What is the Pelvic Floor?
The pelvic floor is a group of muscles in your pelvic girdle that create a sling to hold your organs in place so they may function correctly. Together, these muscles contract and relax to control your bladder and bowel movements.

Does my child need pelvic floor physical therapy?
When determining if your child needs pelvic floor physical therapy there are some common symptoms that present. Ask yourself or your child the following questions, if they answer yes to one or more of these questions they may benefit from the services provided by pelvic floor physical therapy. Does your child...

- have the feeling of needing to have several urinary voids and/or bowel movements over a short period of time?
- have the feeling of not completing a urinary void and/or bowel movement, or not feel empty after completion of a urinary void and/or bowel movement?
- experience constipation or strain to complete a urinary void and/or bowel movement?
- frequently experience fecal or urinary leaks?
- experience pain in their lower back, pelvic region, genitals, or rectum unexplained by other causes?

What can pelvic floor physical therapy do for my child?
Physical therapists who treat children for pelvic floor dysfunction assess the muscles to determine strength, coordination, and function during daily activities. Based upon the examination, the therapist will determine the best course of action for your child. Interventions may include exercises, biofeedback, positioning, and massage techniques to help restore normal function of the pelvic floor musculature.

What to look for in a pelvic floor physical therapy provider.
There are a wide variety of services offered by physical therapists. When selecting a therapist to provide pelvic floor physical therapy, look for one with additional education and training specifically in this area. When determining if the provider is right for you, you may want to consider:

- Have the therapists been trained by leading experts in the field to provide effective evaluations and treatment for children with pelvic floor dysfunction?
- Do they deliver care in a one-on-one, private, child friendly environment?
- Will they recognize and respect the child’s comfort level?
- Do they customize treatment to meet your child and family’s unique needs?
- How will they communicate with other medical providers to provide all inclusive, family centered care?
- Do they have specialty interventions such as external surface EMG called Biofeedback?
- Do they use current “best evidence” to guide their practice with the goal of identifying and offering you best-practice care, thus providing the best care and maximizing the outcomes of therapy?
How do I find a local provider?
A local provider may be found by accessing the link below and typing in your zip code; a list of providers near your area will be populated. You will need a referral from your doctor. www.pelvicrehab.com

References
https://my.clevelandclinic.org/health/diseases/14459-pelvic-floor-dysfunction
https://www.nichd.nih.gov/health/topics/pelvicfloor/conditioninfo/default

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