

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
- Musculoskeletal 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
- Withholding 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.



Pediatric 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

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