

Pelvic Health

Pediatric Pelvic Health

Although millions of children suffer from pelvic floor dysfunction, it often takes a long time to receive the right treatment. Typically, children are toilet trained by age 4. After age 4, bowel and bladder dysfunction is considered a major medical issue that affects the family unit. Our highly trained physical therapists have extensive experience working with kids and teens in land, pelvic floor and aquatics PT. During each session, your child or teen will work exclusively with one of our physical therapists to help build strength, improve movement, and strengthen the skills and confidence needed to complete daily activities.

Pelvic problems in children greatly influence the quality of life, self-image, social interactions, participation in sports, etc. A pelvic physical therapist can help restore normality in bladder and bowel function and prevent the progression of problems that, if untreated, may be carried over into adult life.

Pelvic dysfunction problems in children in general, and in those with neurological pathologies even more, are markedly different from those in adults. Thus a therapist needs to work with parents, teachers, and other healthcare professionals such as urologists, GI's, pediatric physical therapists, and psychologists to provide an integrated and comprehensive plan of care. All pelvic physical therapy treatments are always done with a physical therapist trained in pediatric pelvic floor issues, and always with your doctor's knowledge. Children are dressed and parents and guardians are present. The room is private and comfortable.

Children and adolescents who experience difficulty with bladder control may be susceptible to bladder infections, constipation, difficulty sensing bladder fullness, or other problems due to incomplete emptying of the bladder. Children might have urinary leakage (wetting) during the day or night. Problems with bowel control may also occur. Problems occur when these muscles are too tight, too weak, or in spasm.

Common problems include:

- Constipation
- Increased urinary frequency
- Decreased urinary frequency
- Day-time incontinence
- Night-time incontinence, bed-wetting, or enuresis
- Giggle incontinence
- Incontinence in the athletic female child or teenager
- Waking up in the night to urinate or nocturia
- Difficulty with urination: straining, slow flow, pain during or after urination
- Reduced sensation of bladder or bowel fullness
- Pain in the abdomen, bladder or lower back
- Fecal incontinence
- Treatment after pediatric pelvic surgeries

Children presenting with neurological pathologies such as Cerebral Palsy, Autism, Down's Syndrome and Spina Bifida suffer a higher incidence of constipation and bladder dysfunction. These children suffer from muscle tone alterations and mobility impairments that require an integrated pediatric and pelvic physical therapy approach.

At Sutton Place Physical Therapy, we look at each child or teenager's problem holistically. Our therapists use traditional pelvic physical therapy techniques such as biofeedback and yoga to improve the child's

awareness of the pelvis and the pelvic floor muscles and promote good coordination of the pelvis, breathing, core, and postural systems. Also, we offer radiofrequency Indiba™ technology that may be especially useful in pain and scar tissue resulting from pelvic surgeries.

Call us today to learn more about our pediatric physical therapy program.

To learn more check out these two videos about our pediatric pelvic health program: