

Pelvic Floor Physical Therapy

PEDIATRIC BLADDER AND BOWEL CONDITIONS

While most children by the age of five have developed healthy bladder (peeing) and bowel (pooping) control, many children may continue to have difficulty. The physical therapists can help manage concerns such as:

- Running to the bathroom and/or going to the bathroom a lot
- Wetting and/or soiling clothes or bed
- Getting up at night to pee
- Pain when peeing
- Urinary tract infections (UTI)
- Constipation, painful or hard bowel movements
- Diarrhea
- Stomach pain

PEDIATRIC BLADDER AND BOWEL HEALTH:

The goal is to help your child build healthy bladder and bowel function. Pelvic floor physical therapists will assist you and your child with education and specific exercises for your child's individual needs.

WHAT TO EXPECT:

Before your first visit, please complete forms to list your child's history, current symptoms and concerns.

This information will help the physical therapist with your child's evaluation. At your initial visit, your child, yourself and the physical therapist will talk about your concerns.

EVALUATIONS MAY INCLUDE:

- Posture
- Pain concerns
- Breathing patterns
- Muscle strength and flexibility

We will ask about your child's:

- Bladder and bowel routine
- Diet and liquid intake

The therapist will explain all evaluation and treatment options to help you make informed decisions, and the healthcare team will work with you, your child and your child's referring healthcare provider to determine plan of care for your child.

SCHEDULING AN APPOINTMENT:

Talk with your healthcare provider about your concerns and request a referral for pelvic floor physical therapy. You can return the referral in person, by fax or email to the Keck Center. Most insurance plans are accepted. Before your first visit, be sure to contact your insurance provider to discuss any out-of-pocket expenses.



CONTACT INFORMATION:

CRH Keck Center for Outpatient Services

ADDRESS: 2415 De La Vina St., Santa Barbara, CA 93105

EMAIL: pfptinfo@sbch.org

FAX: 805-687-5627