#### What is the Pelvic Floor?

- The pelvic floor is a group of muscles at the bottom of your pelvis that support your organs and controls your bowel and bladder.
- These muscles tighten to keep pee and poop in your body as you walk to the bathroom.
- They relax when you are ready to void.

## Who can have pelvic floor dysfunction?

Children with the following conditions have an increased risk of pelvic floor dysfunction:

- Prolonged or unsuccessful potty training
- Gross motor delay
- Neuromuscular conditions
- Toe walking
- Muskuloskeletal weakness or pain
- · Sensory processing disorder
- Autism, ADHD, or OCD
- · Anxiety, Stress
- Obesity

#### What conditions do we treat?

- Urinary Incontinence
  - Daytime wetting
  - Bedwetting
  - Stress incontinence
- Dysfunctional or incomplete voiding
- Constipation
- Encopresis
  - · Bowel accidents
  - · Fecal staining
- Witholding behaviors
- Pain with voids
- Straining during voids
- Back, hip, abdominal, or pelvic pain

## Pelvic Health Evaluation and Treatment

During your evaluation the physical therapist will:

- Obtain medical history and a list of current concerns
- Review toileting, physical activity, and diet habits
- Assess posture, strength, range of motion, and gross motor skills
- · Assess toileting posture
- · May perform external exam if warranted

Treatments are individualized to your child's needs. They may include:

- Education for behavior modifications
- Stretching and strengthening exercises
- Manual therapy
- Biofeedback or electrical stimulation appointment, please call our office to discuss.

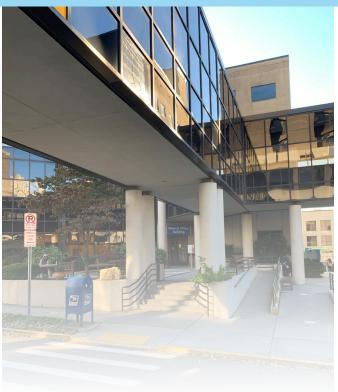
#### **Pediatic Pelvic Health**

Physical therapy helps your child gain control of their bowel and bladder and improves independence with toileting.



### Why Choose Us

- Our experienced pediatric physical therapist creates kid friendly, individualized programs.
- We provide family centered education so there is carry over at home.
- We will collaborate with your child's medical team so that we are considering your child's entire body.





#### Rehabilitation

**Downtown Main Campus Rehabilitation Center** 

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# Pelvic Health Physical Therapy



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