

## Children's Pelvic Health Physiotherapy

*What to expect at a consultation and how pelvic health physiotherapy can help your child*

Pelvic health physiotherapy can help children with bladder and bowel symptoms, toileting difficulties, and movement or breathing patterns that may be affecting continence and emptying. The aim is to support your child in a calm, practical and age-appropriate way.

**Important: pelvic health physiotherapy for children does not involve internal examinations.** Assessment is external only and is tailored to your child's age, symptoms and comfort level.

### What happens at a consultation?

#### A conversation first

We usually speak with both the parent or carer and the child. Understanding your child's habits helps guide treatment.

- Symptoms and when they happen
- Toileting habits and routines
- Diet and fluid intake
- School, sleep, activities and daily routines
- Relevant medical history and treatment already tried

#### Child-friendly education

Children learn best when information is simple and reassuring. Depending on age, we may use plain explanations, visuals and games to help them understand how their bladder and bowels work.

#### Movement and breathing check

We may also look at factors that can affect bladder and bowel control.

- Breathing pattern
- Posture
- Tummy and core muscle function
- Movement patterns
- Sitting position for toileting

#### External assessment only

Assessment focuses on external observation and age-appropriate examination only. This may include breathing, tummy muscle function, posture, movement patterns and, where available and appropriate, point-of-care ultrasound (POCUS) to support assessment and education.



## Conditions that may be treated

- Daytime wetting
- Bedwetting / nocturnal enuresis
- Voiding dysfunction
- Urinary urgency and frequency
- Gigggle incontinence
- Delayed or poor bladder emptying
- Holding-on behaviours / voiding postponement
- Recurrent wetting associated with poor toileting habits
- Stress urinary incontinence
- Constipation and bowel dysfunction
- Faecal soiling / encopresis
- Stool withholding
- Toilet posture and toileting coordination problems
- Pelvic floor overactivity or poor relaxation during toileting
- Bladder and bowel dysfunction occurring together

## Treatment may include

Treatment is always individualised. Your physiotherapist will explain what is appropriate for your child and why.

- Education around anatomy, body function, bladder and bowel habits
- Toileting strategies and bladder or bowel routines
- Breathing exercises and relaxation work
- Movement activities and core control work
- Healthy bladder and bowel habit training
- Fluid, diet and constipation management advice
- Toilet posture and coordination retraining
- Pelvic floor awareness and relaxation strategies where relevant
- Bladder and bowel charts or home diaries
- POCUS where available to support assessment or education
- Communication with the wider medical team when appropriate

## Plan for home

You will usually leave with a simple home plan. This may include toileting strategies, breathing exercises, movement activities, healthy bladder and bowel habits, and practical advice that fits home and school life.

Pelvic health symptoms in children are common and treatable. Early support can make a big difference to comfort, confidence, school life and family routines.