

## Frequently Asked Questions

### How can my child access physical therapy for incontinence?

We receive referrals from community pediatricians, specialists such as urologists, and internal providers. If you think pelvic floor rehabilitation could benefit your child, speak with your primary care provider to request a referral.

### How long does treatment last?

The initial evaluation will take place over a two hour time block. After the evaluation, the therapist will give you techniques to try at home to kick-start the process. Typical episodes of treatment may range from 6-12 sessions depending on the diagnosis and progress. Compliance with home programming and weekly charting is crucial to obtain positive outcomes.

### What is pelvic floor biofeedback?

Pelvic floor biofeedback is a treatment used to help children learn to strengthen or relax their pelvic floor muscles in order to improve bladder and/or bowel function. It is a painless process that uses special sensors and a computer monitor to display information about muscle activity.

### How is pelvic floor biofeedback performed?

Biofeedback is performed in a private treatment room by physical therapists with specialized training in biofeedback. The child and parent are brought into the treatment room, and principles of biofeedback are fully explained. Sensors are placed externally over the pelvic floor musculature and connected to a computer so activation and relaxation can be seen on the computer screen.

### Who can I contact with additional questions?

Laura Higgins, PT, DPT, Board Certified Pediatric Clinical Specialist  
888-244-5373 ext. 5103  
LHiggins@childrens-specialized.org

Allison Heschle, PT, DPT  
888-244-5373 ext. 5236  
AHeschle@childrens-specialized.org



Children's  
Specialized Hospital®

An RWJBarnabas Health facility

150 New Providence Road  
Mountainside, NJ 07092  
Phone: 888-244-5373  
[www.childrens-specialized.org](http://www.childrens-specialized.org)



Children's  
Specialized Hospital®

An RWJBarnabas Health facility

## Pediatric Pelvic Floor Rehabilitation at Children's Specialized Hospital



150 New Providence Road  
Mountainside, NJ 07092  
Phone: 888-244-5373

[www.childrens-specialized.org](http://www.childrens-specialized.org)

## About Pediatric Incontinence

As many as 1 in 7 school-aged children will struggle with pelvic floor dysfunction presented as incontinence. Many of these children will go on to suffer with bladder and bowel management into adulthood if it isn't properly treated. The cause of pediatric incontinence is often times related to a lack of strength or coordination of the muscles that make up the pelvic floor. Pelvic floor dysfunction can also present as leaking urine or feces, constipation, changes in voiding frequency, or a combination of these symptoms.

## Role of Physical Therapists in Managing Pediatric Incontinence

Physical therapy can help in providing exercises for the pelvic floor and abdominal muscles, improving posture, and providing patient and family education for improved pelvic health. A specially trained physical therapist will work individually with your child and your family to provide optimal family centered care to improve your child's symptoms.



## Is Pelvic Floor Rehabilitation right for your child?

Physical therapists can treat a wide array of causes of pelvic floor dysfunction including the following diagnoses:

- Urinary incontinence
- Urinary urgency
- Urinary frequency/retention
- Bedwetting
- Constipation
- Fecal incontinence
- Overactive bladder

You will begin by meeting with a specially trained physical therapist to discuss your child's bladder/bowel habits and they will assess your child's symptoms. The physical therapist will then perform an examination of pelvic floor muscles, abdominal/core muscles, range of motion and posture. Based on your evaluation, treatment will include:

- Patient and family education
- Behavior and diet strategies to improve your child's bathroom habits
- Bladder re-training
- Biofeedback
- Pelvic floor muscle re-education
- Core strengthening
- Posture training