

Frequently Asked Questions

How can my child access physical therapy for incontinence?

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

How long does treatment last?

First, your child will be evaluated to determine their pelvic health needs. Typical episodes of treatment may range from 4-8 sessions depending on the child's presentation and progress. Compliance with home programming and weekly charting is crucial to obtain positive outcomes.

My doctor recommended biofeedback. What is this?

Biofeedback for the pelvic floor is a treatment used to help children learn to activate or relax their pelvic floor muscles in order to improve bowel and/or bladder 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 a treatment technique performed by the child under the direction of a physical therapist with training in biofeedback. The child and caregiver are seen in a private treatment room where the process of biofeedback is fully explained. Sensors are placed externally over the related muscles. Then, the child plays a simple video game that responds through the muscle activity. While the child views a game on a screen, clinical information is relayed to the therapist on a separate screen.

**To schedule an evaluation for your child, please call:
908-264-5208.**

Pelvic Health services are currently available at our Hamilton, Monmouth, and Union locations.*

*subject to change

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Pelvic Health Issues

As many as 1 in 7 school aged-children experience pelvic health related issues. Pelvic health issues can present as uncontrolled leaking of urine or feces, constipation, changes in voiding frequency, or a combination of these symptoms. The cause of pediatric pelvic health issues is often times related to a lack of strength or coordination of the muscles that make up the pelvic floor.

Role of Physical Therapists in Pelvic Health Care

Physical therapy can help you and your child manage their pelvic health issues by providing strategies to incorporate each time your child uses the bathroom, provide exercises that address your child's pelvic floor, core, and other related muscles and strategies for improving overall pelvic health. A physical therapist with specialized training in pediatric pelvic health will work individually with you and your child to provide optimal family centered care to improve your child's symptoms.



Is Pelvic Floor Rehabilitation right for your child?

Pelvic physical therapists can treat a wide array of pelvic dysfunction including common diagnoses such as:

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

You will begin by meeting with a specially trained physical therapist to discuss your child's bowel/bladder habits and they will assess your child's symptoms. The physical therapist will then perform an evaluation.

Based on your evaluation, treatment may include:

- Patient and family education
- Strategies to complete during toileting throughout the day
- Behavior and diet strategies to improve your child's bathroom habits
- Bladder re-training
- Biofeedback
- Pelvic floor muscle re-education
- Core strengthening
- Posture training
- Breathing strategies



Scan the QR code to learn more and request an appointment.