



Does Your Child Suffer From Incontinence or Bedwetting?

Pelvic floor physical therapy involves the diagnosis, treatment and management of bowel and bladder dysfunctions.

PEDIATRIC PELVIC FLOOR PROGRAM

1 in 10 five-year-olds experience urinary leakage during the day.

Wetting the bed or any urinary or fecal incontinence is abnormal after the age of 5 and can cause psychological disturbances such as:

- Embarrassment or shame
- Frustration or anger
- Low self-esteem
- Anxiety or depression

Your physical therapist will work closely with your child, family, physician, GI or urology specialists to ensure the best outcomes.



Common bowel and bladder conditions that a pelvic floor physical therapy can help treat include:

- Toilet refusals
- Bedwetting (enuresis)
- Voiding dysfunction
- Daytime urinary incontinence
- Urinary urgency and frequency
- Constipation
- Excessive gas or abdominal bloating
- Fecal urgency and/or frequency
- Fecal retention (hard to get poop out)
- Excessive gas or abdominal bloating
- Bowel incontinence (poop leaks)
- Pain with pooping

Treatment goals are to reduce current symptoms, preventing symptoms from getting worse, and promoting optimal bowel and bladder function and health. Physical therapy exercises and treatment may include:

- Kegels
- Abdominal core and postural exercises
- Relaxation and diaphragmatic breathing exercises
- Urotherapy education
- Surface EMG biofeedback
- Transabdominal e-stim
- Manual therapy techniques such as abdominal massage
- Proper toileting posture

Please contact your physician and/or primary care provider for a referral to Pediatric Pelvic Floor Physical Therapy.

Outpatient Physical Therapy

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