



Pelvic Floor Therapy and Biofeedback

Pelvic floor therapy helps train children in proper toileting techniques to improve holding urine for long periods of time, leakage of urine, pain with urination and recurrent infections. The use of animated computer games helps children to understand which pelvic floor muscles they are using and when they should use them.

What to expect:

- Specialists attach electrodes to the child's leg and stomach muscles.
- The child is asked to tighten and relax these muscles. These movements are monitored by the video game.
- Points are awarded every time the child successfully relaxes or tightens his or her muscles.

Comprehensive Treatment

Pelvic floor therapy is part of a comprehensive approach for treating voiding dysfunction. It is always combined with behavior modification, such as timed bathroom scheduling, dietary changes to avoid bladder irritants and constipation treatment, a common problem for children with voiding problems.

Medication may also be a part of the treatment plan, however, our goal is to improve bladder function and eliminate the need for medication.

Typically, children will have one session a week for 4-6 weeks. After one month, our doctors will evaluate your child's progress and send you home with specific exercises and other pertinent material.