



11030 Raven Ridge Rd
Suite 101
Raleigh, NC 27614
P: 919.844.6611
F: 919.844.6612
www.actwc.com

Physical Therapy Treatment for Bowel and Bladder Incontinence

Why?

Pelvic floor issues can arise in children with normal and abnormal development which can impact bowel and bladder function.

Full daytime continence typically occurs by 4 years of age. Nighttime continence varies some studies say treat if not dry by 6-7 years, some earlier (5 years). If your client is not continent by these ages, a physical therapy referral is recommended.

Chronic constipation can result in a weak pelvic floor and accidents.

How can PT help?

- * Bladder Diary: Looks at fluid intake, frequency of BM and urination, food intake: fiber, any bladder irritants, amounts of leakage and activity with leakage.
- * Constipation management in conjunction with pediatrician
- * Musculoskeletal exam
- * PFM external exam
- * Diaphragmatic breathing
- * Therapeutic exercises to target insufficient muscles

Typical treatment time is 6-8 visits over a few months. Longer with enuresis with daytime symptoms as well as any psychological comorbidities.

When to refer

1. Child is not continent by expected age range.
2. Child has bladder or bowel accidents.
3. Child avoids or expresses fear of toileting. Family reports withholding of urine or stool. Child has history of constipation.
4. Child avoids certain activities because they are not continent or afraid of having an accident.

Send referrals to Jessica Holmes, PT at Abilitations- Raleigh Clinic

Jessica Holmes, PT
jessicah@actwc.com
Pediatric Pelvic Floor and Incontinence Trained