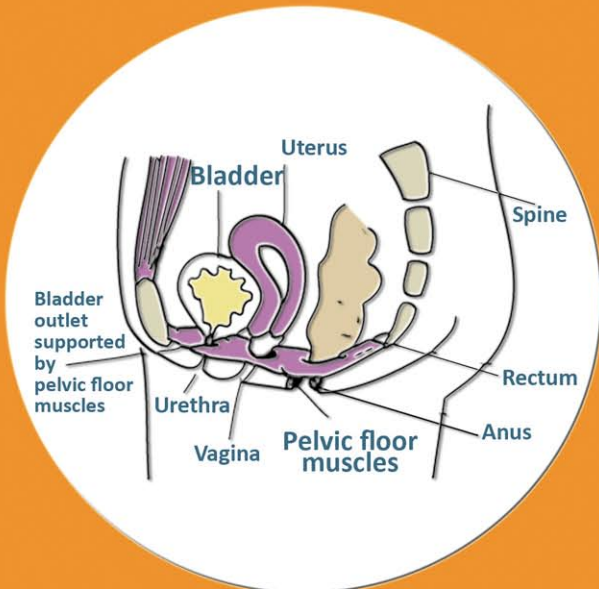


What Is Pelvic Floor Dysfunction?

Pelvic floor muscles are designed to control the outlets of the bladder and rectum. When the pelvic floor muscles do not work together as they should with the bladder and/or bowel, a child can experience inappropriate emptying and voiding past the typical age when toilet training is accomplished. This, in turn, may begin an abnormal cycle of elimination that is difficult to stop without help. Pelvic Floor Dysfunction describes a variety of problems that can occur when the muscles are too weak, spastic, tight, or uncoordinated.



Integrity

Rehab & Home Health

Phone: 254.699.3933

Fax: 254.526.8604

5302 Janelle Dr., Killeen, TX 76549

www.IntegrityRehab.net



Most Insurance Accepted, Including:
Medicaid
Scott & White Health Plan
Tricare

Bedwetting & Constipation Therapy Especially for Children



Pediatric Physical Therapy for Pelvic Floor Dysfunction



Integrity

Rehab & Home Health

"One on One Quality Care"



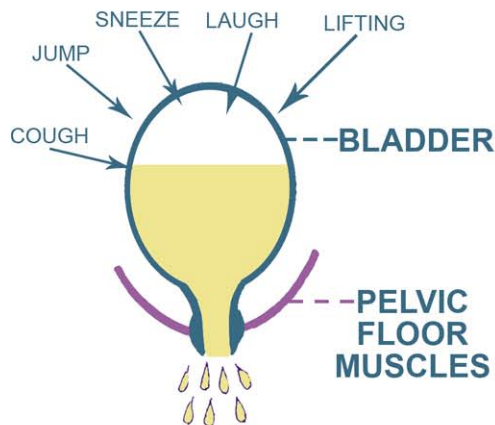
Pediatric Care at Integrity Rehab

One on One Quality Care

Integrity

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ACTIVITIES THAT PUSH DOWN ON THE PELVIC FLOOR



Can Your Child Benefit?

Your child can benefit from pelvic floor physical therapy if he or she experiences:

- Bedwetting (after 4 years of age)
- Involuntary loss of urine with activity -- jumping, sneezing, laughing
- Infrequent urination (3 or fewer times per day)
- Frequent urination (over 8 times in 24 hours)
- Constipation (less than 1 bowel movement per day)
- Does not empty the bladder completely
- History of urinary tract infection
- Poor control of bowels
- Excessive gas and bloating
- Diarrhea



How Pelvic Floor Physical Therapy Works

Pelvic floor physical therapy can include:

- External treatments and examination with parental accompaniment and participation
- Biofeedback (EMG - looks similar to EKG of heart)
- Exercises to strengthen the pelvic floor and surrounding muscles
- Behavioral and diet modifications
- Relaxation techniques
- A home program of exercise, education, and diet modification

Statistics about Pelvic Floor Dysfunction

- Patients may experience up to 90% improvement in bedwetting after just 6 sessions of biofeedback
- Patients may experience up to 100% improvement in constipation after just 6 sessions of biofeedback
- 20% of pediatrician visits are for bedwetting
- 3% of pediatrician visits are for constipation
- Constipation is the #1 cause of bladder issues in children
- 42% of high school females experience some form of involuntary urine leakage

The Benefits of Pelvic Floor Rehabilitation

- Improvement in condition for which your child is seeking treatment
- Increased confidence and self-esteem
- Ability to participate in social activities (No more missed sleepovers or camping trips)
- Decreased embarrassment, guilt, anger, and laundry!

How to Get Help

Call Integrity Rehab today. We will ask about your child's situation and the name of your child's doctor. We can coordinate with your child's doctor directly to get orders to perform assessments and physical therapy.

Call: 254.699.3933