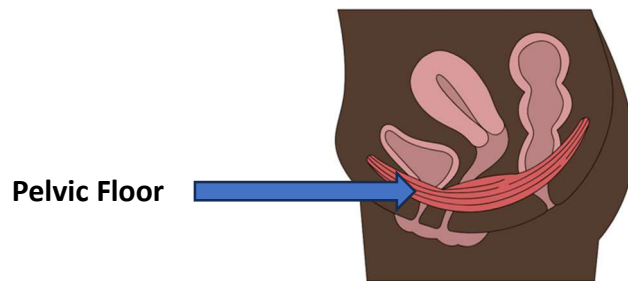


## What is pediatric pelvic floor physical therapy?

Pediatric pelvic floor physical therapy (PT) is a specialized therapy that focuses on pelvic conditions and symptoms for children from birth to 17 years. Our pediatric pelvic floor specialist has advanced certifications in pediatric pelvic floor therapy from Herman & Wallace Pelvic Rehab Institute and the American Physical Therapy Association Academy of Pelvic Health.

## What is the pelvic floor?

It is a group of muscles that sits low in the pelvis that looks and acts like a sling that hold the structures responsible for pooping and peeing. When you feel the urge to use the bathroom, these muscles tighten up to hold it in until you can make it to the toilet. When you are on the toilet, these muscles will relax to allow you to completely empty your bowel and bladder. When people struggle with constipation, difficulty peeing, and accidents, they have trouble controlling their pelvic floor. Some people have pelvic floors that are too tight and don't let them relax enough to let things out, and some people have pelvic floors that are too weak and can't hold things in. Pelvic floor therapy can address those muscles and improve overall pelvic floor function.



## What can be treated with pelvic floor therapy?

Pelvic floor therapy can assist with a wide array of causes of pelvic floor dysfunction including, but not limited to, the following diagnoses:



- Bedwetting
- Difficulty with potty training
- Constipation
- Fecal incontinence (smearing in underwear)
- Overactive bladder
- Urinary frequency/retention
- Urinary incontinence
- Vesicoureteral reflux (backflow of urine into the kidney)
- Pelvic pain

## What can we expect at our first visit with the pediatric pelvic floor physical therapist?

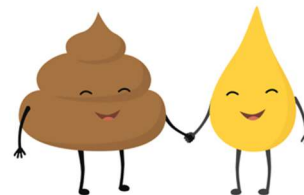
- The therapist will ask questions about your child, including:
  - Medical history
  - Daily routine/Schedule
  - Toileting habits
  - Diet
  - Exercise
  - Current symptoms
  - Medicines and other treatments you have already tried
- The therapist will assess your child's strength, flexibility, balance, and posture.
- The therapist may have your child sit on the toilet with clothes on to show the posture they use when toileting.
- The therapist may look at your child's pelvic floor muscles to see how well they can tighten and relax those muscles. All of this is done externally. **There are no internal exams performed on children.**
- The therapist may use biofeedback, which is equipment with electrodes that stick to your child's hips and bottom to allow the therapist, the child, and the parents to see how well they are squeezing and relaxing their pelvic floor muscles. This is not painful and does not involve anything done internally.
- The therapist will then provide a plan for treatment.



## What type of treatment can we expect?

Some or all the following treatments may be applied based on individual needs:

- Patient and family education
- Behavior and diet strategies to improve your child's bathroom habits
- Bladder re-training
- Pelvic floor muscle re-education
- Biofeedback
- Therapeutic ultrasound imaging
- Core strengthening
- Posture training



## How long will my child need to be in therapy?

Physical therapy is very individualized and the length of time may vary, however most patients need 8-12 weeks of consistent therapy and home exercises to see significant results. Physical therapy can seem time consuming; however, it is a great non-invasive treatment to help children with bowel and bladder issues achieve their goals and improve their quality of life.