



Pelvic Floor Dysfunction and Incontinence

Children's Care provides an extensive evaluation and treatment program for children, adolescents, or adults suffering from pelvic floor dysfunction and incontinence.

The pelvic floor muscles support the pelvic organs, bladder and rectum, critical to bowel and bladder function. A variety of conditions can interfere with an individual's ability to utilize those muscles effectively, impacting health and lifestyle of both the individual and/or family members.

Children's Care physical therapy specialists are trained to evaluate and treat a number of pelvic floor dysfunctions including:

- **Dysfunctional Voiding:** hypertonic or hypotonic muscles (high or low tone in pelvic floor muscles; pelvic floor muscle instability, poor awareness of muscle contraction).
- **(VUR) Vesicoureteral Reflux:** with or without nephropathy; Urine back-up into ureters / kidneys.
- **Stress Incontinence:** Leakage of urine during activities that cause increased pressure to the bladder (laughing, sneezing, coughing, jumping, running).
- **Urge Incontinence:** Leakage of urine with strong bladder urges.
- **Fecal Incontinence:** Leakage of feces in small or large amounts (streaking on underwear, complete emptying in underwear).
- **Nocturnal Enuresis:** Night time bed wetting.
- **Polyuria:** Increased frequency of urinations during the day (more than six).
- **Nocturia:** Increased frequency of urinations at night (should be able to hold all night).
- **Incoordination:** Muscle activity does not coordinate with sphincter for complete holding or voiding.



(Cont.)

Evaluations and Treatment

A Children's Care physical therapist will assess factors which can contribute to pelvic floor dysfunction, including dietary, medical, behavioral, cognitive, muscle weakness, tightening, or coordination.

We utilize biofeedback as a non-invasive and effective evaluation of muscle activity and progress during treatment.

Once a condition and contributing factors are determined, our physical therapist will work with an individual and/or family to develop an effective treatment program, including pelvic floor strengthening, relaxation, and coordination exercises, depending on the condition.

In addition, our specialist will consult with a patient on bladder and bowel retraining, as well as needed dietary and lifestyle changes.

For more information, please call Children's Care at 605-782-2300 or e-mail us at info@cchs.org.