococcygeal disorders, not elsewhere classified (Coccygodynia)
- M54.3 Sciatica (Excludes1: lesion of sciatic nerve (G57.0) sciatica due to intervertebral disc disorder (M51.1) sciatica with lumbago (M54.4-))
  - M54.31 Sciatica, right side
  - M54.32 Sciatica, left side
- K59.4 Anal spasm (Proctalgia fugax)
- M62.83 Muscle spasm
  - M62.838 Other muscle spasm
- N94.2 Vaginismus Excludes1: psychogenic vaginismus (F52.5)
- N94.1 Dyspareunia Excludes1: psychogenic dyspareunia (F52.6)
- N94.4 Primary dysmenorrhea
- N94.5 Secondary dysmenorrhea
- N94.6 Dysmenorrhea, unspecified Excludes1: psychogenic dysmenorrhea (F45.8)
- N94.810 Vulvar vestibulitis
- N94.819 Vulvodynia, unspecified
- R10.2 Pelvic and perineal pain Excludes1: vulvodynia (N94.81)
- R10.30 Lower abdominal pain, unspecified

### Peripartum

- M62.0 Separation of muscle (nontraumatic) (Diastasis of muscle) Excludes1: diastasis recti complicating pregnancy, labor and delivery (O71.8) traumatic separation of muscle- see strain of muscle by body region
- S33.4 Traumatic rupture of symphysis pubis

Prolapse (Female Genital) Excludes1: genital prolapse complicating pregnancy, labor, or delivery O34.5-, prolapse and hernia of ovary and fallopian tube N83.4, prolapse of vaginal vault after hysterectomy N99.3

- N81.0 Urethrocele Excludes1: urethrocele with cystocele (N81.1-), urethrocele with prolapse of uterus (N81.2-N81.4)
- N81.10 Cystocele, unspecified (Prolapse of (anterior) vaginal wall NOS)
- N81.2 Incomplete uterovaginal prolapse (First degree uterine prolapse, Prolapse of cervix NOS, Second degree uterine prolapse) Excludes1: cervical stump prolapse (N81.85)
- N81.3 Complete uterovaginal prolapse (Procidentia (uteri), NOS Third degree uterine prolapse)
- N81.4 Uterovaginal prolapse, unspecified (Prolapse of uterus NOS)
- N81.5 Vaginal Enterocele Excludes1: enterocele with prolapse of uterus (N81.2-N81.4)
- N81.6 Rectocele (Prolapse of posterior vaginal wall) Use additional code for any associated fecal incontinence, if applicable (R15.-) Excludes2: perineocele (N81.81) rectal prolapse (K62.3) rectocele with prolapse of uterus (N81.2-N81.4)
- N81.89 Other female genital prolapse (deficient perineum, old laceration of muscles of the pelvic floor)





## ICD-10 Common Codes for Pelvic Rehab Providers - Grouped by Topic (Cont.)

### Urinary

- N30.1 Interstitial cystitis (chronic)
  - N30.10 Interstitial cystitis (chronic) without hematuria
  - N30.11 Interstitial cystitis (chronic) with hematuria
- N31 Neuromuscular dysfunction of bladder, not elsewhere classified- Use additional code to identify any associated urinary incontinence (N39.3-N39.4-) (Excludes1: cord bladder NOS (G95.89), neurogenic bladder due to cauda equina syndrome (G83.4), neuromuscular dysfunction due to spinal cord lesion (G95.89))
- N31.9 Neuromuscular dysfunction of bladder, unspecified (Neurogenic bladder dysfunction NOS)
- N32.81 Overactive bladder (Detrusor muscle hyperactivity) (Excludes1: frequent urination due to specified bladder condition- code to condition)
- N34 Urethritis and urethral syndrome
  - N34.3 Urethral syndrome, unspecified
- R35.0 Frequency of micturition
- R35.1 Nocturia
- R39.11 Hesitancy of micturition
- R39.12 Poor/weak stream
- R39.13 Splitting of stream
- R39.14 Feeling of incomplete bladder emptying
- R39.15 Urgency of Urination Excludes1: urge incontinence (N39.41,N39.46)
- R39.16 Straining to void
- N39.3 Stress incontinence (female) (male) Code also any associated overactive bladder (N32.81) Excludes1: mixed incontinence (N39.46)
- N39.41 Urge incontinence (Excludes1: mixed incontinence (N39.46))
- N39.42 Incontinence without sensory awareness
- N39.43 Post-void dribbling
- N39.44 Nocturnal enuresis
- N39.45 Continuous leakage
- N39.46 Mixed incontinence (Urge and stress incontinence)
- N39.490 Overflow incontinence
- N40.1 Enlarged prostate with lower urinary tract symptoms Enlarged prostate with LUTS Use additional code for associated symptoms, when specified: incomplete bladder emptying (R39.14) nocturia (R35.1) straining on urination (R39.16) urinary frequency (R35.0) urinary hesitancy (R39.11) urinary incontinence (N39.4-) urinary obstruction (N13.8) urinary retention (R33.8) urinary urgency (R39.15) weak urinary stream (R39.12)
- R39.81 Functional urinary incontinence Excludes1: stress incontinence and other specified urinary incontinence (N39.3-N39.4-), urinary incontinence NOS (R32)
- R39.89 Bladder pain





## ICD-10 Common Codes for Pelvic Rehab Providers – Listed Alphabetically

Abdominal distension (gaseous), (Bloating Tympanites (abdominal) (intestinal)) R14.0

Abdominal pain (R10.9) (more specific codes available as right and left upper or lower quadrants)

Anal spasm (Proctalgia fugax) K59.4

Bladder pain R39.89

Coccygodynia (See Sacrococcygeal disorders, not elsewhere classified) M53.3

Complete uterovaginal prolapse (Procidentia (uteri), NOS Third degree uterine prolapse) N81.3

Constipation K59.0 Excludes1: fecal impaction (K56.41) incomplete defecation (R15.0)

Constipation, unspecified K59.00

Continuous leakage N39.45

Cystocele, unspecified (Prolapse of (anterior) vaginal wall NOS) N81.10

Dysmenorrhea, unspecified N94.6 Excludes 1: psychogenic dysmenorrhea (F45.8)

Dyspareunia N94.1 Excludes1: psychogenic dyspareunia (F52.6)

Ehlers-Danlos syndrome Q79.6

Enlarged prostate with lower urinary tract symptoms N40.1 (Enlarged prostate with LUTS) Use additional code for associated symptoms, when specified: incomplete bladder emptying (R39.14) nocturia (R35.1) straining on urination (R39.16) urinary frequency (R35.0) urinary hesitancy (R39.11) urinary incontinence (N39.4-) urinary obstruction (N13.8) urinary retention (R33.8) urinary urgency (R39.15) weak urinary stream (R39.12)

Fecal incontinence R15 Includes: encopresis NOS Excludes1: fecal incontinence of nonorganic origin (F98.1)

Fecal smearing (Fecal soiling) R15.1

Fecal urgency R15.2

Feeling of incomplete bladder emptying R39.14

Flatulence R14.3



## ICD-10 Common Codes for Pelvic Rehab Providers – Listed Alphabetically (Cont.)

Frequency of micturition R35.0

Full incontinence of feces (Fecal incontinence NOS) R15.9

Functional diarrhea K59.1 Excludes 1: diarrhea NOS (R19.7), irritable bowel syndrome with diarrhea (K58.0)

Functional urinary incontinence R39.81 Excludes 1: stress incontinence and other specified urinary incontinence (N39.3-N39.4-), urinary incontinence NOS (R32)

Gas pain R14.1

Hesitancy of micturition R39.11

Hypermobility syndrome (Familial ligamentous laxity) M35.7

Incomplete defecation R15.0 Excludes 1: constipation (K59.0-) fecal impaction (K56.41)  
N39.42 Incontinence without sensory awareness

Incomplete uterovaginal prolapse N81.2

Interstitial cystitis (chronic) N30.1

Interstitial cystitis (chronic) without hematuria N30.10

Interstitial cystitis (chronic) with hematuria N30.11

Irritable bowel syndrome Includes: irritable colon spastic colon K58

Irritable bowel syndrome with diarrhea K58.0

Irritable bowel syndrome without diarrhea (Irritable bowel syndrome NOS) K58.9

Low back pain (Loin pain, Lumbago NOS) M54.5 (Excludes 1: low back strain (S39.012), lumbago due to intervertebral disc displacement (M51.2-), lumbago with sciatica (M54.4))

Mixed incontinence (Urge and stress incontinence) N39.46

Muscle spasm M62.83

Other muscle spasm M62.838

Muscle spasm of back M62.830

Neuromuscular dysfunction of bladder, not elsewhere classified N31- Use additional code to identify any associated urinary incontinence (N39.3-N39.4-) (Excludes 1: cord bladder NOS (G95.89), neurogenic bladder due to cauda equina syndrome (G83.4), neuromuscular dysfunction due to spinal cord lesion (G95.89))

Neuromuscular dysfunction of bladder, unspecified N31.9 (Neurogenic bladder dysfunction NOS)





**ICD-10 Common Codes for Pelvic Rehab Providers – Listed Alphabetically (Cont.)**

Nocturia R35.1

Nocturnal enuresis N39.44

Lower abdominal pain, unspecified R10.30

Osteoarthritis of hip M16

Unilateral primary osteoarthritis, right hip M16.11

Unilateral primary osteoarthritis, left hip M16.12

Bilateral osteoarthritis resulting from hip dysplasia M16.2

Unilateral osteoarthritis resulting from hip dysplasia, right hip M16.31

Unilateral osteoarthritis resulting from hip dysplasia, left hip M16.32

Bilateral post-traumatic osteoarthritis of hip M16.4

Unilateral post-traumatic osteoarthritis, right hip M16.51

Unilateral post-traumatic osteoarthritis, left hip M16.52

Other female genital prolapse (deficient perineum, old laceration of muscles of the pelvic floor) N81.89

Outlet dysfunction constipation K59.02

Overactive bladder (N32.81) (Detrusor muscle hyperactivity) (Excludes1: frequent urination due to specified bladder condition- code to condition)

Overflow incontinence N39.490

Pain in hip M25.55

Pain in right hip M25.551

Pain in left hip M25.552

Pelvic and perineal pain R10.2 Excludes1: vulvodynia (N94.81)

Pelvic Muscle Wasting N81.84

Poor/weak stream R39.12

Post-void dribbling N39.43

Primary dysmenorrhea N94.4

Prostatodynia N42.81





## ICD-10 Common Codes for Pelvic Rehab Providers – Listed Alphabetically (Cont.)

### Radiculopathy M54.1

- Radiculopathy, thoracolumbar region M54.15
- Radiculopathy, lumbar region M54.16
- Radiculopathy, lumbosacral region M54.17
- Radiculopathy, sacral and sacrococcygeal region M54.18

Rectocele N81.6 (Prolapse of posterior vaginal wall) Use additional code for any associated fecal incontinence, if applicable (R15.-) Excludes2: perineocele (N81.81) rectal prolapse (K62.3) rectocele with prolapse of uterus (N81.2-N81.4)

Sacrococcygeal disorders, not elsewhere classified (Coccygodynia) M53.3

Scar conditions and fibrosis of skin L90.5 (adherent scar, cicatrix, disfigurement of skin due to scar, fibrosis of skin NOS, Scar NOS) Excludes2: hypertrophic scar (L91.0), Keloid scar (L91.0)

Sciatica M54.3 (Excludes1: lesion of sciatic nerve (G57.0) sciatica due to intervertebral disc disorder (M51.1-)

- sciatica with lumbago (M54.4-))
- Sciatica, right side M54.31
- Sciatica, left side M54.32

Secondary dysmenorrhea N94.5

Separation of muscle (nontraumatic) M62.0 (Diastasis of muscle) Excludes1: diastasis recti complicating pregnancy, labor and delivery (O71.8) traumatic separation of muscle- see strain of muscle by body region

Slow transit constipation K59.01

Splitting of stream R39.13

Stiffness of hip, not elsewhere classified M25.65

- Stiffness of right hip, not elsewhere classified M25.651
- Stiffness of left hip, not elsewhere classified M25.652

Straining to void R39.16

Stress fracture, pelvis and femur (Stress fracture, hip) M84.35

- Stress fracture, pelvis M84.350

Stress incontinence (female) (male) N39.3 (Code also any associated overactive bladder) (Excludes 1: mixed incontinence)





**ICD-10 Common Codes for Pelvic Rehab Providers – Listed Alphabetically (Cont.)**

Traumatic rupture of symphysis pubis S33.4

Urethritis and urethral syndrome N34

Urethral syndrome, unspecified N34.3

Urethrocele N81.0

Urge incontinence N39.41 (Excludes 1: mixed incontinence (N39.46))

Urgency of Urination R39.15 Excludes1: urge incontinence (N39.41,N39.46)

Uterovaginal prolapse, unspecified (Prolapse of uterus NOS) N81.4

Vaginal Enterocoele N81.5 Excludes1: enterocele with prolapse of uterus (N81.2-N81.4)

Vaginismus N94.2 Excludes 1: psychogenic vaginismus (F52.5)

Vulvar vestibulitis N94.810

Vulvodynia N94.819, unspecified

