



# Incontinence? Pelvic Floor Physical Therapy May Help

## Does Your Child Have?

- Frequent trips to the restroom?
- Bowel or bladder leaks often?
- Complaints of pain during bladder/ bowel movement?
- Difficulty toilet training?
- A medical condition causing incontinence?

## Common Diagnoses

### Neurological Diagnoses

- Tumors and cancer of the brain and spine
- Cerebral Palsy
- Hydrocephalus
- Spina Bifida
- Chiari Malformation

### Psychological and Behavioral Disorders

- ADHD

### Sensory and Processing Disorders

- Autism

## WHAT TO LOOK FOR

### Bowel Signs and Symptoms:

- Bloating
- Constipation
- Straining with bowel movements
- Leaking of stool
- Sense of incomplete evacuation

### Urinary Signs and Symptoms:

- Increased frequency of urination
- Decreased frequency of urination
- Hesitancy to urinate
- Feelings of still having urine in the bladder
- Leaking of urine
- Frequent bladder infections
- Bladder pain
- Urgency

## What is Incontinence?

**Urinary or Fecal Incontinence is the inability to control urine or bowel flow.**

**May be caused by pelvic floor muscles being too tight, too weak, or in spasm.**

## Questions to Ask Your Child's Healthcare Provider

- What are treatment options for incontinence? Do we need to see a specialist?
- Will my child's incontinence improve or worsen?
- How can I help my child's condition at home, school, and in the community?
- How do I talk to my child about incontinence?
- Are there support groups for incontinence?

*Pelvic Floor Physical Therapy can help a child regain control of their bladder and bowel.*

*A specialized physical therapist will examine your child with you present. This will include examination of the pelvic and abdomen muscles. Common treatment may include muscle retraining, biofeedback, education, behavior modification, massage, stretching and strengthening of the pelvic floor and surrounding muscles, diet changes, and a daily home exercise program. Ask your health care provider for a referral today. Call **402-559-6415** for more information.*