



## In Control Physical Therapy

Specializing in the treatment of children with  
dysfunctional voiding issues

# A COMMON PATHWAY FOR DYSFUNCTIONAL URINE ELIMINATION IN PEDIATRICS

### Phase One

- ❖ Education on bladder function- **How the bladder works**
- ❖ Education on pelvic floor anatomy and relationship to bladder- **The pelvic floor muscles**
- ❖ Education on bladder irritants- **Your bladder cares about the food you eat and drink**
- ❖ **Fiber facts**
- ❖ **About constipation**
- ❖ Instruct in bladder logs- **Your bladder log instructions, Blank logs**

### Phase Two

- ❖ Review bladder logs- frequency, leakage, length of voids
- ❖ Time voiding schedule- **Dry days**
- ❖ Address bowel and bladder habits
- ❖ Instruct in concept of muscle contraction and/or relaxation
- ❖ Instruct bladder awareness- **Finding your bladder**
- ❖ Instruct in toileting position and pelvic floor relaxation while voiding- **Bladder emptying exercises**
- ❖ Sensing urges- **Urge control**
- ❖ Instruct in double voids- **Double voiding**

### Phase Three

- ❖ Review bladder logs- frequency, leakage, length of voids
- ❖ Decrease second void time in seconds
- ❖ Progress to single void- **One big void**
- ❖ **Everyday pelvic floor exercises**

### Discharge and Maintenance

- ❖ Follow up once per month for 6 months and again at 12 months
- ❖ Maintenance of single voids without post void residuals (normal voiding)
- ❖ **Staying “In Control” of your bladder**