

Sensitive topics are our specialty.

Many children's health and development issues have their origins in the pelvic floor muscles. When these muscles are not properly developed they may produce a variety of frustrating and even painful symptoms. We understand that talking about this can be a sensitive subject with your child. At West Portland Physical Therapy Clinic, our physical therapists are specially trained to relate to your child and put them at ease.

Our practice begins with you.

Understanding what's going on with your child's pelvic muscles is the first step on the path to healing and appropriate development. We begin with a physical examination to determine the source of your child's pain or dysfunction followed with a plan toward recovery. Sometimes even a few visits will result in significant improvement. Our physical therapists are trained to recognize the unique physiology, developmental stage, and dysfunctions relevant to children so that we can give you and your child the support and treatment necessary to manage long-term physical well-being.



Where health and healing come together for you.

We hope you will begin to notice an improvement in your child's condition within the first few visits.

A calm, comfortable atmosphere is the most conducive to effective treatment. You and your child will find it here.

Your child's activities and well-being are at the core of our focus.

Our therapists have expertise and experience in a wide range of activities, so we understand where you're coming from and your goals for your child.

Long-term success begins with a focus on a home program to maintain your child's progress and provide supportive activities outside of the clinic.



West Portland
Physical Therapy
Clinic LLC

1630 SW Morrison Street | Portland, OR 97205
T (503) 227-7774 | F (503) 227-7548 | wpptc.com

Pediatric Pelvic Floor Rehabilitation

West Portland Physical Therapy Clinic LLC



Understanding pelvic floor muscles can improve a variety of children's health issues.



Nighttime Conditions

Enuresis is the clinical diagnosis for bed-wetting, and is the most common type of elimination disorder in children. Many factors may be involved with the development of bed-wetting, including physical, emotional, or psychological. A child may experience bed-wetting if they have a small bladder, persistent urinary tract infections, severe stress or trauma, or developmental delays that interfere with toilet training.

We can help parents and children understand the relationship of pelvic floor muscles and normal bowel and bladder function.

Daytime Conditions

If a child is beyond the age expected for achieving bladder control, they may be experiencing a variety of dysfunctions including overactive bladder, underactive bladder, vaginal reflux, urge or stress incontinence, voiding postponement, dysfunctional voiding, or bowel-bladder dysfunction.

We can help parents and children understand the pathology and anatomy of the pelvic floor muscles and how they relate closely to the bowel and bladder systems. Education is a key component to a successful rehab program, especially when working with children. We will collaborate closely with your child's physician or specialist in order to come up with a comprehensive rehab approach.

Constipation

Constipation is prevalent in 12% of children, and in 30-50% of children with other lower urinary tract symptoms. The pathology of constipation is still not completely understood, however there are some techniques to minimize constipation ranging from change in routine, social situations, illness, availability of toilets, ability to use a toilet in public, withholding for fear of pain, and other possible gastrointestinal issues. We can teach parents and children how to use manual skills to help decrease constipation, as well as discuss dietary needs and nutritional balance.

Bowel-Bladder Dysfunction (BBD)

Often children experience coexisting urinary and bowel dysfunction. Treatment for these issues involve urotherapy, muscle re-education to pelvic floor muscles, timed voiding schedules, and education. Because everyone is different, each child is provided with an individualized rehab approach.

Understanding Pelvic Floor Muscles

Pelvic pain and voiding dysfunction can be mitigated or resolved with identification of muscle tension patterns, relaxation training to regulate excess tension, manual therapy to reduce spasms and treat trigger points, stretching exercises, posture training, and biofeedback.

How We Treat

We believe that successful treatment is the result of consistency in care. Our model is designed to foster this concept and is, frankly, unique in Portland. Typically, you will work with the same physical therapist throughout your rehabilitation. This partnership will help you achieve your goals, ensuring your progress is closely monitored and quickly address any issues or concerns to keep your recovery on track.