



Enhanced Recovery and Wellness

Dr. Rebeca Segraves, PT, DPT, WCS
 Clinical Director | rebeca@erawinc.com

Enhanced Recovery and Wellness, LLC

6364 Marilee Way, Colorado Springs, CO, 80911
 (tel) 719-270-0155 | (fax) 719-349-5267

Acute Women's Health Rehabilitation



Our Mission

We expand early access to women's health rehabilitation in the hospital and home to maximize recovery and function.

Enhanced Recovery and Wellness, LLC is a specialized health consulting and continuing education firm supporting hospitals in the design and implementation of early recovery and rehabilitation programs. We work with health systems to develop pelvic health, perinatal, and oncology care pathways that function as a standard of care after birth, surgery, and cancer diagnosis. Our work focuses on early intervention, role clarity, and clinical coordination to maximize function during critical recovery windows and reduce long-term impairment. Our evidence-based pathway, Enhanced Recovery After Delivery®, supports hospitals in delivering structured maternal recovery within the first 24-48 hours across birth settings, aligning clinical outcomes with operational and organizational priorities.

Acute Women's Health Rehabilitation Consulting and Program Development Services:

- Clinical Program Design and Optimization
- Sustainable Rehabilitation Program Development
- Clinical Leadership and Interdisciplinary Collaboration
- Physician Engagement and Care Coordination
- Strategic Service Line Growth and Expansion

Distinctions

- System-Level Care Design



Enhanced Recovery After Delivery®





Enhanced Recovery and Wellness

Systems That We Support Build Sustainable, Patient-Centered Early Recovery Programs

Acute Women's Health Consulting and Program Development Engagement Options and Investment

I. Acute Women's Health Program Lead / Coordinator Role Design

Designed for hospitals establishing or formalizing an acute women's health program lead or clinical coordinator role.

Includes:

- Role definition and scope of responsibility
- Alignment of leadership, coordination, and clinical functions
- Integration across acute and outpatient women's health services
- Strategic considerations for staffing, sustainability, and growth
- Written summary of recommendations

Timeline: 2–3 weeks | **Investment:** \$7,500



Our Signature Program



Enhanced Recovery After Delivery®

Our Vision

Occupational and physical therapy will be standard of care before and after birth to optimize mental and physical function.

II. Acute Women's Health Program Development and Team Mentorship

Designed for hospitals actively building or expanding acute women's health services.

Includes

- Operational support for implementing the program lead or coordinator role
- Mentorship support for women's health rehab clinicians across settings
- Physician engagement and collaboration strategy
- Program development and refinement support
- Implementation guidance aligned with hospital operations

Timeline: 3 months | **Investment:** \$24,000



III. Acute Women's Health Program Advisory Support

Designed for hospitals seeking ongoing guidance as acute women's health programs mature or expand.

Includes

- Monthly advisory sessions with program leadership
- Ongoing support for physician alignment and interdisciplinary coordination
- Strategic guidance for program refinement and expansion
- Decision support during program growth or role evolution

Timeline: 6-month minimum | **Investment:** \$6,000 per month