

## Bedwetting in children older than 6 is not always normal.

You may feel frustrated with your child, but there may be an underlying problem. Many children have relief from constipation in the first two weeks with our program. Pediatric bladder and bowel problems are often related to issues that a physical therapist with special training can help fix.

### Yes or No?

- Is your child over 5 years old and still wetting the bed?
- Is your child potty-trained but they still have "daytime" mishaps?
- Does your child frequently urinate (More than 8 times per day)?
- Does your child suffer from constipation?
- Does your child shy away from social activities due to bladder issues?
- Are you nervous about using medication to control bladder problems?



Yes!

Even one "Yes" means your child may be a good candidate for the LCGH Pediatric Bladder or Bowel Control Program.

## Common Bladder Problems

- **Bedwetting** - When children are over six, their pelvic floor muscles start to get stronger and are capable of retaining urine all night. Isolated incidents of bedwetting as children get older are not uncommon. Bedwetting one or more times per week can likely be improved with conservative treatment. Bladder control can be developed using muscular training by a physical therapist with expertise in these techniques.
- **Daytime accidents** - Children who are potty trained but still have daytime accidents after the age of six are dealing with a different type of problem. They can control their bladder in a structured environment, but when distractions are present, your child continues to wet. Your child may not recognize the signal their bladder is sending from their brain, which can be trained through our specialized pediatric program.



## Common Bowel Problems

- **Constipation or painful bowel movements** - Persistent constipation or painful bowel movements can be very scary for your child. There are many causes of constipation but some can be helped with simple dietary changes combined with a physical therapy program aimed at teaching the child strategies to control their bowels in a more comfortable way.

## What to expect... What can physical therapy do to help?

If your child is a candidate for our program, treatment options can include simple exercises to contract and relax the pelvic floor, diet modification, stretching and strengthening of the pelvic floor and surrounding muscles, and relaxation techniques.



**Biofeedback** is also utilized to aid in locating and exercising the proper pelvic musculature. Small electrodes are attached externally to the pelvic floor musculature, which pick up the muscle signal and are fed into a computer and displayed. This allows accurate diagnosis of the quality of the contraction and relaxation and provides patients with immediate feedback on how they are progressing. This treatment is very effective and non-invasive.

**The biofeedback programs are designed similarly to video games to keep the interest of the child.** Finally, bowel and bladder re-training are accomplished using behavior modification to assist the patient in normalizing the frequency of elimination and re-gain bowel and bladder control.

These improvements can all lead to a better quality of life for your child and family. We also teach parents strategies for how to handle the struggles their child is experiencing, helping your child gain the confidence and control to thrive.



For more information call  
315-376-5225



## Bladder Control Builds Confidence

Our program provides your child with exercises and activities designed to help train the muscles used to control bladder and bowel function. The program comes complete with dietary and behavioral education for the child and parents to help yield long lasting results.

If you are concerned about your child's bowel or bladder problem it is best to be proactive and look for a solution. While the program may sort itself out in a few years' time, it may not. Furthermore, the longer you wait, the worse it could get, impacting your child's self-esteem and confidence.



*Lynne Pominville, PT  
Physical Therapist*

Your child quickly becomes the "boss" of his bladder with improved control and confidence typically in the very first week. Our child friendly program trains the muscles that control bladder and bowel function.

*For more information  
about the  
**Pediatric Bladder Program**  
**315-376-5225***



**Lewis County  
Health System**  
Your Health Partner

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*(Located on the 2nd Floor  
of the Rehabilitation Building.)*  
**315-376-5200**  
[www.lcgh.net](http://www.lcgh.net)



**Lewis County  
Health System**  
Your Health Partner

## Pediatric Bladder Program



**315-376-5225**

The LCGH Pediatric Bladder Program helps children become the "boss" of their bladders and bowels and trains them to improve control. The program comes complete with dietary and behavioral education for the child and parents to help yield long lasting results.